Community Heath Highlights - 2017/18

Visit by Kilburn Older Voices Exchange to Kenwood (in the snow!), dementia groups and Mind and Mood

Delivered Walk Leader training course with Camden Council

"Lots of parents and children of all ages were able to play and relax outdoors together, try out new activities and enjoy some sunshine. Great for fitness, learning new skills and enjoying the local environment.

(Connecting Parents, Belsize Library)

Ongoing support for Camden Carers walkers and craft sessions

Eight individuals with additional support needs begin full volunteering

Successful partnership with the Camden Society to deliver a 'confident on the Heath' programme for individuals with learning difficulties

Hosted 35 parents and children from Belsize Library for crafts and den building.

Weekly women's walking group continues to visit new areas with Camden Health Kick

Weekly Phoenix Futures Recovery through Nature sessions supporting Ranger Team

Open Wednesdays launched with weekly guided walks and drop-in conservation sessions at the Hive; new greenhouse and composting helps gardening club; hedgehog refuge and bird box factory

'My body feels lighter' (Camden Health Kick participant)

"Before coming on these walks, I'd never been into the Heath. I'd come to see my children at sports day, but never gone any further."

(Camden Health Kick participant)

Fig 1. Events delivered, volunteers and participants (target 1200)

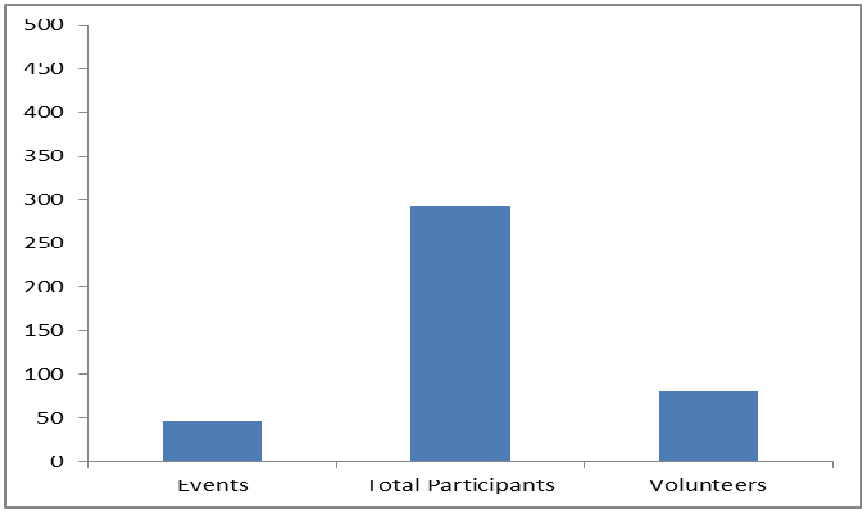
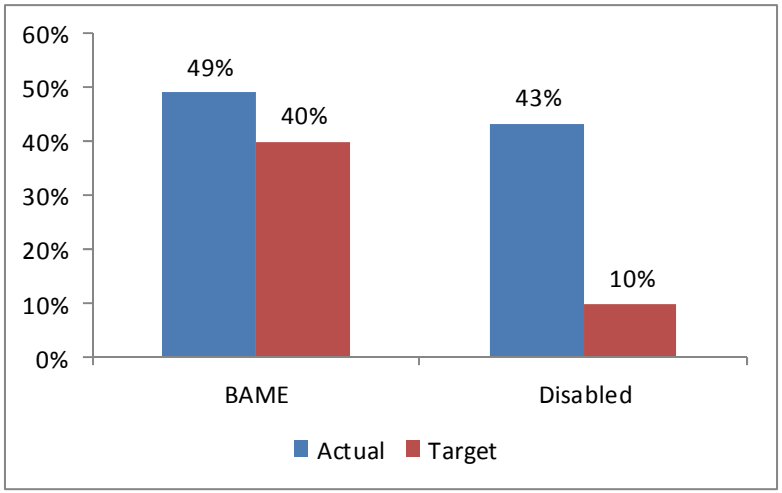


Fig 2. Profile of Participants (based on those responding)



Highlights of early 2018

Open Wednesdays launched at Hive; 21 people dropping in

Weekly Open Wednesday guided walks launch.

Project supporting independent walking groups; Camden walk leader training delivered at the Hive.

35 parents and children from Connecting Parents group at Belsize Library (The Winch).

Working with two groups representing visually impaired people to develop resources.

Attended 'older and bolder' event at Swiss Cottage library.

Obtained grant from Camden Council for community festival on 1st July.

Challenges this quarter

Attendance at some walks less than expected; re-engaging partner organisations to support them with marketing.

Advertising Open Wednesdays to appropriate audiences

Plans for next quarter

Community Festival day on 1st July 2018

Deliver more activities in Old Orchard Garden

Busy programme of walks and visits planned for June—e.g. visually impaired trip to Golders Hill Park, 'Mind Yourself' visit, developing sessions for World of Work week at Gospel Oak Primary School.

Inclusion on Mind in Camden's Healthy Minds Programme.