

Self care

January – March 2025

Self-care services for the North Kensington community

As part of the Grenfell recovery program, a variety of self-care services are available to help the North Kensington community maintain wellbeing and manage long-term health conditions. This program supports local organisations to provide activities, training, and services that promote wellness outside of medical care.

These services are designed to help everyone in the community find opportunities to support their wellbeing in ways that work best for them.

Some of these local organizations include FAWA, Pamodzi, Clement James, Family Friends, ACAVA, Dalgarno Trust, and the Venture Centre. They offer a range of activities for individuals and groups, coordinated through the Kensington and Chelsea Social Council (KCSC).

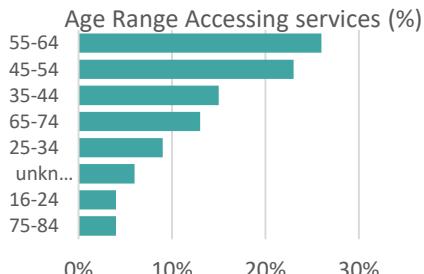
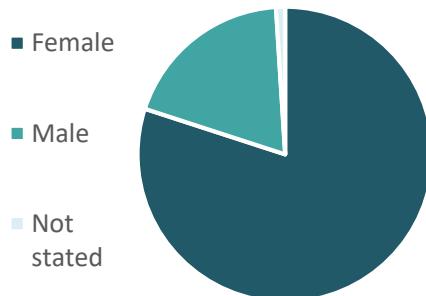
Men's Shed ACAVA

One special project, Men's Shed, started in 2019 to connect older men who might not be involved in other community support programs. Inspired by the international Men's Shed movement, it offers hands-on sessions and free creative courses to help people socialize, learn new skills, and find support in a relaxed setting.

KCSC

Over **13000** Attendances since Oct 2020
January 2025 - March 2025

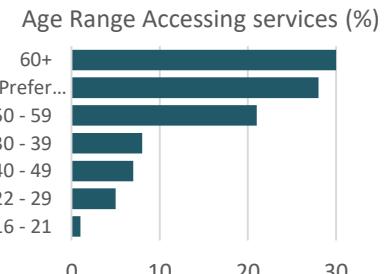
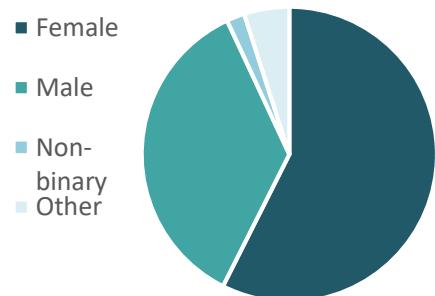
215 New Referrals
747 Sessions Delivered
994 Total unique clients
Reduction in referrals and session compared to Oct – Dec 2024



Men's Shed - ACAVA

Over **832** Unique attendees since 2019
January 2025 - March 2025

502 Attendees
60 Sessions Delivered
26 New Attendees
Reduction in attendees
Increase in sessions compared to Oct – Dec 2024



Self Care

Outcomes and Client Feedback

All Healthier Futures services are monitored against a common outcomes framework, which includes nationally recognised indicators and measures

KCSC

Reported outcomes indicate service users have experienced positive health and wellbeing outcomes as a result of taking part in one or more of the services. Outcomes for Sept-Dec 2024 (scale 0-10).

5%

5%

Happiness 6.8 to 7.2 Confidence 6.0 to 6.4

6%

1%

Anxiety 4.6 to 4.4
down is good

Close to others 6.1
to 6.2

21%

Overall Wellbeing - Increase to 56.7 (0-100)

Because of the sessions, my carer no longer needs to carry my wheelchair in the car. I now walk with a stick. The sessions are a good push for my health and I enjoy them. The people in the group are friendly, and we have great conversations. It's good socialisation as well. Thank you for giving me this opportunity.

I didn't think I would enjoy cooking- but now I even share recipes with my neighbour

I have been joining Jaya's classes for several months to help me with issues related to my mood and help problems. These sessions helped me with my joint pain, are improving my mobility and made me more energetic. Please, let these types of classes to continue, it is very good for a community.

I love the program and look forward to learning every week. It's exciting to see my progress.

Men's Shed - ACAVA

24 participants completed a survey for service users. Users reported improvements across 3 key areas

1. Emotional and Mental Wellbeing

It has given me a reason to get up in the morning. It has helped fill time whilst over coming grief, allowing one to take their mind off problems. It has helped me to be physically and mentally active in a productive way developing self belief, self esteem and confidence

Respite from other unconnected difficulties - switch them off for a few hours helps depressive and anxiety attacks.

2. Sense of Purpose and Achievement

I get a real sense of pride and my friends feel it when I talk about the shed activities. They want to see my work and talk about commissions too

Creativity brings me a lot of meaning in my life. Attending a course gave me a push to be creative when I probably would have struggled to motivate myself to (due to my mental health) at home/on my own.

3. Social Connection and Reducing Isolation

Some resident artists and workshop participants are now my friends

When I am not working (I am self employed) sometimes one can feel lonely

It makes you feel like you are part of a community. We connect doing the programmes and we see one another around the neighbourhood

Make and Reuse Workshops

Thank you for running this course! It has been such a valuable and enriching experience that has encouraged so.

There was a fun atmosphere and a very relaxed environment which allowed the individual to feel at ease in attempting something new.

..... I feel it has significantly increased my confidence not only in upcycling, but on a deeper personal level which I feel will help me in other parts of my life and wellbeing.....