

# Self care

October – December 2024

## 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

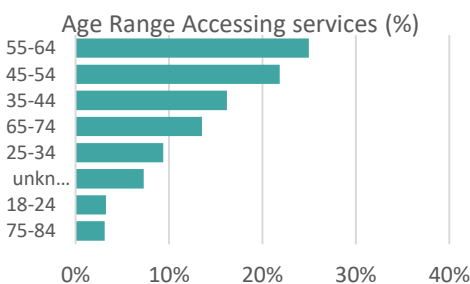
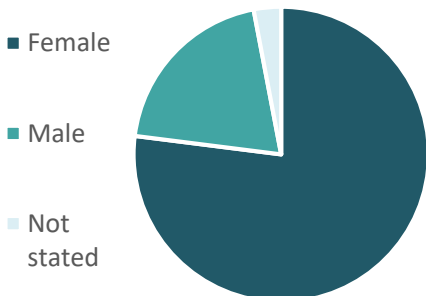
One special project, Men's Shed, started in 2019 to connect older men who might not be involved in other community support programs. Inspired by the international Men's Shed movement, it offers hands-on sessions and free creative courses to help people socialize, learn new skills, and find support in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

### KCSC

Over **12000** Attendances since Oct 2020  
October 2024 - December 2024

**278** New Referrals  
**826** Sessions Delivered  
**1043** Total unique clients

↓ Reduction in referrals compared to Jul – Sept 2024  
↑ Increase in sessions

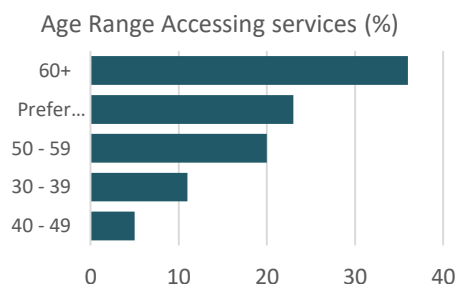
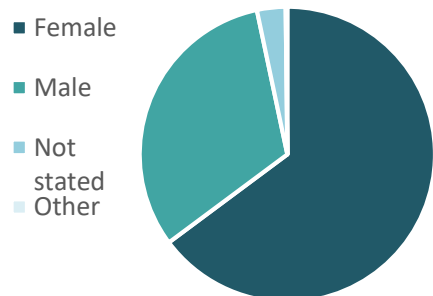


### Men's Shed - ACAVA

**832** Unique attendees since 2019  
October 2024 - December 2024

**549** Attendees  
**52** Sessions Delivered  
**54** New Attendees

↓ Reduction in attendees and sessions compared to Jul – Sept 2024



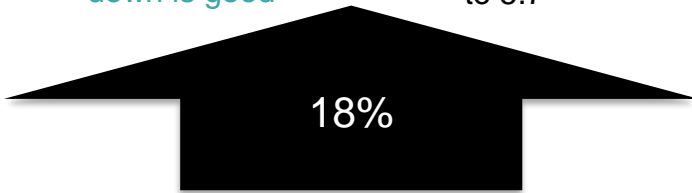
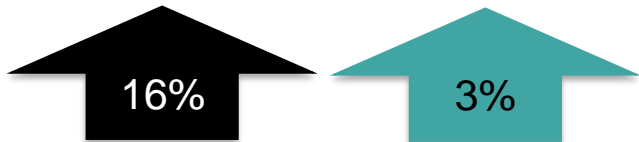
# Self Care

## 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).



Overall Wellbeing - Increase to 54.6 (0-100)

I am Pre-diabetic and have high Blood Pressure. Because of the Sessions, my health has greatly improved, and my blood pressure has gone down too. I am glad for the Sessions.  
FAWA-Active for Health

I don't know how to tell you how much you helped me; I was feeling hopeless before, you gave me another life.  
Clement James, Information and Guidance

I had felt very lonely and by coming to the group and participating I feel happy by the end of the session as this took away my anxiety.  
ADKC, Legal Advice, Trauma support, peer support for local disabled people.

We enjoy the socialisation with each other.  
Pamodzi, Caring Hands, Health initiatives for minority communities

This place is VITAL to the well-being of the community.  
Meanwhile Gardens, Activities for families with young children

### Men's Shed - ACAVA

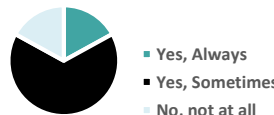
A creative evaluation session with a cross section of regular attendees. Posed five questions for open responses, and a set of closed questions based on the ONS4 questions to measure wellbeing.



Does coming to the shed help you feel more satisfied with life?



Do you feel that your time in the Shed is worthwhile?



Does coming to the Shed bring you happiness?



Does coming to the shed help reduce feelings of anxiety?

### Skills and Enjoyment

I look forward to being creative with wood

Being able to come and just have tea and socialise and mainly to be able to attend a shed that has all the tools

I love that the shed is driven from an artistic point of view rather than just a construction/technical point of view

### Social Connection and Wellbeing

I get to meet people when I would normally be isolated

It gets me out of my quagmire and helps me to feel positive and creative

.....bumping into my neighbour with whom I had friction while carrying a (project) I was working on broke the ice and buried a psychic hatchet

Rated 4.67/5

### Make and Reuse Workshops

It was a very supportive environment, lots of sharing skills and information

Keep it up! Incredible space!!! Advertise to all ages because EVERYONE can benefit from the Men's Shed.

.....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.....