

SHAK Annual Report 2018



The South Hampstead and Kilburn Community Partnerships (SHAK) mission is to help young people and adults in and around the Alexandra and Ainsworth estate to discover their talents, passion, skills and confidence to overcome the barriers they face to social and economic inclusion. This is the 15th year of SHAK's operation, running the SHELL community learning centre and ARC youth club on the Alexandra and Ainsworth, on a public housing estate of iconic brutalist architecture and multiple social and economic challenges.

The area covered by our charity includes neighbourhoods among the 10% most deprived in England on various indexes.

Over nine out of ten families receive tax credits, 52.3% of children are living in poverty (compared to Camden figure of 36.3%) and life expectancy is well below Camden average.

SHAK Headlines for 2017-18

- **360** individual users - up from 303 last year - a **19%** increase.
- **2928** attendances - up from 1709 last year - a **71 %** increase
- **368** sessions delivered - up from 251 last year - a **46%** increase.
- Continued and improving engagement of hard-to-reach users.
- Pipeline of innovative and resident-led programmes supports sustainable funding

The SHELL Centre

Introduction

The South Hampstead Education and Life-Long Learning (SHELL) centre spreads across two former laundry rooms on the edge of the estate, and offers courses including computer literacy, employment preparation, English, numeracy, community research, money management, craft skills healthy cooking and other vocational courses. We also host regular social clubs and events to bring people in the community together.

Funding from the Big Lottery in the shape of our "Living and Learning Together" project and Health Families and Strategic partner funding from Camden council boosted and diversified our activities at the centre. We were able to launch new resident-led initiatives and feel confident that we have built the foundation for a sustainable, resident-led programme that will continually evolve to meet the needs of local residents.

Achievements

Over the 2017/18 year, SHAK Community Partnership engaged **252** adults who face barriers to social inclusion (unemployed/underemployed, English as a second language, low literacy & numeracy, low digital/technological skills, disadvantage).



Resident-led



One of our most innovative programmes was in community research, where 12 people (10 from under-represented groups) were trained to research the needs of the community. 54 residents participated in the research and helped shape planning for new projects to address identified needs.

Community Participation & Wellbeing

Shak ran **191** social inclusion & well-being sessions attended by **185** beneficiaries. They included community events, social clubs, sports days, community lunches, celebrations, health & well-being activities and creative workshops.

Employment

We worked with **130** beneficiaries who were unemployed or underemployed. Of these beneficiaries, 100% reported that they felt "more prepared for work".

We also recorded **36** progressions to employment, training or volunteering

English and other basic skills

We worked with **24** beneficiaries with low English skills and **36** beneficiaries with other basic skills needs (numeracy, family learning, budgeting, healthy eating)

Digital Inclusion

We worked with **86** beneficiaries to improve their digital skills and confidence using technology.

Reach

- **71%** from 30% most deprived (Indices of Multiple Deprivation 2015)
- **73%** Black And Minority Ethnic (BAME) & Minority White.
- **34%** Self-declared disability or learning difficulty.
- **34%** Aged over 60.

Feedback

- **98%** thought the Information And Guidance was "very good or good"
- **98%** thought the teaching and learning was "very good or good"
- **91%** thought the place they attended was "very good or good"

Impact

- **100%** reported they "learnt new skills"
- **68%** reported feeling happier
- **67%** reported an increase to confidence



Quotes

“It is helping me to make job applications and my competence is increasing together with my confidence in general. Also the interaction with staff and other people has improved my social skills which are sadly lacking due to my long term unemployment status”

“I have acquired a level of expertise which has given a boost to my confidence which has changed my life in general. And long may it continue!”

“The group of people I was with helped my budgeting and wellbeing 200%! Plus I made long term friends.”

What Worked

Community Research (Participatory Appraisal)

One of the key strengths of the Living and Learning Together programme was the decision to adopt ‘Participatory Appraisal’ to research community needs.

Participatory Appraisal is a research approach where the residents become the experts. This approach allowed residents to research the needs of their community and collect solutions to meet these needs.

The qualitative data collected through Participatory Appraisal has been incredibly valuable. We believe this was due to the community researchers having great insight, many facing the same barriers as the research respondents.

Creative, resident-led solutions

The community research directly prompted us to launch a number of new initiatives and approaches.

- Community Planning Group - to collect community feedback, co-design and trial new activities and projects
- Resident Social Club - to offer more opportunities to meet others and “get out of the house”
- Resident-run healthy ‘cook and eat’ sessions- to promote community cohesion as well as health and wellbeing.
- Extra volunteers & drop-in support hours - as a response to “more support needed” feedback
- “Creative wellbeing” sessions – as a response to feedback regarding the impact of issues such as unemployment on mental health
- Extra sessions on 'identifying skills' and 'promoting self' - in response to feedback of low confidence and self-worth from job seekers.



- Extra support and coaching to job seekers aged 50+ - as a response to the unique barriers faced by older job seekers (including age discrimination).
- 'Community Money Mentoring' & debt advice sessions - as a response to feedback around financial and debt pressures

Community Partnerships

We would not have been able to achieve all that we have in the past 18 months without our community partners. Below is a list of joint projects we initiated together to reach shared outcomes. Big thank you to you all:



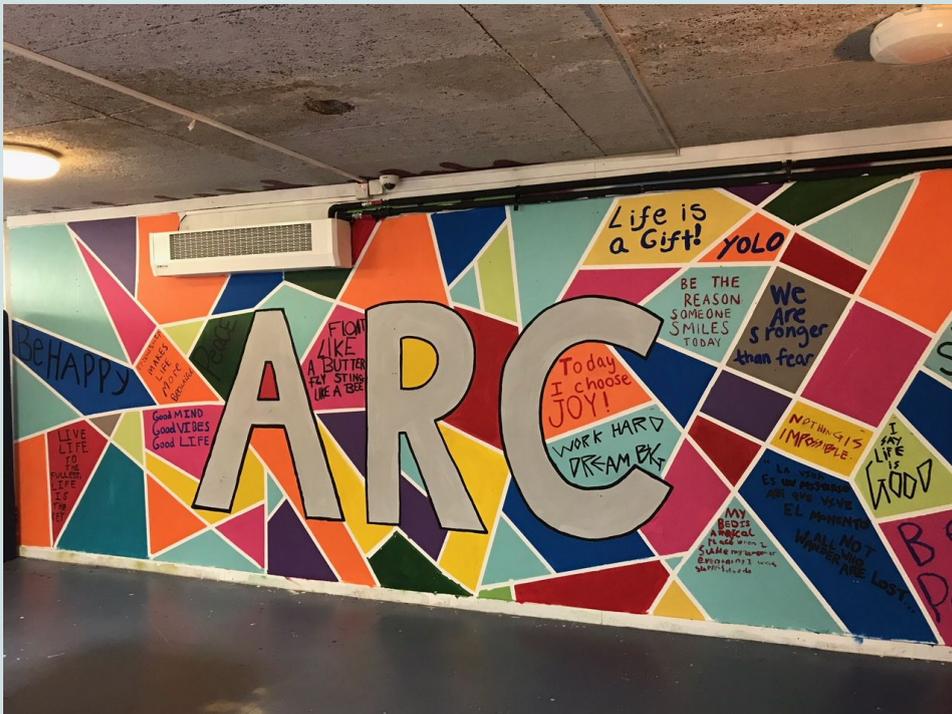
- 'Community Storytelling' project- A World in a Suitcase
- 'Summer Youth Art Workshop Series' - Ben Uri Gallery
- 'Our Hopes & Dreams Workshop' - Freud Museum
- 'Creative Wellbeing workshops' - Westminster Kingsway College
- 'English & Everyday Life' - Working Men's College
- 'Community Money Mentors' - Toynbee Hall
- 'Over 60s community involvement' - Age UK Camden & KOVE Older People's Forum
- 'Healthy Families Project' - Good Food Greenwich
- 'Participatory Appraisal' - Dr Giovanna Speciale
- 'Youth Community Research Project' - Wates Group
- 'Estate Endz' - Why do we need a Youth Centre? - SPID Theatre Company

Challenges

The challenge of resident-led development is that it can raise expectations that cannot easily be fulfilled with a tiny team and low resources. We are tackling this with open communication and will want to carry out further community research.

The process of managing sustained involvement is also resource-hungry, with more staff hours needed to support and train volunteers. On the flip side we have seen some of our volunteers starting to use skills to progress into community roles which could add value to our communities going forward.

ARC Youth Club



The ARC Youth Club is a purpose built youth space in the middle of the estate and includes a fully equipped music studio and recording room, kitchen, games, computers, wifi and space for activities.

Frustrating ongoing maintenance issues have restricted use of the youth club building in 2017-18. Nevertheless we were still able to deliver many activities and provide opportunities for young people to come together, learn and have fun

In 2017-18 we had **1095** attendances, engaging **108** young people (9 to 19 years) over **142** sessions, including weekly evening youth club and studio sessions during term time. Some highlights were;

Drugs awareness project run in partnership with Fitzrovia Youth Action.

Young people performed a song and made a video at Camden Youth In Action Showcase with over 5000 views on Facebook.

Holiday activities

Easter - Egg hunt, arts and crafts, studio and gaming tournaments, partnership with Camden sports activators and Camden Alexandra Road Park (ARP) Sports Day

Summer - Six full weeks including t shirt and shoe design using fabric paints and airbrushes. Healthy cooking. Kayaking on Camden Lock, Chessington World of Adventures trip. Girls-only football. Activities were chosen by our forum and in consultation with ARC young people.

Partnership with Camden Alexandra Road Park Youth Tennis Lessons 27 attending and planting sessions in the park with over 60 attendees.



Pumpkin painting with local partners Ben Uri
Partnered with Eco Active delivering cooking session, making pumpkin soup and fruit and veg smoothies. Street dance & Boxercise sessions

Alexandra Road Park Festival September 2017

Parents and visitors joined ARC users in a one day festival in the estate's park at the end of summer 2017. ARC users hosted with music performance, and an arts and crafts table showcasing the t-shirt design work they had been doing. Others displayed healthy living activities such as Smoothie making bikes. There was a petting Zoo, Punch and Judy, Bouncy castles and face painting. 11 young people participated as ARC volunteers.

What Worked

Partnerships allowed us to increase capacity and diversify activities for which we thank all our partners. By working with different organisations we were able to do more. For example:

Eco-Active- healthy cooking sessions
Fitzrovia Youth Action - Drug awareness project
Ben Uri- Art activities
Alexandra Road Park- Summer festival and sports
Camden Sports Activators- Sports
Alexandra & Ainsworth Tenants & Residents Association-Holiday activities
Shinbudo London Grappling Club- Judo activities
North Area Youth Partnership- Sidings Community Centre, The Winchester Project, Kingsgate Community Centre



Reach

- Over 90% of young people come local area which is rated as in 10-20% most deprived in England (Indices of Multiple Deprivation 2015)
- 77% Black And Minority Ethnic (BAME) & Minority White.

Impact

- **92** recorded development outcomes including confidence, communication, artistic, sports, music, cooking etc.
- **16** Accredited awards -Film making, Drug Awareness, Sports awards.
- **11** Young people became more involved in their community



Challenges

In Spring 2018 based on results of the ARC review we decided to restructure staff at the ARC. This was based on a lack of funding for the coming financial year and the longer term assessment of sustainable youth provision in an atmosphere of cuts to youth provision. Unfortunately this meant the redundancy of our Youth Club manager.

Our small staff team restricts what we can do. There is a need to bring in more resources and generate new sources of income to increase capacity of staff team.

The condition of the ARC building has affected our ability to engage and serve young people in the community. This is a problem which we have struggled with for several years with leaking and lack of sufficient heating in winter months. The good news is that we now have a commitment to replace the roof in spring 2019 and the planter which is believed to be the source of the leaks is once again being sealed, although the work itself is causing some ongoing disruption. Suffice to say that all of the activities above were carried out in less than ideal conditions and despite poor condition of the building.

SHAK Governance

With support from Big Lottery Capacity Building fund we were able to bring in external support to help us start the process of reviewing and developing several areas of the charity. As well as the youth service report whose findings are now being implemented, we also carried out a governance review. This resulted in a recruitment campaign to bring new talent at board level. New chair Russell Gilbert took up the reins in Summer 2018. Three other trustees are joining, with expertise in marketing, management strategy and data management. We now have a trustee board of 10 volunteers with a great mix of expertise and local knowledge. We would like to express our gratitude for all the dedicated work of outgoing chair and SHAK founding member Mike Stuart who has served the charity in this position for 14 years, and without whom it would not be here today.

Next Steps for the future

- To develop a sustainable model to ensure the charity remains resident-led and continues to evolve and respond to the needs of the community. We are currently testing out different ways of achieving this. For example; SHAK membership, community research projects, youth forums, learner reviews & community planning groups.
- To take our successful peer-research approach to the ARC youth club. In September 2018, we partnered with SPID Theatre Company to launch the innovative 'Estate Endz' project. The project will recruit and train local young people to collect the views and experiences from their peers. From this, we will work towards an increase in youth-designed initiatives and a stronger user-led ethos at ARC.
- To continue to support and encourage residents (of all ages) to take up roles within the charity and the community. We aim to continually increase the number of initiatives that are designed and delivered by local residents.