

# SHAK Annual Report 2019



**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 16th 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 2018-19

- **398** individual users - up from 360 last year - **10.6%** increase.
- **4070** attendances - up from 2928 last year - **40.4%** increase.
- **398** sessions delivered - up from 368 last year - **8.2%** 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 2018/19 year, SHAK Community Partnership engaged **262** adults who face barriers to social inclusion (unemployed/underemployed, English as a second language, low literacy & numeracy, low digital/technological skills, disadvantage).



## Resident-led



### Highlights where we supported residents to take the lead included:

Trained local residents as healthy cooking leaders who then went on to deliver their own cooking sessions to other residents.

Established weekly older residents social group organising activities for themselves and other such as Bingo, Films, Community meals etc

Money Mentors with residents discussing and raising awareness around money issues and support with benefits e.g. Universal Credit.

Creative wellbeing sessions

Older residents Forums

## Adult learning

We worked in partnership with Camden to deliver learning to local residents in the areas of Preparation for Employment, English for Speakers of Other Languages, Digital Inclusion Skills supporting **186** learners in the academic year

## Reach

- **56%** from 30% most deprived (Indices of Multiple Deprivation 2015)
- **67%** Black And Minority Ethnic (BAME) & Minority White.
- **19%** Self-declared disability or learning difficulty.
- **32%** Aged over 60.

## Feedback

- **100%** thought the Information And Guidance was “very good or good”
- **100%** thought the teaching and learning was “very good or good”
- **84%** thought the place they attended was “very good or good”

## Impact

In our impact surveys we found:

- I can share what I've learnt with others= **79%**
- I feel more prepared to look for work-=**68%**
- I've made new friends from different backgrounds =**89%**
- I feel more connected to others and everyday life =**74%**
- I'm more active and healthy =**63%**
- I've learnt that I like learning =**89%**
- I feel happier =**68%**
- I'm more confident =**74%**



## Quotes

*“Learning about money and budgeting in Money Mentors boosted my inner confidence. I learnt that even on a low budget you can save money with just 1p or 20p a day.”*

*“I have learned new skills coming her like how to put my photos from my phone onto my computer, it helps me understand many things on the computer. ”*

*“Coming here, doing art. I gained improving in different activity, objects and moving in the community together as friends, sisters and brothers.”*

## What Worked

### Community involvement

12 young people who were trained in oral interview and filming skills who talked to other young people and adults about how they felt about the neighbourhood and opportunities for young people. This group discovered an appetite for more locally organised events where young and older residents could come together. They then organised a day event attended by 50 residents and made a film of the whole process including the event. This film was then presented by the young people involved at our youth club (attracting 30 residents) and at our Annual General Meeting with approx 50 in attendance where they discussed what they had found and wider issues for young people in the community.

### Creative, resident-led solutions

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

- 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 12 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:



- '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
- 'Youth Community Research Project' - Wates Group
- 'Estate Endz' - Why do we need a Youth Centre? - SPID Theatre Company
- Health & Wellbeing Youth Film Project-Fitzrovia Youth Action
- Box fit-Sidings Community Centre
- Healthy Cooking- Eco-active
- Financial Advice-CAB
- Miscellaneous projects-Alexandra & Ainsworth Tenants & Residents Association
- Camden Council
- Arsenal Kickz

## 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.

### Loss of key staff

Unfortunately our Community Engagement Manager left in December 2018 which has meant fresh recruitment and had an impact on our work. We minimised this with existing staff stepping up to ensure activities continued as usual. We also saw this as an opportunity and looked for a replacement who had youth work expertise to meet challenges above. We did recruit two new staff members starting in February and July 2019.



Eco-Active- healthy cooking sessions  
SPID Youth Theatre  
Fitzrovia Youth Action - Health & Wellbeing project  
Camden Gardener- Gardening  
Camden Sports Activators- Sports  
Alexandra & Ainsworth Tenants & Residents Association-Holiday 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

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

## Challenges

As mentioned above with the departure of our community engagement manager in December 2018 we took the opportunity to re-shape our team recruiting a new staff member who could lead the ARC youth projects as well as bringing through local residents who had been volunteering with us to be part time members of staff at the SHELL Centre. This has worked well with the youth club making great progress in 2019.

The condition of the ARC building has continued to be a distraction but again since recruiting a youth lead we have made great progress in 2019.

## SHAK Governance & Volunteers

The board of 10 trustees has continued to develop playing a vital role in governance and support of the staff team. We thank our trustees for all their voluntary work.

We also thank all everyone else who has supported our work in a voluntary capacity e.g. Supporting Learning, Organising social events, facilitating workshops for young people, helping organise community events etc.

A special thanks to all our funders without whose support none of this would be possible.

