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# Health Promotion Work 2004-2005

Health Promotion Work



### Healthy families partnership @ king's cross

KCB continues to be the lead member of the The Healthy Families Partnership @ King's Cross. This is a partnership of 7 local community/voluntary organisations formed with a view to address the health needs of children, young people and their parents in South Camden, specifically the areas of Holborn, King's Cross and Brunswick.

The Big Lottery Fund awarded a grant of £991,557 to the partnership under its 'Healthy Living Centre' initiative in 2002 for a period of five years (until 2007). KCB is the lead agency for the project and the Healthy Families Partnership @ Kings Cross Coordination and Administration team is based in the Chadswell Healthy Living Centre.



We hope to reduce the risk of illnesses such as coronary heart disease, obesity, diabetes, depression, tackle health inequalities and improve the quality of life and well being for the local community in the area as well as to support positive parenting and social inclusion by providing a sustainable program of health and physical activities

In addition we aim to reduce some of the wide detriments of poor health such as poverty and socio-economic factors. We also wish to influence changes to healthy eating and physical activity behaviours, and support disadvantaged people to access mainstream healthcare services

One of the challenges of the past year was the sad loss of Field Lane Families Centre. The Centre closed in December 2004 and ceased its work within the South Camden area.

Field lane had established health programs aimed at families who are homeless, refugees or asylum seekers, many living in hostels and hotels as temporary accommodation. Although we understood the reasons for Field Lane's closure the Healthy Families Partnership remained concerned that this left a gap in our service that was being accessed by some vulnerable families. With this in mind we have now developed a service in partnership with King Cross Homelessness project and Sure Start (Kings Cross and Holborn).



The grant is utilised to deliver the following activities by each of our partner organisations:

### Calthorpe Project

The Calthorpe Project has introduced weekly sessions for women and girls over 14. Workshops are available in Afro-Cuban dance, and shoulder massage, pilates and a range of other activities, with a crèche for under-5s. For children aged 8-14 (and under 8s if supervised), an Environmental Activity Youth Club will offer gardening, environmental arts and crafts, trips out and various environmental workshops. The club is funded by a number of contributors and aims to encourage children to switch off their TVs and computers and engage in more physical activity.

### Coram's Fields

Coram's Fields are running a sports program, including after school and holidays, that encourages healthy living for young people up to 16. Young people can get involved with athletics, basketball, cricket, football, street dance and trampolining. In addition a School Holiday Sports Program is run encouraging young people to engage in physical activity.

### Kings Cross Homelessness Project

As stated this is a new service run in partnership with Sure Start (Kings Cross & Holborn) The Outreach and Advice Worker will work with homeless families that are placed in temporary accommodation, whether this be Bed & Breakfast hotels, hostels or temporary accommodation in council flats or leased properties from the private sector. This will increase opportunities for families to know of their entitlement to health care, and increase access to mainstream health services such as registering with GPs and linking in with health visitors. It will also work with this vulnerable client group to maximize their income and improve access to appropriate housing.

### Coram Family Parents Centre

The Coram Family Parents Centre has established parent support groups within schools that aim to reduce parental depression and isolation, as well as running parenting skills courses. A Saturday play session also provides play opportunities for children aged 5-11 (referral required).

### Holborn Community Association

Holborn Community Association have extended their gymnastics and physical activity program for children and young people. Children who enroll can progress through an accredited course to finish with their own gymnastics qualifications.

### Camden Citizen's Advice Bureau

The Citizen's Advice will hold advice sessions in Primary Care settings in the local area that will offer comprehensive advice on a wide range of issues, including welfare rights and access to available health services. Advice will focus on increasing the uptake of benefits to reduce poverty, and therefore improve the socio-economic and environmental factors that lead to poor health.

### King's Cross Brunswick Neighbourhood Association

KCB runs a Family Link Project which works to develop closer contact with isolated families in the Bangladeshi, Chinese and Somali communities. This will ensure that minority ethnic groups gain information and access to local health services, physical activity opportunities, and health promotion information that can encourage healthy lifestyles.

Highlights over the last 12 months have included strengthening links with a range of local organisations including the Camden Primary Care Trust, Sure Start Kings Cross & Holborn, New Roots

### Family link worker:

The family link worker has been working with families in the Kings Cross and Brunswick area to carry out extensive outreach and partnership work with local GP surgeries, Hunter Street Health Centre and Healthy Families Partnership. The aim is to link up families with local service provision and reduce isolation. Encourage social inclusion and participation in local activities and events.

Chadswell Healthy Living Centre offers a variety of activities for men, women and children. We have popular activities such as exercise for men and women, computer class, ESOL class for men and women and after school homework club.

### Family Link Worker Projects:

Monthly Health Sessions – This year between March and October monthly health sessions were arranged for the community. These health sessions help to raise awareness.



### The topics were.

- Fire safety
- Eyes, Feet and Bone
- Probath Bangladeshi Fostering Project
- Asthmas, Eczema and Hay fever
- Domestic Violence
- Energy Awareness

**Health & Fun Event** – one-day health event organised at Surma Centre BWA, in partnership with other local organisations to make this day successful. It was recorded that over 300 people from ethnic minority community attended this event. Healthy lunch served



**International Women's Day at Coram's Field** – Healthy Families Partnership and 7 partners involved in this event. Set up display on 5 a day and How much sugar in the food we eat. Over 260 women attended on the day, everyone enjoyed healthy soup and roll.

**Women Only Swimming Sessions** – In partnership with Bengali Women's Health Project, for 8 weeks Bangladeshi women only swimming sessions was organised at The Kentish Town Sports Centre. KCB provided the mini bus and in total 12 women went swimming every week. At the end of the sessions, 8 women signed up for Camden Leisure Cards to continue swimming sessions. Kentish Town Sports Centre was concerned that ethnic minority communities were not accessing this facility and they ensured that a female lifeguard would be present, as the women did not want to swim in front of male lifeguards.

**Medication Review Day** – with KCB BME worker and myself were actively part of this review day, which involved community members to have their medications reviewed by pharmacists. It allowed each member to have 45-minute appointment, opportunity to ask questions and whether such service should be provided.

**The King's Cross County Show** – Every year KCB staff take on a very active role at the County Show. This year the Healthy Families Partnership decided to offer free "Tropical Fruit Salad" choice of plain or with chat massala. This was extremely popular, serving over 400 portions of fruit salad.

**Camden Bangladesh Mela** – Solely responsible for running children's sports activity this year at the Mela with help from volunteers. The Camden Bangladesh Mela attracts over thousands of people and offers a variety of stalls, cultural show, and youth activity and lots more.

The family link worker has also worked closely with the Bangladeshi families project based at Chadswell on various different projects, summer trips and events. Allowing her to reach the community on a wider perspective.



### Family Link worker and Partnership Work:

- BWA Surma Centre
- Kentish Town Sports Centre
- Hunter Street Health Centre
- GP Practices – Holborn Medical Centre, Kings Cross Surgery and CMHT
- Mary Ward Centre
- Bengali Women's Health Project
- Camden Bangladesh Mela
- New Roots
- Camden Bangladesh Community Network
- Euston Fire Station
- Well & Wise
- Camden Safety Net
- Warmth For All