

# BETTER IN THE COMMUNITY

## LONDON BOROUGH OF CAMDEN: FOURTH EDITION



### WELCOME TO BETTER IN THE COMMUNITY

Read this fourth edition to find out what happened in Camden centres and the community at the end of 2019, and also what to expect in 2020! This bulletin is designed to keep Better staff, Camden colleagues and the community informed. If you have any questions on this or future publications, please contact [andrew.gilbert@gll.org](mailto:andrew.gilbert@gll.org)



### BOXING DAY SWIM SUCCESS AT OASIS SPORTS CENTRE!

Oasis Sports Centre opened its doors, welcoming Camden citizens to take part in a fun and festive Boxing Day swim, encouraging the community to get more active, more often. In addition to the physical health benefits, this swim was set up to help tackle social isolation at a time of year where it is estimated that half a million older adults suffer from loneliness. The Swim was attended by 100 people, ranging from 2 years old to over 80! Non-alcoholic mulled wine, tea, coffee and mince pies we're enjoyed by event attendees, who were also very complimentary of their experience. We look forward to another festive swim in 2020!

### SWISS COTTAGE EXPANDS ITS DISABILITY HUB CLUB PROGRAMME

The Saturday Hub Club is ideal for anyone aged 16 years or over with a disability. The programme now runs from 2pm to 5pm, with a range of activities. It starts in the Programmable Gym, where our expert Fitness Instructors provide support and personalised instruction on how to use our specialist gym equipment, such as our two new MOTomed. From 3pm to 4pm there's multi-sports in the Sports Hall, which includes inclusive table tennis, badminton and boccia. Finally from 4-5pm, a new social activity takes place within a studio.

For more information on the session, and to find out how to join, contact Adriana Duarte on [adriana.duarte@gll.org](mailto:adriana.duarte@gll.org)



### BETTER CAMDEN DELIVER SUPPORTED INTERNSHIPS

As part of our Better Camden Vision Strategy, we're pleased to be working in partnership with Camden's Special Educational Needs and Disabilities team and Westminster Kingsway College on their Supported Internships scheme. Pancras Square Leisure and Kentish Town Sports Centre each hosted a Camden citizen for a 10-week period in the role of Customer Service Assistant. Interns Ryan and Abdi made a huge impact during their 10 weeks with us, delivering excellent customer service to enhance our customers' experience.

We wish Ryan and Abdi good luck in the future, and look forward to welcoming new interns.



### COMMUNITY FOODBANKS ACHIEVE SUCCESS IN CAMDEN'S CENTRES

Camden ranks 7th of all 32 London boroughs in terms of the number of families depending on emergency food packets. Many people in Camden cannot afford adequate nutrition for themselves and their families, and some are forced to skip meals or make stark choices between food and other basic needs such as heating. To help combat hunger during the winter months, we partnered with The Trussell Trust to set up a food collection point in each of our Better Camden leisure centres, where staff and customers made donations of any non-perishable food items as well as living essentials. Over the Christmas period, our thanks goes out to the Camden citizens who showed huge generosity with their donations, which meant we were able to make multiple trips to the Foodbank.

Thank you to our staff and customers for the incredible **400kg** of donations! Donations definitely went a long way in supporting struggling families in Camden, especially over the festive period.



## KENTISH TOWN SPORTS CENTRE LAUNCH DEMENTIA CLUB

Working in partnership with Dementia Club UK and organisations from Camden including Age UK, North London Cares and Arts 4 Dementia, Kentish Town Sports Centre launched its first Dementia Club UK project on Thursday 17<sup>th</sup> October from within its Community Hub Zone.

Our monthly Dementia Club was set up to support Camden citizens' overall health and well-being, with a focus on reducing social isolation and inactivity levels. It offers professional advice, information, gentle exercise to music, and fun sporting activities in a social atmosphere.

The launch event was very well received with 40 people in attendance, with other centre customers praising the activity and Kentish Town Leisure Centre's Community Hub Zone.

Dementia Club UK projects will be delivered on the third Thursday of each month, from 1pm to 3pm. For more information on Dementia Club UK, please contact Adriana Duarte on [adriana.duarte@gll.org](mailto:adriana.duarte@gll.org).



## CAMDEN IS ACCREDITED BY THE HEALTHY WORKFORCE CHARTER

GLL are committed to supporting the health and well-being of our employees. On Monday 18<sup>th</sup> November at City Hall, Camden received the Mayor's London Healthy Workplace Award (LHWA). The process was led by Camden's Community Sports Officer, Daniel Bank, and Regional Health Manager, Rhiannon Morgan. The LHWA is an accreditation scheme led by the Mayor of London's Office and supported by Public Health England. It acts as a template for good practice and recognises London employers which invest in their employees' health and well-being. The award helps organisations address some of the biggest challenges that businesses face, including recruitment and staff retention, sickness absence and employee productivity. Organisations are encouraged to develop well-being programmes across a wide range of areas, including support for mental health and well-being; smoking, alcohol and substance misuse; improving physical activity and promoting healthy eating.

## CAMDEN LAUNCHES PHYSICAL ACTIVITY INCLUSION FUND

Working together, Camden Council and Better have launched the new Camden Physical Activity Inclusion Fund (PAIF). This fund provides support for local groups to apply to set up new sport and physical activity sessions, with the aim for them to be sustainable and increase physical activity for hard-to-reach groups.

- Launched in October 2019, PAIF has already received 21 applications, with grants being awarded to the St Pancras and Somers Town Living Centre to deliver an antenatal yoga session, Primrose Hill Community Association to deliver indoor short mat bowls, for the installation of two treadmills at the Samuel Lithgow Youth Centre, and for a new dance session in partnership with the African Health Forum and the African Physical Training Organisation.



## MENTAL HEALTH BOARD

On Thursday 10<sup>th</sup> October, Kentish Town celebrated World Mental Health Day by encouraging customers and members of staff to leave positive messages on our mental health board in the gym.

This was very well received by both customers and staff, who all left some really positive and inspiring messages. By the next day, the board was very well populated!

Some of our favourite messages include:

- "You are enough just for being you"
- "Just keep swimming!"
- "Happiness can be found even in the darkest of times"
- "Everything will fall into place. Don't doubt yourself. Only speak positive things into existence"
- "Storms don't last forever"

## CAMDEN ENERGY REDUCTION

GLL were proud to support the Camden and Islington Sustainability Awards event, held at the Jerwood Hall LSO at St Luke's in Islington. Over 70 businesses, organisations and schools entered the awards. Guest speakers from C40 Cities Climate Leadership Group, the New Economics Foundation, Possible, Troup Bywaters + Anders, and Bennetts Associates shared their insights into sustainability challenges and opportunities arising from the current climate crisis.

The master of ceremonies on the night was Natasha Friend, from local charity Camden Giving, who work to reduce poverty and inequality in the borough. The event was hosted jointly by the Camden Climate Change Alliance and the Islington Sustainable Energy Partnership. These organisations work in their respective boroughs to support local businesses to reduce carbon emissions and take action on climate change through sustainability events, sharing of best practice and training for staff.

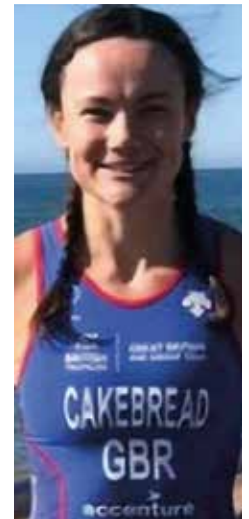
GLL is a member of both organisations and we were supporting the "Best Community Environmental Project" category, with some great entries from both boroughs.

The challenge has now been set for the teams in both partnerships entering the awards next year. David White (Partnership Manager – Camden) who also attended the event, said "It was great to see so many young and passionate people talking about the challenge of climate change and what can be done locally to increase sustainability."



## NEW HEALTH AND WELL-BEING CHAMPION AT OASIS

- Sarah Cakebread, a Camden GLL Sport Foundation athlete for triathlon, rejoins the partnership as Oasis Sport Centre's Assistant Manager. In addition to her role, Sarah has volunteered to be the centre's Health and Well-Being Champion, so she will work closely with the community team and Camden community groups on a number of agendas such as increasing the number of women-only activities, gardening at Oasis and a new book club.



## COMING UP

Read the fifth edition to find out more about our new Training Tuesdays project; or for more information now, contact Daniel Bank on [daniel.bank@gll.org](mailto:daniel.bank@gll.org)

Oasis Sports Centre are setting up a new Winter Warmers project to support local charity CentrePoint by asking customers to donate warm clothing. For more information, contact Adriana Duarte on [adriana.duarte@gll.org](mailto:adriana.duarte@gll.org)