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# Introduction

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*The Activate London project is at the end of the fourth year of delivery, supported by the Big Lottery Fund's Well-being funding stream which is focused upon the promotion of healthy lifestyles and the improvement in access to preventative health services focusing around the three themes of mental well-being, healthy eating and physical activity.*

This report documents the Interim Evaluation findings at the end of year four of Civic Regeneration Limited (Civic) for Peabody as lead partner of the Activate London project.

The project has been targeted with engaging more than 43 thousand individuals across London through projects addressing the overall issues of well-being in themes of Healthy Eating, Mental Well-being and Physical Activity. The project is being delivered through a partnership of seven London based Registered Social Landlords, all of whom have a strong community focus. The partnership is formed of:

- Peabody (Lead Partner)
- Affinity Sutton (formerly Broomleigh Housing Association)
- Circle Anglia
- Community Based Housing Association
- Family Mosaic
- Metropolitan Housing Trust
- Southern Housing Group

The report will be structured as follows:

**Methodology and Approach** taken to undertake the evaluation

**Context** in which the Activate London project sits and an undertaking to explain the key concepts and how the project has been developed.

**Project Overview** of the total project progress across the portfolio, up to September 2011.

**Beneficiary Impact:** Will look at the beneficiary information collected by the partnership, and anecdotal evidence gained through interviewing beneficiaries and project visits.

**Management & Administration** in terms of the running of the project and its organisational structure and its finances.

**Exit & Sustainability:** As the project approaches the end, this will highlight the steps taken by the partnership to ensure the benefits of the project can be sustained beyond the end of funding.

**Key Messages** arising from the evaluation

# Methodology & Approach

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**Civic recognise the importance of following a clear and consistent means of project evaluation. This is particularly important in the identification of areas of improvement and recommendations for future delivery and also highly pertinent for large projects such as Activate London.**

At this stage as the project is drawing to a close it was agreed that the evaluation should focus more closely on the lessons learned through the delivery to date, and to consider the project legacies, exit strategy and ultimately the sustainability of the projects which are continuing in the future.

Through this process, gaps can be identified within provision and so lessons learnt at this stage can then be incorporated into future delivery. This approach has been undertaken throughout the evaluation of the project to date and as such previous issues and recommendations will be revisited. There are several key criteria which have been identified against which the project has been evaluated against. These are:

**Effectiveness:** the degree to which the goals have been reached in terms of recruitment, etc.

**Efficiency:** The degree to which the project has been productive in relationship to its resources.

**Impact:** The degree to which the programme has resulted in changes, relating to the overall mission of the project.

Civic has undertaken a varied evaluation of the Activate London project, which has involved interviews with management, partners and beneficiaries. These interviews have allowed for the assessment of the wider impacts of the Activate London project and how it fits in with the overall well-being agenda.

Research completed at this stage has been informed by attending project steering groups, and through anecdotal feedback which has been gained from speaking with project partners and managers.

Alongside the gathering of quantifiable data of the project and its partners, it has also been important to thoroughly consider the qualitative research methods which have also been employed through the interim project evaluation

## Sources of Information

The following organisations have provided information to support the evaluation, including data of the project's achievements and links to the project's delivery. Those who were contacted and were involved in this interim evaluation included:

- Peabody
- Affinity Sutton
- Circle Anglia
- Community Based Housing Association
- Family Mosaic
- Metropolitan Housing Trust
- Southern Housing Group
- Project Beneficiaries

## **Approach**

Civic has undertaken a varied approach to the analysis of the raw reporting information, and the beneficiary monitoring feedback forms, to unpick a range of issues at differing levels of the Activate London Project.

This has included an analysis at project, theme and partner levels, whilst also highlighting key projects through the process. It has also been deemed important to assess the nine projects which have been identified to follow more closely throughout the evaluation process.

# Context

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*The Activate London Partnership was awarded a total of £4,685,388 to deliver the Activate London project in 2006 by the BIG Lottery Fund, through its £165 million Well-being funding programme. This fund was made available in 2006 to statutory, voluntary, community and private sector organisations to bid for a minimum of £1 million to deliver projects which support their three key themes.*



With Peabody as the lead provider, the Activate London project has been delivered through a consortium of seven Registered Social Landlords, who between them have a presence in every London Borough. The intention of the project has been to focus the projects around the housing managed by the RSLs, but not to limit participation in the projects to only those residents.

The partnership has included: Affinity Sutton, Circle Anglia, Community Based Housing Association, Family Mosaic, Metropolitan Housing Trust, Peabody and Southern Housing.

## Defining Well-being

As a term, well-being has become increasingly in vogue in the public sphere, particularly with the recent move of the Office of National Statistics to begin measuring Societal Well-being. However, its definition can vary significantly; in general terms it *“embraces physical, mental and emotional health”*<sup>1</sup>, however beyond this, it is also well recognised that *“well-being means different things to different people. People come at it from different disciplines, it is multi-dimensional”*<sup>2</sup>

One of these range of descriptions has been provided by the New Economics Foundation Centre for Well-being, which describe it as *“the dynamic process that gives people a sense of how their lives are going through the interaction between their circumstances, activities and psychological resources or ‘mental capital’”*<sup>3</sup> Rather than focusing on the elements which constitutes well-being, this definition suggests that is more than the sum of its parts, more related to the balance and interaction between the differing elements which impact on people’s lives.

Conversely, at a Government level, it considers the notion in much broader terms, describing it as *“a positive physical, social and mental state: it is not just the absence of pain, discomfort and incapacity. It requires that basic needs are met, that individuals have a sense of purpose, and that*

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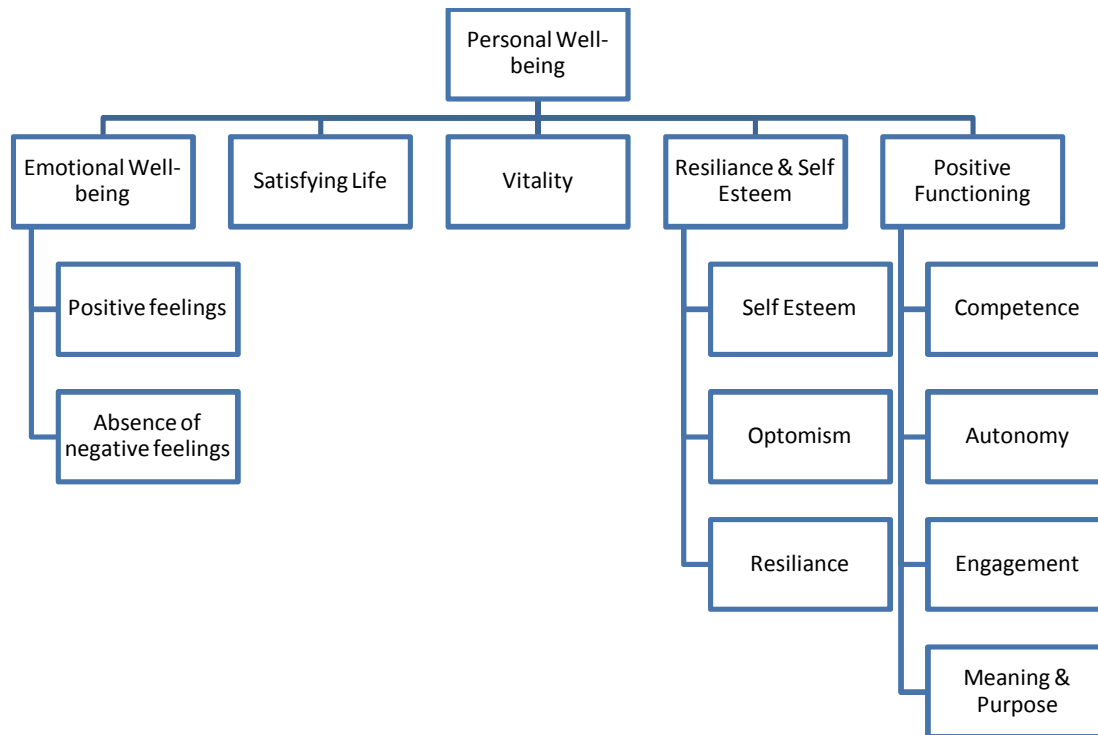
<sup>1</sup> Open University (2011) ‘Defining wellbeing’

<sup>2</sup> Hicks, S. (2011) ‘What is national well-being?’, London Well-being Conference 2011, London.

<sup>3</sup> New Economics Foundation (2009) ‘What is well-being?’

*they feel able to achieve important personal goals and participate in society. It is enhanced by conditions that include supportive personal relationships, strong and inclusive communities, good health, financial and personal security, rewarding employment and a healthy attractive environment<sup>4</sup>.*

Both offer common factors, suggesting that there are a wide range of interlinked issues which impact upon an individual’s well-being, which are highly interlinked. Taking these definitions together



Activate London is focused on the promotion areas of Healthy Eating, Mental Well-being and Physical Activity as drivers towards the development of overall Well-being, which between them cover a lot of bases in terms of promoting well-being. In addition to these hard descriptions of the themes, there has been a lot of depth and variation in order to target more groups, and to ultimately hit on other areas of well-being highlighted above.

Large cities such as London have very particular characteristics which impact upon the levels of well-being of their residents. Outlined in the London Health Inequalities Strategy (2010), the Mayor of London highlights that there are significant apparent health inequalities in London. One such example cites is that the **“average life expectancy reduces by a year every tube stop passed from Central London going east”**. The strategy moves to outline that the target for London must be:

- to improve the physical and mental health of Londoners;
- to reduce the gap between Londoners with the best and worst health outcomes;

<sup>4</sup> Cross-Departmental Working Group on Well-being (2010)

- to create the economic, social and environmental conditions that improve quality of life for all; and
- to empower individuals and communities to take control of their lives, with a particular focus on the most disadvantaged.

## Healthy Eating

According to the Department for Health, approximately a quarter of adults and one in six children under the age of 11 are obese, and as well as causing an increased burden on overstretched statutory services, it has a significant impact upon levels of mental health and overall Well-being.

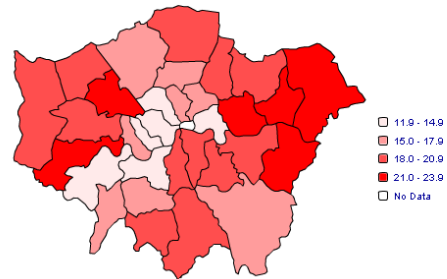


Figure 1 | Obesity rates across London

As a general rule in the UK people on lower incomes are more likely to have a worse diet and so a higher likelihood of suffering from diet related diseases, this is known as **Food Poverty**. According to the Faculty of Public Health, people who are most likely to experience food poverty include:

- People living on low incomes or who are unemployed
- Households with dependent children
- Older people
- People with disabilities
- Members of black and minority ethnic communities.

Bringing this into context and it has been suggested that:

- People on low incomes eat more processed foods which are much higher in saturated fats and salt. They also eat less variety of foods. This is related to economies of scale and fear of potential waste.
- People living on state benefits eat less fruit and vegetables, less fish and less high-fibre breakfast cereals.
- People in the UK living in households without an earner consume more total calories and considerably more fat, salt and non-milk extrinsic sugars than those living in households with one or more earners.

Issues of Food Poverty are compounded by the fact that ***“local independent shops and street markets are closing at an alarming rate in some parts of the country”*** which is coupled with a significant rise in the number of major supermarkets often selling produce which is not wanted or known by the local community.



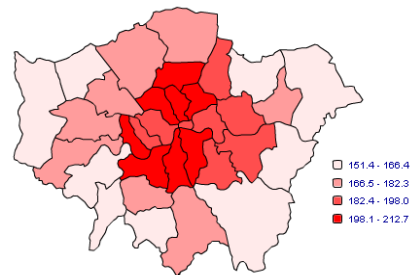
The wider implications of this, not only relate to physical health related issues, the Mental Health Foundation through their report, *'Feeding Minds: The impact of food on mental health'* identified that ***"changes to our diet over the last fifty years or so are thought to be an important factor behind recent trends in mental health and mental illness"***.

## Mental Well-being

Poor mental well-being affects many Londoners, and often goes hand in hand with low levels of physical health. Data from the London Health Observatory, who undertook the 'Psychiatric Morbidity Survey' or adults in private households aged 16-74 identified several variations in the levels of mental health in London compared with other areas of the UK.

- 1 in 6 (16.5%) of the population surveyed in England exhibited symptoms in the week prior to interview sufficient to warrant a diagnosis of a common mental health problem
- London had a slightly higher rate of common mental health problems than England (18.2% compared with 16.5%)
- London had the second highest rate of common mental health problems in England after the North West region (20.3%) and the highest rate of depressive disorder in England.

Even within London, these rates are not evenly distributed, data looking at the patient mix accessing mental health services in London show much higher user numbers in deprived communities, particularly refugees, asylum seekers, the homeless and those who misuse drugs and alcohol.



Rethink assert that ***"culture and race have an important role to play in the likelihood of someone being diagnosed with mental health problems"***. Going on to highlight that identified incidences of mental ill health amongst the Bangladeshi population is much lower than that of the general population; whilst at the same time Afro-Caribbean individuals are disproportionately highly represented in such statistics.

Figure 2 | Reported Mental Ill Health / Thousand

This is however not to suggest that certain groups are more predisposed to experiencing mental ill health than others, more likely is the fact that many BME communities are more likely to live in poverty, although clearly this is not the case for the Bangladeshi population, who largely live in some of the most deprived communities in the UK.

With this respect Rethink go onto suggest that when analysing mental illness, we are very much relying on ***"western definitions of mental illness"***, and that cultural variation in the expression of distress and possibly more inward looking communities, without a culture of seeking help from outside of it could be significantly skewing the statistics.

## Physical Activity

Encouraging communities and individuals to become more physically active has the potential to address significant challenges, not only due to its potential to improve both physical and mental health, but it is also ***“associated with some protection against chronic diseases and an improved quality of life”***.

### Early Years (Under 5s)

1. Physical activity should be encouraged from birth, particularly through floor-based play and water-based activities in safe environments
2. Children of pre-school age who are capable of walking unaided should be physically active daily for at least 180 minutes (3 hours), spread throughout the day.
3. All under 5s should minimise the amount of time being sedentary (being restrained or sitting) for extended periods (except time sleeping).

### Children and Young People (5-18 years)

1. All children and young people should engage in moderate physical activity for at least 60 minutes and up to several hours a day.
2. Vigorous intensity activities, including those that strengthen muscle and bone should be incorporated at least three days a week.
3. All children and young people should minimise the amount of time being spent sedentary (sitting ) for extended periods

### Adults (19-64 years)

1. Adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.
2. Alternatively, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or a combination of moderate and vigorous intensity activity.

3. Adults should also undertake physical activity to improve muscle strength on at least two days a week.

4. All adults should minimise the amount of time spent being sedentary (sitting) for extended periods.

### Older Adults (65+ years)

1. Older adults who participate in any amount of physical activity gain some health benefits, including maintenance of good physical and cognitive function. Some physical activity is better than none, and more physical activity provides greater health benefits.

2. Older adults should aim to be active daily. Over a week, activity should add up to at least 150 minutes (2½ hours) of moderate intensity activity in bouts of 10 minutes or more – one way to approach this is to do 30 minutes on at least 5 days a week.

3. For those who are already regularly active at moderate intensity, comparable benefits can be achieved through 75 minutes of vigorous intensity activity spread across the week or a combination of moderate and vigorous activity.

4. Older adults should also undertake physical activity to improve muscle strength on at least two days a week.

5. Older adults at risk of falls should incorporate physical activity to improve balance and co-ordination on at least two days a week. All older adults should minimise the amount of time spent being sedentary (sitting) for extended periods.

Dr Andrew McCulloch, Chief Executive of the Mental Health Foundation asserts that ***“the relationship between physical activity and wellbeing is part of a bigger picture. There is a virtuous circle between the two – activity improves mental wellbeing but improved psychological wellbeing helps engagement with physical activity so improving physical health as well”***.

Furthermore the New Economics Foundation highlight that ***“exercise has been shown to increase mood and has been used successfully to lower rates of depression and anxiety”***; there is also a well

understood link between the wider implications of a physical activity as part of an overall healthy lifestyle, however particularly upon Mental Well-being.

Indeed this commitment to encouraging people to become more physically active transcends recommendations from official health boards. Particularly in the lead up to the 2012 Olympic Games in London, the GLA have committed to **“securing a sustained increase in participation in sport and physical activity amongst Londoners”** and by **“using sport to assist in tackling social problems including ill health, crime, academic under achievement and lack of community cohesion”**. This raising another benefit of promoting physical activity: the power of sport to bring communities together to tackle local problems.

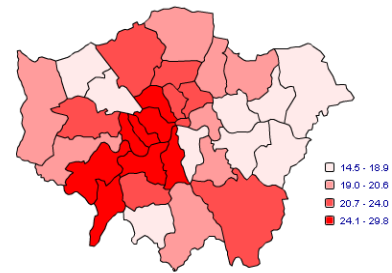


Figure 3 | Proportion engaging in physical activity at least three times per week

However, in spite of the well-known and clearly understood benefits of exercise, the majority of adults and many children and young people do not undertake enough regular exercise to meet the minimum recommendations. In London, the London Health Observatory reported that:

- Most adults in London are not sufficiently active. In 2008, only 38% of men and 29% of women (16 years and over) in London met the minimum recommendations for physical activity in adults. These percentages were similar to the England average.
- Less than a quarter of Londoners regularly participate in sport and active recreation. In 2008/09, 21% of adults in London participated in sport and active recreation for 30 minutes, at least 3 days a week. Participation rates in London boroughs ranged from 15% in Newham to 31% in Kensington and Chelsea. Nationally, the participation rate in sport and active recreation was 22% in 2008/09. These results are from the Active People Survey's Indicator 1, which includes recreational walking and cycling, but not the wider spectrum of physical activity such as 'active travel,' housework, gardening, etc.
- The majority of London's children are insufficiently active. The Health Survey for England (HSfE) found that, in 2008, 33% of boys and 24% of girls (aged 2-15) in London fulfilled the physical activity target for children in the previous week. These results were similar to the England average. Results from 2007 had shown that children in London had the lowest levels of physical activity of any region in England. However, as significant changes were made to the questionnaire in 2008, results are not directly comparable with previous years.
- Based on average healthcare costs of five diseases related to physical inactivity, the cost of inactivity for London's primary care trusts (PCTs) has been estimated to be about £1.8 million per 100,000 people.

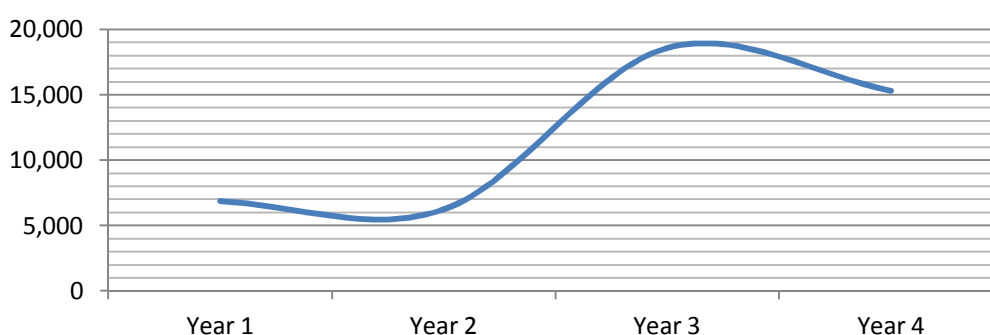
# Project Overview

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*Across the partnership, the Activate London project has targeted 43,329 residents from across London, engaging them in a series of projects targeted towards supporting their mental well-being, improve their levels of physical activity and to improve their knowledge of healthy eating and living healthy lifestyles in general.*

*The project has reached the end of its fourth year of delivery, with the partnership having already performed particularly well in having already exceeded its overall targets. As to be expected at a project level there has been some degree of variation in achievement at a project by project level, and to some degree by theme also. Through this section we have looked at this in more detail, considering the overall targets and to unpick lessons which this information shows us in the wider policy context of the promotion of overall well-being.*

To date, the Activate London Partnership has engaged **47,039** beneficiaries, representing **109%** of its lifetime target, with six months of delivery still remaining. In the last year this increase has equated to **15,326** registrations in the last year of delivery.



This strong performance of Activate London is not unexpected, Activate as conformed well to an ‘s-curve’ in the delivery terms, with the first two years seeing relatively stable numbers of beneficiaries through the project with a significant ramping up in delivery as came into year three and approached year four. Delivery in the fourth year was slightly lower than in year three at **15,326**, representing an 18% decrease in the delivery rate.

This however came at the same time as the project has begun to wind up, with several of the projects coming to an end, and even some of the partners beginning to stop delivery all together. At the same time it is also important to remind ourselves that the project has already exceeded its target overall.

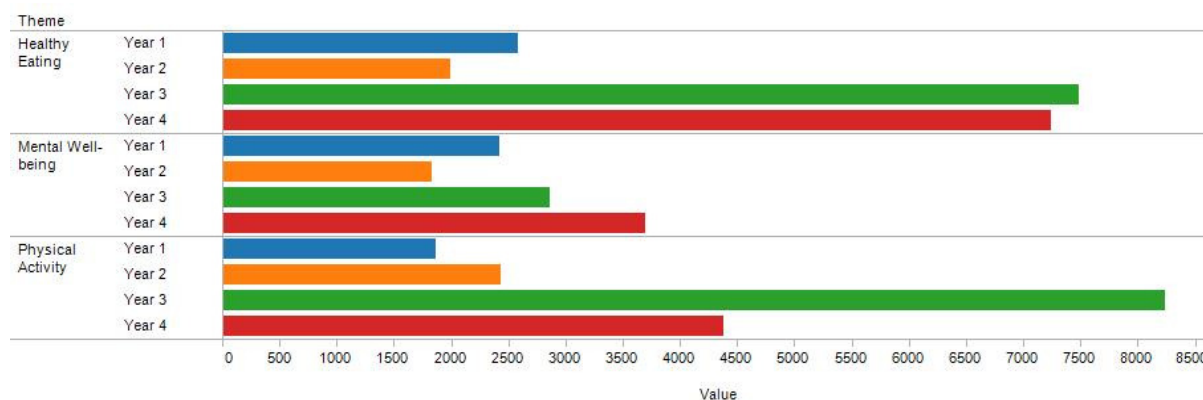
The high levels of delivery towards the end of the project were also representative of strong planning and setting up of the project early on. One of the partner organisations when questioned about the spread of delivery through the project remarked that when it began the targets overall seemed daunting, leading them to focus more closely on meeting the overall numbers, rather than considering the types of projects which were being delivered – resulting in a greater focus on short intervention projects in order to meet the overall targets.

Across the board, the Activate London partnership has relied on the high level of flexibility which the BIG Lottery as a funder has allowed, enabling the partners to take a pragmatic approach in terms of its delivery method to ensure that it can adapt projects to ensure that they continue to meet the needs of the project beneficiaries.

## Breakdown by Theme

Delivering across specific theme targets has been a corner stone of the delivery model employed by the Activate Partnership in seeking to deliver a holistic approach towards meeting the overall approach of promoting well-being amongst project beneficiaries.

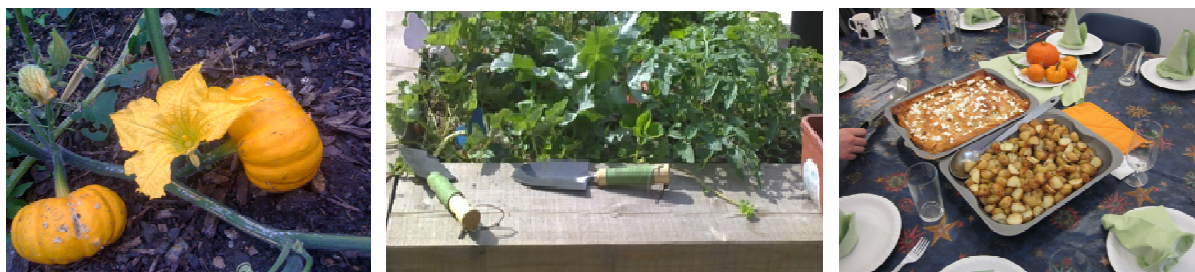
It is in that respect that it has been evident from the outset that although generally focused on the differing elements of healthy eating, better mental well-being and increased levels of physical activity there have been significant inter-linkages between the project themes. It has been observed that in general the projects have all helped to reduce levels of isolation and help to foster a genuine community spirit.



Looking at the project targets overall, there has been variance in the degree to which each has been successful in meeting its overall targets. Notably the Healthy Eating and Mental Well-being Strands have both exceeded their targets, whilst Physical Activity has lagged behind slightly.

## Healthy Eating

**THEME TARGET: 16,237 people will benefit from better nutrition, improved diets and be able to make more informed choices through participating in a range of targeted projects by the end of the portfolio.**



In absolute numbers **19,302** individuals have been engaged in projects which meet the healthy eating strand of delivery, representing **119%** of the project target of 16,237. To deliver this significant achievement, the partnership have implemented and delivered a wide range of projects to meet the project themes and to attract the widest range of participants possible.

The importance of promoting healthy eating is well-known, and represents the cornerstone of a healthy lifestyle. As well as having a significant impact on our physical health, it also has a strong impact on mental and emotional health as well. As we highlighted previously, rates of childhood obesity are alarming, and combining this with the higher rates of food poverty recorded in lower income families only serves to compound the problem for London's social housing tenants.

Beyond food poverty itself, there is a stark lack of awareness of what really constitutes a healthy diet, where food comes from and the implications of this on an individual's well-being. Finally access to healthy and affordable food also represents a significant barrier towards promoting healthier lifestyles.

To overcome these issues, the partnership has employed a wide range of different approaches to target the diverse range of tenants and issues facing individuals, families and communities preventing them from eating healthily. Interventions have included:

**Gardening Projects** – very in vogue at the moment, the growth and development of community gardens within the context of social housing has gained significant momentum over recent years. There is no typical community garden, as each develops according to the local area and in response to the needs of the local community – examples of such schemes can be seen across London and in numerous settings and contexts.

Research undertaken by the *'Federation of City Farms & Community Gardens'* proposes that the benefits of such projects are indeed multi-faceted - with projects helping people to reconnect with nature and asserting that the ***"presence of hands-on food growing experiences on our doorsteps promotes uptake of healthier diets and bridges the gap from field to plate"***. Additionally to this it was suggested that community gardens can also provide the platform from which to deliver a range

of government agendas relating to social inclusion, health, climate change, education, regeneration and local economies.

**Local Food Cooperatives** - Examples of successful food cooperative movements can be seen across the UK. It is based upon the premise that through buying produce directly from the wholesalers that produce can then be made available to local residents at a lower price and higher quality that would be possible at local supermarkets.

Additionally to this, though being closely linked and embedded in the local communities in which they operate it is then produce can be sourced which meets the particular needs and wants of those using the cooperative. The intention is not necessarily to provide all of the products which an individual would buy, but instead to provide the opportunity to purchase essential produce which is in season.

**Lunch Clubs and Cookery Lessons** – very popular across the UK, lunch clubs and cookery lessons both help to bring people together with a common goal, and to further improve their knowledge and understanding of healthy eating. This helps to bring the process straight through from seed to plate, and enables people to share old recipes and learn new ones, but in addition and potentially more importantly they also provide a friendly social environment where people can get out and meet other people, helping to foster genuine community spirit.

## Myatt's Field, Lambeth

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Myatt's Field Park on the boarder of Lambeth Southwark is the centre of a wide range of community engagement projects including three funded by the BIG Lottery Fund; supporting the local community in projects promoting healthy eating, physical activity and mental wellbeing.

These projects include the gardening project based in the greenhouse, 'cook & eat' sessions and pram walking projects. In addition to these there are also a number of other projects and facilities running in and around Myatt's Field Park.

The series of projects in Myatt's Field Park have been exceptionally successful, one of the beneficiaries provided a great summary following their participation. ***"I really think that this project has got great ideals and brilliant people at its heart. The things that I experienced at Myatt's made my time in London possible for it gave me the opportunity to do things for myself and others simultaneously. I felt valued, respected, supported and engaged and I hope this project allowed me to offer that to others"***.

- The project has demonstrated a strong positive impact of local volunteers in terms of engaging the wider community and impacting upon well-being.
- The projects have been successfully knitted into each other for maximum impact.
- The BIG Lottery has been a very flexible funder which has really allowed the project to have maximum impact on the well-being of those who have taken part.
- The projects have been successful in engaging a large proportion of the local community, with different activities which appeal to a wide range of individuals with tasks appropriate to their interests and their abilities.
- This strong local buy in will be essential in ensuring that the project will be sustainable following the funding from the BIG Lottery Fund running out.



## Mental Well-being

**THEME TARGET: 8,920 people with common mental health complaints will have improved mental well-being through participating in a wide range of projects by the end of the portfolio.**



The mental well-being theme has been the highest performing in terms of its proportion of profiled delivery achieved of the whole well-being programme having successfully engaged **10,811** beneficiaries by the end of the fourth year of delivery, representing **121%** of the overall target and a **3,205** people in the last year alone.

Mental well-being and mental health issues cover a wide spectrum of issues ranging from anxiety and depression towards significant episodes of mental distress. The Activate London programme has sought to target the more common mental health complainants.

As well as not being visible, the manifestation of mental ill health varies significantly across communities.

There is no simple answer to what 'causes' mental ill health, indeed whilst some individuals may be more predisposed to mental illness, for others it is often a response to particular events of aspects of an individual's life. Indeed Rethink assert that it is often a combination of these which leads to mental illness.

In general terms the causes of mental illness can be broken down into physical, social, environmental and psychological issues. In its intervention, Activate London has focused most greatly on social and environmental issues.

To address this, it has delivered a range of projects seeking to target as wide a group as possible across a range of projects. It is important to note that whilst these projects were directly targeted towards improving mental well-being,

### Social & Environmental Factors

**Where we live:** The physical environment where we live can be very stressful, particularly when there are problems with neighbours, of there are high crime rates and other such issues.

**Where you work:** Whether you enjoy your work or feel you are under too much pressure, and unable to find employment or hold down a job, can all put pressure on your mental well-being

**Families and Friends:** When we face difficult times our support networks become very important – those who do not have close friends or families, or those who do not live near the people who support them may find it increasingly difficult to cope alone.

**How and when to relax:** All these kinds of problems will increase the amount of stress people are under, and can cause depression and anxiety especially in situations where people don't have a time or place to relax.



almost every other project run through Activate was able to make significant impacts on mental well-being through addressing the significant issue of isolation of individuals, families and entire communities.

**Social Clubs** – one of the more successful projects, built around common activities to help reduce isolation and foster a greater sense of inclusion and community spirit. One such project was ‘In my Prime’ which was set up around the idea of promoting gentle physical activity through playing games such as indoor bowls.

**Pampering Projects** – set up the intention of improving an individual’s mental well-being through ‘feel good’ sessions to help raise people’s levels of self esteem and also to get together in regular sessions with other people in the community to help foster greater community spirit.

**Craft Projects** – primarily aimed at women, these projects have proven to be very successful in bringing together groups of people around a common goal, to learn new skills, meet new people, and importantly to be able to complete and achieve a task to help promote better self esteem and pride.

**Befriending Schemes** – one of the most direct methods of reducing isolation, by encouraging people to ‘befriend’ their neighbours so that someone knows there is another person to talk to and help them if they need it. Logistically quite difficult to set up however due to the requirements of Criminal Records Bureau checks, and the liability on the partner if something does go wrong.

## Makeover Days, Lambeth

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The *Makeover Days* project seeks to promote better mental well-being and high self esteem to beneficiaries through the provision of a range of therapies once a month at the Rosendale Old Estate Office on the Rosendale Estate in Lambeth. This project demonstrates the significant impact on people’s lives which can be achieved such projects, helping to reduce feelings of isolation and improve levels of self worth amongst the beneficiaries.

Steps are being taken to ensure that this project is fully sustainable once funding from the BIG Lottery Fund comes to an end. To this end, the TRA have begun to pay half of the running costs from funds which it has secured from the hire of the adjacent community hall, the remainder of the costs are currently being covered by the BIG Lottery Fund.

The TRA is seeking funding from charitable sources to cover the remainder of the costs of the project, and is expected to implement a small fee of £2.50 to the beneficiaries to attend the project which is expected to make the project sustainable. Importantly, this project is very scalable, and can be adjusted to meet the budget which is available, particularly as the only real outlay of this project is the fees of the therapists.