

# BETTER IN THE COMMUNITY

## LONDON BOROUGH OF CAMDEN: SECOND EDITION



### WELCOME TO BETTER IN THE COMMUNITY

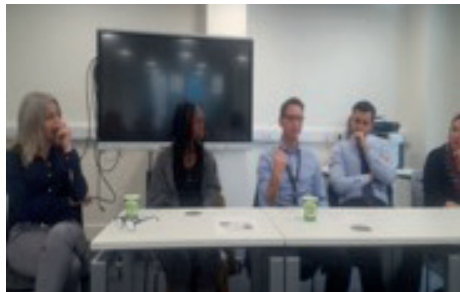
Read this second issue to find out what's been happening in Camden centres and the community so far in 2019, and what to expect in the coming weeks. This bulletin is designed to keep Better staff, Camden colleagues and the community informed. If you have any questions on this or future publications, please contact [andrew.gilbert@gll.org](mailto:andrew.gilbert@gll.org)



### BETTER CAMDEN PRESENT TO CAMDEN DISABILITY OVERSIGHT PANEL

In May, The Camden Partnership team proudly attended and presented at the Camden Disability Oversight Panel, chaired by Councillors Simpson and Revah. The Disability Oversight Panel was set up to act as a voice for disabled Camden citizens, challenging all Sport and Physical Activity providers to continue to improve services for disabled Camden citizens.

Camden Community Sports Manager, Andy Gilbert, presented on the work Better have delivered over the past year and emphasised our priority of supporting disabled Camden citizens in becoming fit and active, as well as giving an insight into future plans for leisure centres in Camden, such as new equipment, new activities and a customer journey video.



### WE MAKE CAMDEN EVENT

Cllr Abdul Hai, Cabinet Member for Young People and Cohesion, created a day to celebrate the diversity and strength of the communities in Camden. The event brought together residents, community groups, businesses, schools and staff to discuss how we can work collectively to unite our neighbourhoods.

In challenging times it is important to emphasise how physical activity and particularly games can create a positive environment for all those involved. The event consisted of workshops, speeches and Q&As. Better were proud to be a part of one of the panels, titled 'The Fun of Bringing Us Together', alongside community partners, Fitzrovia Youth in Action, Origin Housing and Fit Mamas BoxFit (& Self Defence).

### KENTISH TOWN DELIVER FIRST YOUTH OPEN NIGHT

Daniel Bank, Better Camden's Youth Development Officer delivered an inaugural Youth Open Day on Friday 21<sup>st</sup> of June at Kentish Town Sports Centre. The event provided young people with the opportunity to attend Kentish Town Sports Centre for free, to try out a range of activities including gym, pool, karate, boxing, rowing games and studio-based challenges.

Community outreach was carried out at the ever popular Friday Night Project to learn what activities young people wished to take part in, with the event being promoted via youth networks and schools. Information from this outreach work ensured the evening was co-designed alongside young Camden citizens. The Youth Open Night was successfully attended by 35 young people, with positive feedback received. Look out for information on our next Youth Open Night!

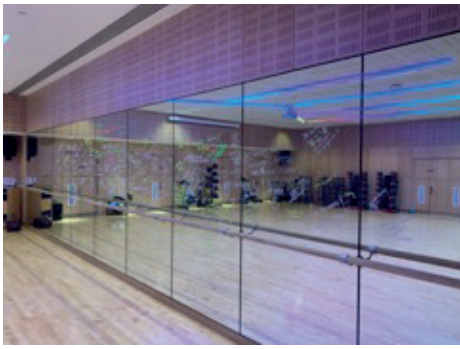
### HEALTH AND WELL-BEING CHAMPIONS ROUND UP

Health and Well-Being Champions have attended a range of community events over the past 3 months including the Camden Adult Community Learning Team health and well-being event at Pancras Square Library, Public Health conference on how organisations in the voluntary and community sector can improve Camden citizens' health and well-being. St Mungo's hosted an event, who invited Better along to celebrate the achievements of those who have overcome homelessness, with this event providing Better with the platform to promote opportunities for those who are currently living without a home and encouraged the general public to consider their own mental health.

Better's Health and Well-being Champions have continued to grow the partnership with Age UK, delivering more pop-up events at four of our leisure centres: Kentish Town, Oasis, Swiss Cottage and Pancras Square. These events aim to tackle the barriers that older people face regarding access to sport and physical activity. Health and Well-Being Champions gave event attendees guided tours of the centres and explained our programming and membership options.

Following on from the first edition of the Better in the Community Newsletter, which highlighted the first Chalcot's Cup in partnership with North Camden Zone and The Winch, Better supported the Chalcot's Cup 2.0, hosted at Swiss Cottage on Sunday 23<sup>rd</sup> June, another excellent event was well attended by both players and spectators, creating a fantastic feeling of community cohesion. Swiss Cottage look forward to hosting the Chalcot's Cup 3.0!





## PANCRAS SQUARE CELEBRATE BODY POSITIVITY

To mark Mental Health Awareness Week (13<sup>th</sup>–19<sup>th</sup> May) and this year's theme of Body Positivity, Pancras Square Leisure worked with members on social media and in centre to ask them to celebrate #SelfLove. Better dedicated the mirror in Studio 1 for members to write something they love about their body; some of the inspirational ones such as "I love that my aging body is still getting stronger" were shared throughout the week on social media.

There was also the opportunity for members to share body positivity messages via Twitter, Facebook and Instagram, which would then be placed on a photo and sent back to them. Furthermore, the chance to contribute to the #SelfLoveMirror was given at inductions, refocus sessions, gym walks, and all reception check-ins.



## BETTER CAMDEN SUPPORT LEARNING DISABILITY WEEK

In June, to celebrate Learning Disability Week, Better were invited to present at the Camden Learning Disability Forum for Employment, chaired by Councillor Beales. Better employ over 600 people with learning disabilities across the company and were therefore proud to present at this event to give advice to other employers and share best practice.

Talacre Community Sports Centre staff member Lucy Collins, one of our multi-sports coaches who has a learning disability, also attended the event to discuss the steps and support which Better have provided her in accessing employment.



## TALACRE HOST INTERNATIONAL DANCE DAY

To celebrate International Dance Day on the 29<sup>th</sup> of April, Talacre Community Sports Centre worked in partnership with Castlehaven Community Centre, Arts 4 Dementia and AGE UK Camden to deliver a FREE Ballroom and Latin lesson for older adults in Camden. The event involved lots of dancing followed by teas, coffees and cakes in the café.

The event was completely FREE, and aimed to combat social isolation for older Camden Citizens and their carers, especially those living with dementia. For most attendees, it was their first time at Talacre, so an excellent opportunity for them to learn more about our programme. It was really wonderful to see people learning to dance and then making new friends whilst having a cup of tea and a slice of cake!

Look out for our second community dance class on Monday 22<sup>nd</sup> July, 10.30am–1pm at Talacre Community Sports Centre.



## BETTER CAMDEN ATTEND EID CELEBRATION

The British Somali Community hosted a celebration for Eid Mubarak with a focus on health and well-being. The celebration consisted of a forum, quiz, lunch, open discussion with local providers and guest speakers, including three Camden councillors: Cllr Gould, Cllr Hai, and Cllr Khatoun.

Better attended to share our local offer and discuss ways in which we have attended community venues and events to positively influence health and well-being as well as additional activities we can deliver to further support Camden citizens to get more active.

Better Camden are increasingly looking at a holistic approach to leisure to fall in line with the Camden 2025 plan, and working more from community venues like we do with Queens Crescent Community Association, a service which was positively commented on at this event.

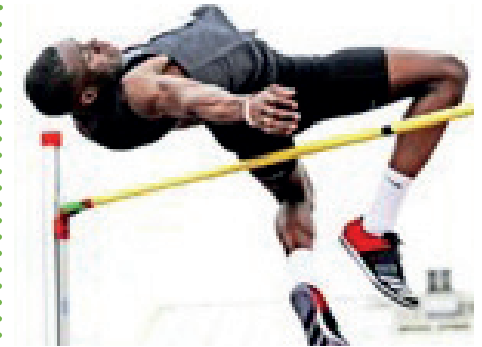


## DISABILITY CUSTOMER JOURNEY VIDEO FILMED ALONGSIDE CAMDEN DISABILITY ACTION

Ensuring Camden's centres are accessible to everyone is a key aim for Better. Adriana Duarte, Camden Disability Development Officer, worked alongside service users from Camden Disability Action to produce a new customer journey video aimed to increase awareness of our leisure centres among disabled Camden citizens.

The video includes a step by step process from entering the reception area, to when they leave the centre, and all our wonderful activities in between. The video is representative of all Camden Citizens and highlights that whether you are a monthly member, pay and play member or non member, accessing our facilities is a simple, stress-free process.

The video was filmed at Swiss Cottage and a short clip was premiered at the Camden Disability Oversight Panel. Stay tuned for the launch of the Camden Disability customer journey video!



## CAMDEN JUMP ABOVE GLL SPORT FOUNDATION TARGET

GLL Sport Foundation (GSF) is an organisation operated by Charitable Social Enterprise GLL to support talented athletes across the UK. It launched in 2008 after national research showed the annual cost of attaining high national sport rankings averaged £6,000. In many cases, talent was being lost due to financial hardship, with an associated negative impact on local young people, communities and sports clubs. GLL were determined to develop a scheme to counter this problem. Fast-forward to 2019: after an increase in promotion, Camden's total has reached its strongest number, with 40 GSF athletes, a 29% improvement on 2018!

This means there will be Camden will have 40 athletes, spread across 15 different disciplines. GSF will continue to support Dominic Ogbecchie (pictured), a 16-year-old world record holder for junior high jump with a height of 2.22 meters. If that's not impressive enough, he is also national long jump champion too. Our other most notable athlete is Leah O'Connell, a national para swimming champion for butterfly, who hopes to represent Team GB at the next Paralympics.