

2,037  
Volunteer  
hours



# Churchill Gardens & Tachbrook Community Champions

## Highlight Report

April 2018 - March 2019

“ I think it is great fun, and I have learnt a lot!

“ I have made new friends, and appreciate the structure that the organised course has brought to my life. I enjoy the different songs and vocal techniques we cover each week.

“ The sessions are lovely, seeing people singing and feeling good.

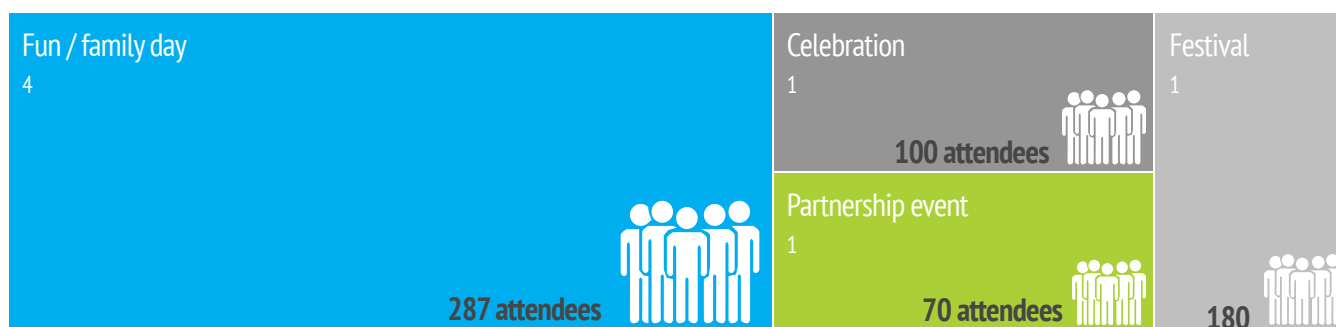
“ I would definitely recommend it to a friend



## Westminster Freedom Choir

Started in April 2018 as part of the Westminster Sings initiative funded by the Leaders fund, our 'Freedom Choir' celebrates music and friendship and aims to give a new-found confidence to everyone that attends. The activity was started as part of our mental health project, and now includes people from a wide variety of backgrounds. They have learnt valuable tips and techniques about how to care for your voice and how to make the most out of it and there is no need to read music or have any previous singing experience, just a love for music. The choir has now performed at a number of venues, including Tate Britain and Lord's Cricket Ground. The group continues to grow, with over 20 people now regularly attending.

## Large events



## Public Health Campaigns

Campaign Type	OneYou	Women's Health	Other	Winter Health
Sessions	5	2	1	1
Total Reached	591	311	60	400

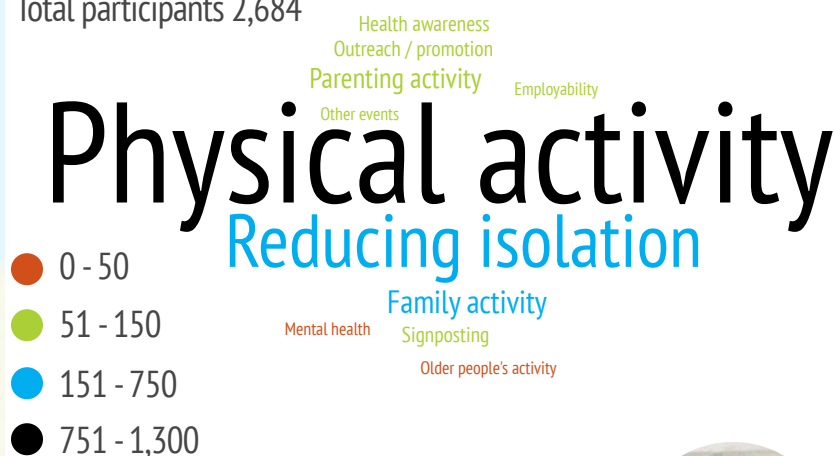
## After School Club – Cook and Eat for Families and Children

We delivered a 6-week Healthy Cook and Eat after School programme for Families and children at Thamesbank Centre last summer thanks to additional funding from the Pimlico Million. Every week the participants would make a two-course meal from scratch with the guidance of a registered Nutritionist and support from the Community Champions. Once the dishes have been completed they would share the food together and discuss healthy eating topics, which included vitamins, protein, fats and ingredients the children haven't seen before. After a couple of weeks the parents started to get involved and support the children and started preparing the dishes together. Recipes included: Homemade Hummus with Pitta, Cranberry & Coriander Quinoa Salad, Blueberry Bliss Balls, Greek Salad with Chickpeas, Avocado Dip, Strawberry Drink with Basil and Lime, Turkish style Salad and Vegan Nut & Blueberry Cheesecake. At the end of the course we took participants on a Seaside Trip to Hastings.



### Regular events

Total participants 2,684



“ The food was really good and it was fun making the deserts and the food.’

### Spotlight on Community Champion Sharron

Sharon became a Community Champion in June 2018. By January 2019 she was working as an Outreach worker. Sharon says of her journey, *'After working for the same company for over 25 years I felt it was time for a change. With little idea of what I wanted to do career-wise, I decided to take a break from work. During that time, I was fortunate enough to discover The Abbey Centre which is near to where we live. I started to get involved with a number of projects, including the Women off to Work programme and it gave me the opportunity to gain back some of the confidence I had lost in the short time I was not working, by volunteering at reception and admin work.'*

*In June 2018 I began volunteering with Community Champions. I was asked to help out at the SouthWest Fest Healthzone. It was great to meet the Champions and also get involved in the community. I started to get involved in a number of activities; from doing the registers and feedback forms at the Women Only Exercise Class to organising the ingredients for the After School Club Healthy Cook & Eat sessions. It has been a delight seeing the children get together and enjoying their Healthy Cook & Eat Classes. Some of the shy ones have flourished and come out of their shell. Even their mums participate in the Classes and swap cooking tips.*

*In January this year, I successfully gained part-time work as a Community Champions Project Outreach Worker. One of my future aspirations is to be able to gain more hours experiencing Community Champions outreach work as well as continue to do some voluntary work as I have so far found it mentally, physically and socially rewarding. We had a pop up Outreach Stall at Denbigh Triangle, this March, and it was encouraging to receive positive feedback from some of the local residents, saying they need more of these community activities happening around the area.*

