

1,562

Volunteer
hours

Highlight Report

April 2018 - March 2019

Harrow Road Community Champions

"I've been coming to the maternity drop in for 6 months, a friend told me about it. The drop in reinforces to me how much the children enjoy music, it appeals to both my children's ages: one is 3 and the other 11 months. You can see how they enjoy it and how it helps them learn to sing words. I've spoken to maternity champions here and there and it's nice to come to a place where you can meet a lot of parents who you realise are going through the same things. I've made new friends since I started coming here and have met a lot of people from the local community I wouldn't have met otherwise as everyone lives locally."



Parent and Baby Drop-In

This year saw four Maternity Champions recruited to assist with a weekly parent and baby drop-in at the Lydford Hall. At this fun and engaging session babies and their parents are given the opportunity to participate in music and arts with a trained facilitator. Parents appreciate the consistent social and emotional support that regular contact with the local community provides, while their children learn vocabulary, confidence and social development. Maternity Champions are drawn from the local community, ensuring that the drop-in reaches hard to reach parents and that a trusting and welcoming atmosphere is maintained. The champions are also trained in offering information to parents on various aspects of parenting babies and young children and develop a good understanding of local services - making them invaluable in signposting parents to services in their community.

Large events

Community information / fun / family day

6

4,140 attendees



Maida Melody Choir

This year as part of the Westminster Sings initiative funded by the Council's Leader's Fund, the Harrow Road Champions were one of four Westminster Champions projects to start a Community Choir. Maida Hill choir focusses on enhancing mental health, allowing local residents to develop their friendships and take pride in their ability to be creative regardless of age or background. The choir increases people's confidence and reduces social isolation, bringing together people in a way that reflects the diversity of the neighbourhood: Some are local retirees who have lived in the borough since they were children, some have heritage in the north of Africa, some the Caribbean - all know how to sing a popular Beatles song.

Women's Group

Several of the Harrow Road champions run a weekly women's group which provides a place for isolated and often vulnerable women to access friendship, wellbeing and empowerment. Attendees to the group are often otherwise extremely isolated people - one regular attendee requiring assistance to walk to the drop in from another in the group. Other attendees have English as a second language at a level that means they struggle to find social opportunities outside of immediate friends and family. Attendees enjoy playing bingo together, having the chance to meet others and chat, and build their confidence through creative craft activities. Maggie, in her late 60s, a regular attendee of the women's group, says: '

“I've been coming to Women's group for about a year. I've made a lot of new acquaintances and a new friend Carol who I see outside the group now too. In the past year we've made lovely earrings and bracelets, it's very nice to be creative. I'd probably be indoors going mad if it wasn't for this group on a Wednesday.’

“I started coming last October. I enjoy singing because I find it very therapeutic. I grew up listening to these songs so I know them and our choir leader is very good and points us in the right direction. I also enjoy meeting people here.’ Another, ‘I've been in the choir for a few months now, and I joined as a chance to be involved in my community. If I didn't have the choir I probably wouldn't be doing much on a Tuesday night, just hanging about.



Spotlight on Maternity Champion Marlene

Marlene moved to the UK from Brazil and is part our Portuguese speaking community and regular attendee at a local Baptist Church. She has been a Maternity Champion for three months and has very quickly become a committed volunteer at the Parent and Baby drop-in. Since joining the project, she has enjoyed playing an active and constructive role in her local community, working voluntarily in between her own childcare responsibilities. Marlene enjoys supporting parents with information and signposting and has recently helped parents by signposting them to information about infant sleeping and weaning.

‘I'm looking forward to taking the (OCN accredited) Birth and Beyond Community Supporter course this summer as it will really help my confidence with giving out information. I really enjoy helping mums. Giving my time to the local community is so important to me.’

Regular events

Total participants 5,216

- 0 - 50
- 51 - 1,000
- 1,001 - 4,000

Nutrition
 Reducing isolation
 Family activity
 Mental health / Team meetings
 Health awareness
 Older people's activity
 Other events