

## Highlight Report

April 2018 - March 2019

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*Really good class and amazing teacher. Felt very relaxed and able to disconnect from my somewhat crazy life. Helped me to spend a bit of quality time on myself and form a bond with other members of the community. Also experienced less pain in my body.*



### Women's yoga class

In January the Westbourne Champions organised a yoga class for local women. They were keen to try to engage women who may not usually attend a yoga session in the activity and its benefits for physical and mental health. The Champions promoted the activity extensively in their communities and the class was full from the first day with a really diverse group of women. Many had never tried yoga before and said they didn't think it was for them, but everyone really enjoyed it. We are excited that a new community venue is taking on the teacher long term so that these classes can continue, and the Champions can continue to work with the women who attend.

Many of the women said that they learnt techniques that they could use elsewhere and found their physical fitness levels were much higher after attending, as well as their mental health and in some cases, pain management. They have bonded together as a group which is a really positive outcome as many of them were previously quite isolated and didn't know many people in the local area. We are hoping to build on these relationships in future activities

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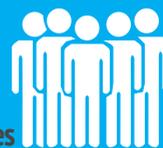
*"I thought yoga was just lying down praying like a religious thing. I was surprised to see how much physical there is. It has helped my back pain a lot. I feel so confident I want to continue more sessions. I felt so positive. I felt so strong I really enjoyed it."*

### Large events

Community information / fun / family day

4

305 attendees



Festival

1

1,000 attendees



## Westbourne Bring & Share Event for older residents

The Champions decided they would like to do something to bring together older people from the area. We encouraged the residents to bring their own dish to share and the Champions brought their own food as well. Everyone enjoyed a meal together and played board games. The theme of the event was to 'bring and share' a favourite dish or snack from their respective culture to encourage a community feel and togetherness.



The event included a pamper zone with free Indian head massage, traditional massages, manicures and henna; plus information stalls from the Diabetes Awareness champions and Mytime Active who had an interactive healthy eating stall. There was also a Champions interest table with information on services.

The residents really enjoyed the pamper aspect of the event and found it very relaxing. We also had entertainment from a classical band performing classical music pieces. There was a raffle with prizes for residents - with tickets 'bought' from doing flu quizzes as part of the winter campaign. Winter health goodie bags were given out to everyone who attended the event including healthy recipes to take away and try at home. Participants loved the event and said they would be eager to attend if we set up this event again.



### Spotlight on Maternity Champion Nesrine

Nesrine joined the Westbourne Champions team in Spring 2019 to gain some experience in the community. She doesn't know very many people in the country and was keen to meet people and learn. She also wanted to learn new skills and gain experience for the future, and maybe use these to find work. As a champion she has been involved in the Winter Warmers Campaign, Feel Good Friday and the Cook and Eat healthy eating programme. She has received training around mental health and LGBTQ+ communities, which she found very useful.

Her favourite part of being a Champion is helping people, particularly those who attend Feel Good Friday, who are older and isolated. She says, 'Being a champion for these sessions makes me feel like I am doing good with my life by making people happier.' In the future Nesrine is keen to go on more courses and to receive more training so that she can build up her experience and so that she can feel more confident transferring messages and information to her local community around health and wellbeing.

### Regular events

Total participants 2,174

- 0 - 50
- 51 - 150
- 151 - 1,000
- 1,001 - 1,500

