

# Highlight Report

April 2018 - March 2019

## Maternity Champions weekly Parent and Baby Drop In.

Each week there is a focus on either music or baby massage/yoga with qualified teachers from partner Creative Futures. The champions offer support to parents, share information and signpost to other services where needed.

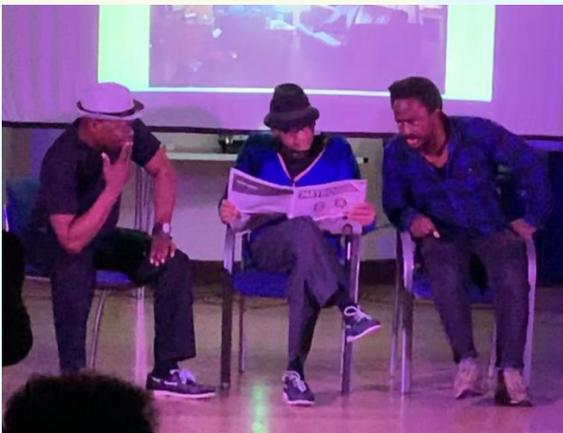
Recently the maternity champions set up an interest table with a focus on information about a different topic each month such as oral health and breastfeeding. A recent table covered the benefits of reading to babies. The maternity champions are currently creating a what's on for under 1s sheet that they can give to parents so that parents know how to access the most relevant services for them and their baby.

*'As a new mum I find these drop-ins so helpful. My baby loves the interaction with other children - he also loves the music and songs. One of the ladies supported me when I was struggling with feeding him, she was so helpful and supportive - it was a massive help.'*

”

*'I've met other parents, been given some great support from the volunteers and learnt lots of songs that I sing to her at home'*

*'Thank you for what you do, the volunteers have been amazing, one lady sat with me for over an hour giving me recipes and showing me how to wean my baby onto solids'*



## The Queens Park Community Theatre

The Mozart champions hosted weekly drama sessions for residents. Many participants had ongoing mental health issues and found the theatre sessions to be a great way to lift their mood. Between January to March, champions along with residents co-created a play called "Behind the Mask" which finished with a performance night to a packed audience of friends, families and neighbours at the Beethoven Centre. The group members wrote scripts, designed characters and came up with the concept of self-image and inner beauty as the theme for the play. The focus of the play was summarised in the following words put together by the participants as part of the script

”

*'We hide behind a mask each day, makeup and plastic so we feel ok. Real beauty... can't always be seen. It's something more special than looks and vanity. Here at this ball real beauty shines through, the magic mirror sees the real beauty in all of you. When you give a smile, a kind word, hug, or your time YOUR beauty is so sublime.'*

## Large events

Fun / Family day

9

1,476 attendees



Partnership event  
1

80



Graduation event  
1

40



# Junior Champions

The Mozart Community Champions host Junior Champions after school club every week at Queens Park Primary School, attended by children aged 5 to 11. At the club the children learn how to improve their health, how to influence others to make healthy choices and how they can support their community. There are four main health topics that we focus on: Healthy Eating, Mental Health, Physical Health and Oral Health. Children learn that situations may make us sad or stressed or angry and sometimes we have no control over those situations but we do have control over how we cope with the emotions we feel. Children are taught healthy ways to cope when their mental health is poor.

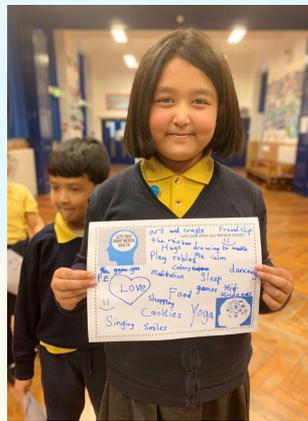
Each week the children enjoy healthy snacks which they help to make. They learn why it's important to eat fruit and veg, what each one does for our body. By learning what the benefits are to eating healthy food children can better understand why they are encouraged to eat a healthy diet. Children are taught about the negative effects of a poor diet thus resulting in them requesting that their parents buy the healthy things they eat at Junior Champions club.



**Neyla our youngest Junior Champion**

“Junior Champions is a place where you feel welcome, you have fun and you learn about why we should be healthy, I taste foods I've never tasted before and now there is so much fruit and vegetables that I love to eat.”

“Junior champions is the best club. My favourite part is the adults there make problems go away and they make you feel safe and they listen to you and can help. Like the adult champions are so nice and so kind and they make me feel calm like all my stress can go away. Stress is mental health, sometimes there can be a feeling in your brain and it's not good and it doesn't go away. I like helping Angie put the snacks away it makes me feel so calm. I love Junior champions, it makes me feel calm and happy and helps me make new friends. At Junior champions I'd like us to make worry boxes for every child in the school as everyone has something that makes us sad. The boxes can have all stuff that makes you feel good.”



## Spotlight on Community Champion Linda

Linda was a parent who regularly attended our parent and baby drop-ins. When her children had out-grown the drop-ins and started at nursery, we asked her to come on board and join our team of Maternity Champions. Linda soon joined the NCT's Birth and Beyond Community Supporter (BBCS) and Breast Feeding Peer Supporter training which are both accredited by the Open College Network. Less than a year on from her first day of joining Linda was leading focused learning sessions for parents on breast feeding, weening and the benefits of reading to babies.

*'I joined the champions after my last child went into school. I've always brought my little ones to the drop-ins as they loved it so much so I thought when they got bigger and went to school I could offer my time and give something back to the community. I have met lovely parents and babies, even today a mum came with twins and we could reassure her and let her know we can help her in lots of ways. Another mum was struggling with breast feeding, I chatted to her and offered her my knowledge and understanding. I also really love going to the community theatre, I'm so glad the theatre is all based around mental health issues as we all can relate to that at some point in our life or with family members. Being part of the champions project has given me more confidence and raised my self-esteem.'*



## Regular events

Total participants

5,201



- 0 - 50
- 51 - 1,000
- 1,001 - 1,500
- 1,501 - 2,000

### Public Health Campaigns

| Campaign Type | Child oral health | Self Care | Vitamin D | Winter Health |
|---------------|-------------------|-----------|-----------|---------------|
| Sessions      | 2                 | 1         | 1         | 2             |
| Total Reached | 22                | 36        | 10        | 151           |



City of Westminster