



Black Prince Trust - Community Update, March 2018

Community Activity Update

Introduction of Fulham Fridays

I am really pleased to be promoting a very exciting opportunity and the development of an already existing partnerships here at the Black Prince Trust. Fulham FC Foundation and the Jacksonville Jaguars will be offering young people the opportunity to take part in structured coaching and fun small sided games in Jag-Tag, Basketball and Kicks Football as part of "Fulham Fridays".

Fulham Fridays Kick Off this Friday 6th April here at The Hub: -

- **Jag-Tag – 430pm-530pm, Mixed Gender for young people aged 11-19 years. (Blue Pitches)**
- **Basketball – 530pm-630pm, Mixed Gender for young people aged 11-19 years (Jordan Court)**
- **Kicks Football – 630pm-800pm, Mixed Gender for young people aged 11-19 years (Blue Pitches)**

The partnership development and the inclusion of the Kicks programme to The Hub will continue to support the already existing work taking place to meet our social outcomes around youth intervention and social inclusion.

If you would like any more information on the sessions please email Paul Smithers psmithers@fulhamfc.com .

A full programme of our free community activity can be found on our website

www.blackprincetrust.org.uk

Basketball

Sponsorship for the Kennington Generals

BPT and onsite basketball partner the Kennington Generals are pleased to announce “WATMOS Community Homes” as their new sponsor. The Kennington Generals were formed in 2006 as a community basketball club developing players and coaches from the local community with a passion for basketball.

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WATMOS Community Homes is a unique landlord based around the eleven Tenant Management Organisations (TMOs) across Walsall and Lambeth who have successfully managed their own estates for many years. Ethelred TMO, part of WATMOS Community Homes manage the Ethelred Estate which covers BPT’s direct community and where many of the Kennington Generals players live”.



Kul Bains, Chief Executive, WATMOS Community Homes added “This sponsorship signifies an opportunity for WATMOS Community Homes to support our local youth teams whilst promoting our commitment to our communities and those organisations that help to improve the wellbeing of our residents”.

Nike funding for renovation of The Regal Court

In the run up to February half term and Nikes LDNR campaign BPT was successful in our application to Limelight Sports for a grant of 19k to regenerate The Regal Court. The time lines where challenging and after some court issues after the LDNR The Regal received some much-needed TLC.

The Regal before



The Regal after



Health and Wellbeing

Strategy Review

Following on from the review process of the current Health Strategy at the beginning of 2018 supported by Will Nicolson, BPT has adopted the below Health and Wellbeing Strands.

1. Healthy Community

A healthy community is a good place to grow up and grow old in. It is one which supports healthy behaviours and supports reductions in health inequalities. It should enhance the physical and mental health of the community and, where appropriate, encourage:

- Active healthy lifestyles with good access to local services and facilities
- A safe place to be active and be accessible by walking, cycling and public transport
- The creation of healthy living environments which support social interaction
- Combine physical activity, healthy lifestyle choices and mental well-being
- Meeting the needs of children and young people to grow and develop, as well as being adaptable to the needs of an increasingly elderly population

BPT is committed to working towards a healthy community for the not only the Princes Ward but also the wider Lambeth Borough by providing intergenerational sport and fitness activities, educational training and personal development for all. The Healthy Community strand embodies all BPTs social outcomes, embraces the 5 ways to wellbeing and allows us to lead the community towards a happier and healthier life.

2. Childhood and Teenage Obesity

Healthy child development is fundamental for good health and happy life; a child's early years lay down the foundation on which the rest of their lives are built. In London 1 in 4 of reception age (4-5 years) and 4 in 10 of Year 6 (age 10-11) children are either overweight or obese. Childhood Obesity rates in Lambeth are among the highest in the UK. This phenomenon is then evident as children become adults and the percentages become even more alarming.

Child, parent and school education alongside regular physical activity will not only deal with childhood and teenage obesity issues but help prevent this problem in the future. At BPT we offer free physical activities to all members of the Princes ward and the wider Lambeth community and are now seeking to build on this by introducing structured educational sessions to run alongside the

physical activities. A combination of factors is the proven answer to weight issues and BPT intends to design programmes to cover all issues.

3. Mental Health and wellbeing

Mental health problems affect around one in four people in the UK. Among people under 65, nearly half of all ill health is mental illness and more than a third of GP consultations are related to mental health. The total economic and social cost of mental illness is over £105bn a year.

Approximately 20% of Lambeth residents identified through the Physical Activity and Sport Borough profile have a high anxiety rate and 11% feel they have a low happiness rate. From these findings, BPT believes that there is much work to be done and we are committed to expanding our physical and mental health offer to further support the community and address mental health issues.

Currently at The Black Prince Trust we support the local communities psychological and emotional well-being by working in partnership with the Living Well Network and Fight 4 Change on the delivery of boxing and gym based fitness programme “Brainbox”.

4. Sexual Health

Sexual health is a national and local public health priority. Lambeth, Southwark and Lewisham (LSL) have the highest rates of sexually transmitted infections, HIV and teenage conception rates in London and the UK. Promoting sexual health is complex. Improving access to, and the quality of, local sexual health services, can result in better sexual health outcomes and better value for money with respect to treatment. This requires an evidence-based commissioning approach, based on strong stakeholder engagement.

In partnership with Brook, a Charity that provides wellbeing and sexual health support for young people, BPT has created an outreach sexual health clinic on Friday afternoons in the Space. It is a great example of partnership working that combines Brooks expertise in sexual health support with BPT’s ability to engage young people and willingness and ability to provide a safe facility to deliver the clinic.

In the coming weeks a full revised Health and Wellbeing strategy will be available. In the meantime, please feel free to contact me with any questions.

Social Prescribing

The Black Prince Trust is part of a collaborative of North Lambeth based 3rd sector, national and local health organisations working together to explore social prescribing (SP) opportunities as an alternate to medical prescriptions for members of the community with multiple long-term conditions.

The group has been commissioned by Guys and St Thomas’s Charity to map existing social prescribing opportunities taking place within North Lambeth, interviews with GP patients to gain a greater understanding of the barriers to SP and any good or bad experience of SP. The first interviews took place on Friday 16th March at Lambeth Walk GP with patients with multiple long-term conditions. The interviews will also include current users of the site in the coming weeks.

Brook - Integrated Service Launch

On Wednesday 21st March we hosted the Brooks launch of their new integrated sexual health and substance misuse service for Lambeth young people DASH LAMBETH. The Dash Lambeth service will continue to be delivered from The Hub every Friday evening.



For more information on Brook services please visit <https://www.brook.org.uk/find-a-service/regions/london/lambeth-young-people>

Training and Development

As part of the strategic growth of the site we are currently in the development stage of a “Training and Development” Strategy. After consultation and advice from the Advisory Board the below three strands were identified as initial three strands where identified:

- **Coach Education** – Providing opportunities for the community to gain National Governing Body coaching qualifications
- **Workforce Development** – Hosting of Continued Professional Development courses to upskills staff members from both charity and 3rd sector organisations
- **NEET Provision** – To work in partnerships with charities and organisations that support NEET young people 16-24 in empowering them through education and training to gain employment, vocational training or move back into education

The full strategy will be sent around with the April Community Update.

Steps into Work

BPT are pleased to be working in partnership with Centre Point and London Councils to facilitate a weekly pop-up job club that supports 19+ members of the community with: -

- Information, Advice and Guidance – Practical employability skills, creating a CV, online job searches and interview skills
- Education pathway – Traineeship (12 weeks) or professional course of at least 6 months, leading into work and apprenticeships
- Work or voluntary placement – 30 hours pre-employment work experience
- Employment pathway (Job Search) – Apprenticeships (12-24 months) or permanent/long-term contract with job support for the first 6 months

If you would like any more information on the programme or to refer to the Job Club please contact Mariantha m.fomenky@centrepoin.org or call 0771 413 9013

F4C Mental Health Awareness Course

We are working in partnership with our onsite partners Fight 4 Change to promote a “Mental Health Awareness” course specific for Fight 4 Change. As you will all be aware community wellbeing and raising awareness around mental health is a key aim for BPT and our Health Strategy. This is a FREE online course and Participants will gain a Level 2 certificate in Awareness in Mental Health problems.

The qualification is suitable for learners who wish to increase their knowledge of Mental Health problems, the factors that cause mental ill-health and the ways that mental health problems can be

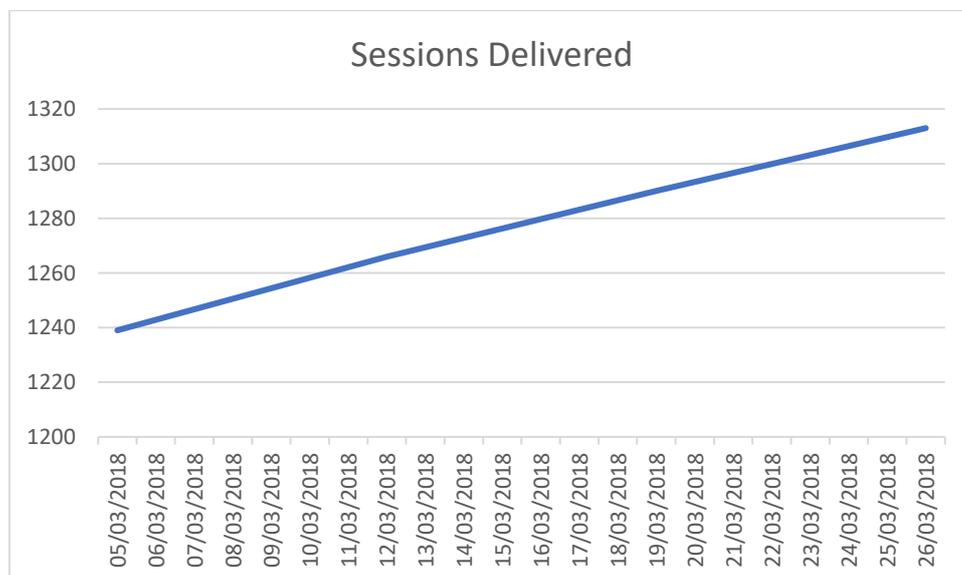
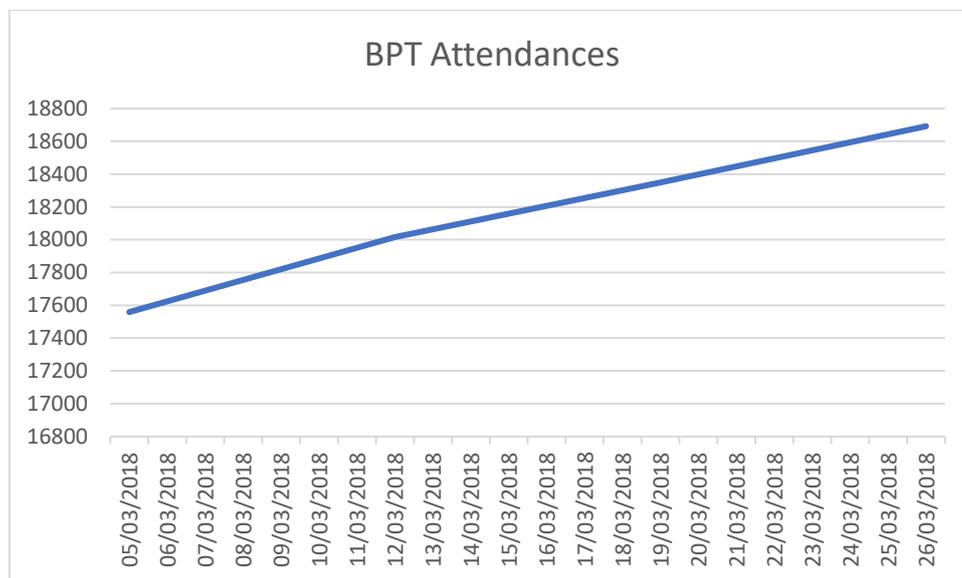
managed. The course is also suitable for anyone who already works in this area, anyone who wants to secure a job linked to mental health and anyone who wants to gain more knowledge for personal reasons.

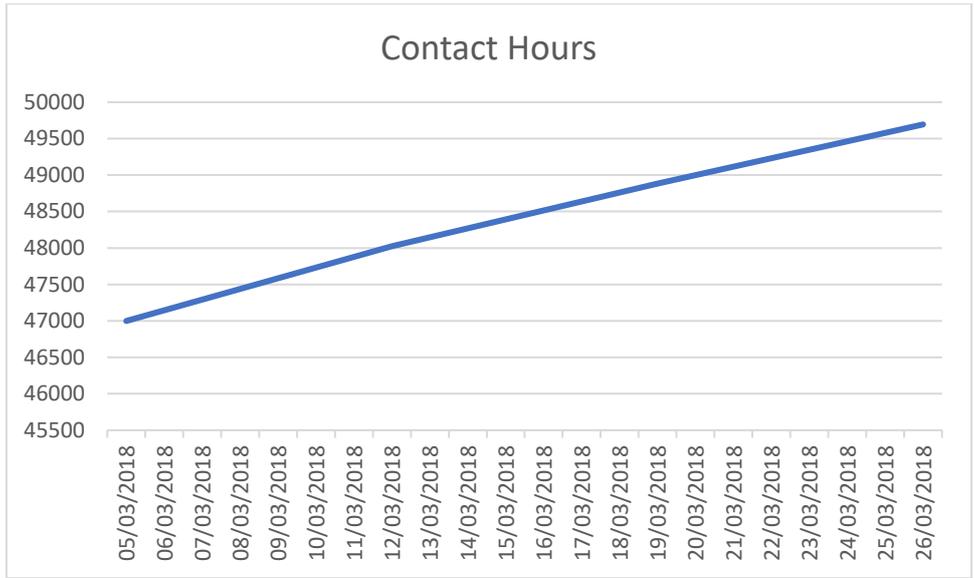
Studying via distance learning means you can choose when and where you study. No exams just assessments. The more people completing the course the more money we receive that will enable us to roll out our Fight 4 Change BrainBox programmes further and create a greater understanding and awareness of Mental Health.

You can enrol at <https://mhaware.theskillsnetwork.com?campaign=fight4change>

If you would like any more information please contact Rebecca at rebecca@fight4change.org.uk

Upshot Update – March 2018





Jason Henley, Community Manager, 6th April 2018