



How do we work together to improve health and wellbeing of local communities in Lambeth through sports and physical activity?

Initial meeting 1 February 2018 and follow up meeting 8 March 2018 at Black Prince Trust (www.blackprincetrust.org.uk/) - 5 Beaufoy Walk, Off Black Prince Road, SE11 6AA.

On Thursday 1 February 2018, 63 people descended on the Black Prince Trust in Kennington/Vauxhall to discuss “How do we work together to improve health and wellbeing of local communities in Lambeth through sports and physical activity?”

The event was hosted by Dr Raj Mitra (Lambeth Walk GP Partner and Lambeth CCG lead for Staying Healthy Services) and Will Nicholson (a Lambeth Health and Wellbeing facilitator).

The event was attended by a wide range of organisations/sectors from within Lambeth and pan London, which says a huge amount about the level of interest in this area and the power of sport and physical activity to bring us all together for our community.

Organisations represented included:

- Lambeth Council, Lambeth Public Health and Lambeth CCG, Southwark Council
- NHS - NHS England South Mental Health & Prevention, South London and Maudsley NHS Foundation Trust, Lambeth GP Federations
- Funders - London Marathon Charitable Trust, Guy’s & St Thomas’ Charity, Big Lottery
- VCS providers – Fight4Change, Black Prince Trust, Carers4Carers, Disability Advice Services Lambeth, Cycle Training UK, Greenwich Leisure, Surrey Cricket, MyTime Active
- Network organisations - London Sport, Black Thrive, London Youth, Carers Hub Lambeth, Brixton/Oval and Windmill learning clusters of schools

During the day speakers talked to the attendees on subjects such as Mental Health and Physical Activity, engaging young people in physical activity and tackling childhood obesity and how to create inclusive environments and programmes for sports and physical activity. Speakers included: Dr Andrew Boyd a local GP partner at Clapham Park Group Practice and the Royal College of General Practice and Public Health England Champion for physical activity & lifestyle, Rob McClean Relationship Manager for London Sport and Geoff Ravalier, Head of Clinical Exercise and Physical Activity at South London and Maudsley NHS Trust.

The day finished with a panel discussion on partnership working and moving forward the discussion into action.

The Trim Trail at Black Prince Trust

As part of the event attendees were also shown around the Black Prince Trust’s new “Trim Trail” funded by the London Marathon Trust and given an insight into how they plan to make the Trim Trail an inclusive form of physical activity for the whole community.



Follow up meeting – 8 March 2018

To continue the momentum and build on the energy and opportunities for collaboration identified at the first event, 25 people returned to the Black Prince Trust on Thursday 8 March. The session focussed on getting to know each other better and finding ways to get practical and work together as a group. The session was centred on 2 areas of opportunity that were raised at the previous meeting –

1. Social Prescribing where the group discussed a process that could address mapping/signposting/referrals/funding issues that were highlighted at the previous event. To give it focus, the group practically applied the discussion to a developing Social Prescribing initiative in North Lambeth involving 12 organisations within the North Lambeth Local Care Network.
2. Creating inclusive environments and programmes for sports and physical activity. The discussion clearly highlighted considerable knowledge within the room of the issues we need to tackle to create truly inclusive environments. However, the discussion highlighted that it is very challenging for any one organisation to address all of these on its own and that a partnership approach is required to achieve this. A practical opportunity emerged to “have a go” through introducing Cycle UK's Ride Side by Side project and taking a group approach to implementing this at the Lambeth Walk GP Practice and the Black Prince Trust.

If you would like to find out any more, get involved in future meetings and take part in either the social prescribing work in North Lambeth or the Ride Side by Side “inclusivity” initiative, please contact Will Nicholson (wanicholson@gmail.com or 07773 345 862).



About the Black Prince Trust

The Black Prince Trust is an inclusive, inter-generational community centre focussed on using sport and physical activity to create opportunities in life skills, training, education, employability and health and wellbeing and for the local population. The Trust's ethos is to work in partnership to inspire participation, learning and development in a safe and non-discriminatory environment. With the help of partner organisations, the Trust delivers a wide range of sessions and programmes for the community – many of which are free at the point of use. For more information please contact us on 0207 840 2904 or Jason@blackprincetrust.org.uk

