

Altogether Better – the Barnet Ageing Well programme 2013/14 Annual Review



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Altogether Better - the Ageing Well programme in Barnet Annual Review 2013/14

FOREWORD

This report provides many examples of how the Ageing Well programme has started to make a real difference in people's lives those of older citizens, people of working age as well as children and young people.

This annual review provides details of

- the engagement with local people in the neighbourhood in which we work - East Finchley, Burnt Oak, Edgware & Stonegrove, and High Barnet & Underhill localities
- and the development and delivery of borough-wide projects agreed in the work plan.

Through this report it is hoped to inform you of what the Ageing Well programme has achieved during 2013/14 and highlight some of the work of individual people.

The project has helped to teach us to listen carefully to people when they tell us what they want from their lives, to work with them to help create the right results and, although this shouldn't be a surprise, it has allowed us to experience the enormous difference that results from being involved in shaping your own world.

Altogether Better – the Ageing Well programme in Barnet is an exciting and innovative project and probably more importantly, it's a catalogue of wonderful rich human stories that could lie at the heart of transforming not only social care but also to those in health, housing, libraries, recreation and communities.

My sincere thanks to all those who have contributed and guided the Altogether Better - the Ageing Well programme in Barnet.



*Cllr. G. Old
Barnet's Older People's Champion*

BACKGROUND

A significant projected increase in the population of people aged 65 and over has been identified by Barnet's Joint Strategic Needs Assessment (JSNA), whilst at the same time the resources available to both Barnet Council (LBB) and the Barnet Clinical Commissioning Group (BCCG) to meet the needs of Barnet's residents are increasingly being stretched. There is therefore a need for the council, NHS and their partners to explore different ways that support the local population in a manner that maintains independence, health and well-being.

Barnet's Health and Well Being Strategy has two overarching aims: 'Keeping Well' a strong belief in 'prevention is better than cure' and 'Keeping Independent'. Both LBB and BCCG share a common theme to '*Promote a healthy active and informed over 55 population in the borough to encourage and support our residents to **age well***'.

In a period of austerity, it is especially important to reevaluate traditional ways of working and to consider issues of sustainability and prevention. It is also timely to value the resources of older people and their potential contribution. We have found that a new generation of older people do not necessarily want to be associated with traditional models of services. The involvement-led approach is not a solution to address all the challenges, however as part of a range of initiatives, it can make a significant contribution to older people's well-being and may have knock-on effects for other social care and health services.

The Barnet Ageing Well Programme, working closely with the Neighbourhood Model (day activities for older people offered by the Barnet Provider Group of voluntary organisations led by Age UK Barnet), has a key role in building resilience in individuals, the community and neighbourhoods. The programme is helping to improve access to local information and advice, develop mutual support and self-help between citizens, increase inclusion and develop neighbourhood and community based support networks for older people.

A supportive framework is necessary to realise the contribution, experiences and energies of older people. This framework aims to promote cultural, policy, organisational and practice changes. From what we have learnt so far we have been able to start developing a framework for involvement and well-being in Barnet:

- **Promote a new culture of ageing** by acknowledging the collective and individual capacities of older people and the value and diversity of their experiences and opinions in improving well-being
- **Promote involvement-led approaches** to working with older people which value human interaction, communication and inclusivity and support older people to develop individual and collective self-help around their well-being
- **Implement systems to support involvement** including accessible venues, transport and information, IT support and the funding in support of these and other expenses that include training, personal assistance and activities
- **Build partnerships between organisations** that maximise funding opportunities across the third and statutory sectors, including user-led organisations to encourage and support more generic work around older people's well-being, intergenerational activity

THE IMPACT OF AGEING WELL

Ageing Well is located within a well-being framework. Without denying the difficulties older people may face, our primary focus has been on the capabilities, strengths, knowledge, skills and experiences of local people. Local people's involvement has been essential to explore how their collective capacities can best be nurtured and how best to involve older people in improving their own well-being and that of others.

This involvement-led approach values the potential of local people, their aspirations and strengths. It is an approach to working with people which emphasises, 'What do you want to do? And how can I help you to do it?' rather than 'I can do it for you'. It is important to stress that involvement-led approach is not a collection of techniques, but a value-led process with human interaction at its core. It is the quality of communication and the underlying values that are the crucial factors. It is not just about providing activities and keeping people amused, it is about providing opportunities for involvement and the creation of new collective and personal experiences that can lead to greater well-being for the whole community.

Evaluating the effectiveness and impact of the projects is central to the approach of delivering the ageing well programme. A base-line measurement using the Friendship Scale Tool which measures social isolation has been included in Barnet's Annual Residents Survey for each locality. In addition, evaluation of each locality project is included within the planning process and volunteer members are asked to develop ideas on how they will be able to demonstrate outcomes achieved.

STRATEGIC OBJECTIVES

Following a period of engagement with local people and key stakeholders, the Ageing Well work programme has been developed around the following five objectives:

1. To ensure that older people can obtain the information they need when they need it to enable them to more effectively access services.
2. To support access to, and increase the range of, social and community activities available for people, in order to help tackle social isolation and loneliness.
3. To ensure there are the means to develop ways of providing "that bit of help " at the right time, for example a listening ear, help with gardening and home maintenance.
4. To help people plan for a fulfilled older age.
5. To identify opportunities to reach out into communities. This includes engaging hard to reach and help isolated people.

We achieve these objectives by working with local communities, ensuring partnerships that are developed promote mutual benefit for those involved.

APPROACH

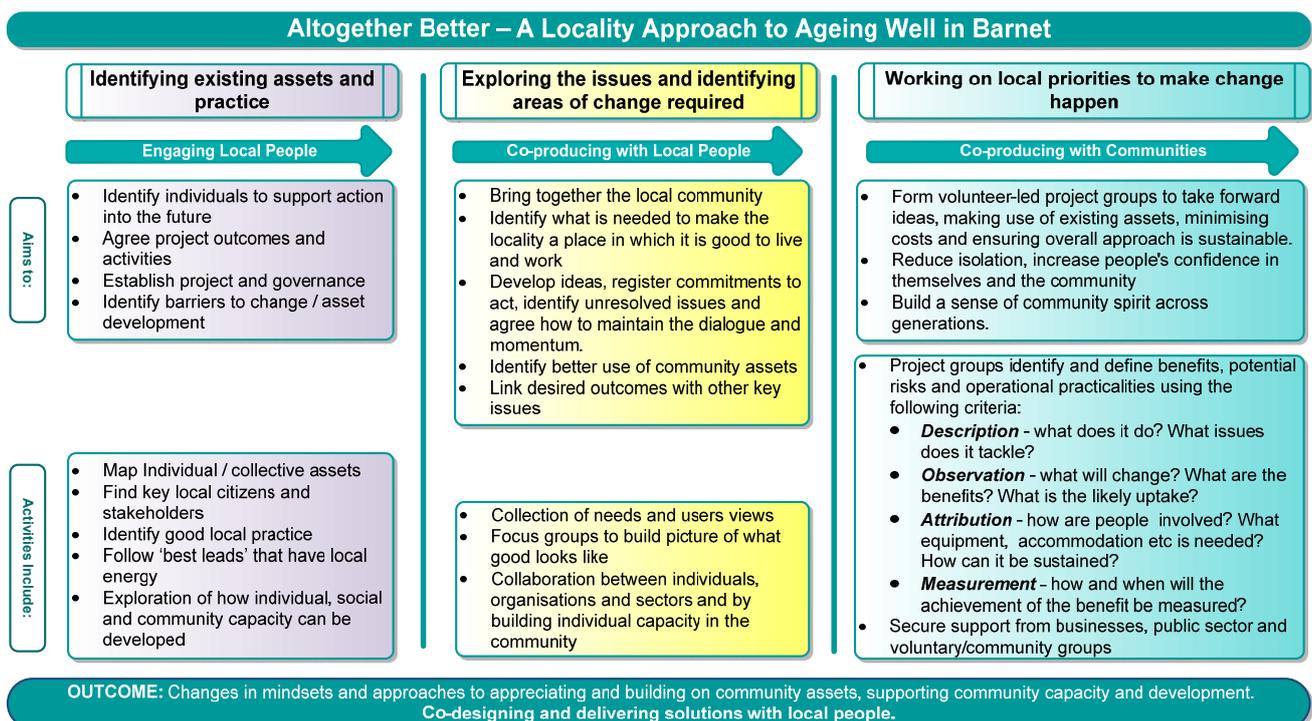
The principles underpinning the approach to this programme include:

- Engaging the community in co-producing the model using a variety of approaches to ensure vulnerable people and those who are harder to reach or socially isolated are also engaged in the work
- Looking at wellbeing in its widest sense (not just clinical outcomes) which includes different ways of reducing social isolation and a whole-system approach that involves a wide range of partners
- Understanding and developing sustainable community development and building community capacity
- Finding out about and using good practice from elsewhere, as well as building on what is already happening across Barnet to achieve the best possible results
- The improved use of resources in and between localities with recognition that there will be reduced resources of the next few years
- Promoting a forward thinking, innovative approach that considers renegotiating the relationship between state and citizens with a more proactive approach.

ALTOGETHER BETTER - A LOCALITY APPROACH TO AGEING WELL

As part of the Ageing Well Project, Altogether Better focuses on the development of sustainable and supportive neighbourhoods. By building an increased sense of community to improve people's sense of well-being and reduce isolation, Altogether Better localities help residents start up and run projects which they feel would benefit the area.

During 2013/14, the Altogether Better approach was introduced to the residents of **East Finchley and Burnt Oak**. Working with a steering group of local residents and community leaders a series of conferences and workshops have been held to bring together local residents of all ages, groups, businesses and not-for-profit organisations. Local people in each Altogether Better locality have worked through the following three stage process:



WHAT HAS BEEN ACHIEVED - ALTOGETHER BETTER (Borough-wide)

Promotional Activity

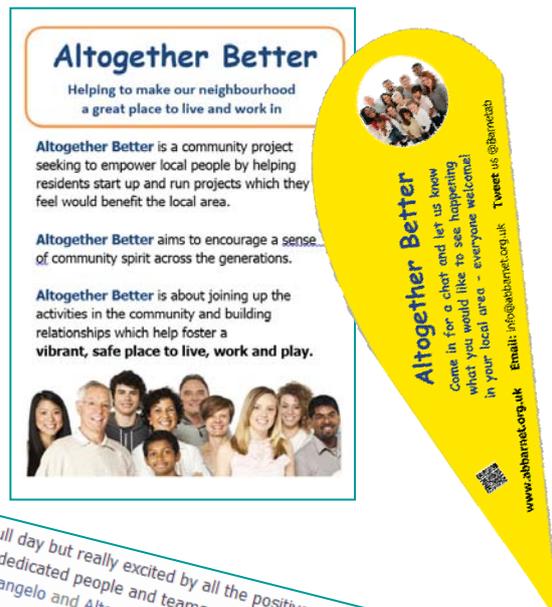
In addition to the engagement events undertaken in each of the localities that Altogether Better is active, which are described later in the report, volunteers and staff attended a number of borough-wide events to promote Altogether Better – the Ageing Well Programme in Barnet. The purpose of attending these events have been to promote projects, encourage participation and ‘sign-up’ interested people. Some of these events include:



Month	Event / Organisation	New ‘sign-ups’
May 13	Barnet Older People’s Assembly	10 interested people
June 13	Federation of Residents Associations in Barnet	5 interested people
October 13	Barnet Older People’s Assembly	7 interested people
February 14	Advocacy in Barnet	3 volunteers
March 14	Middlesex University	25 volunteers

Publicity Materials

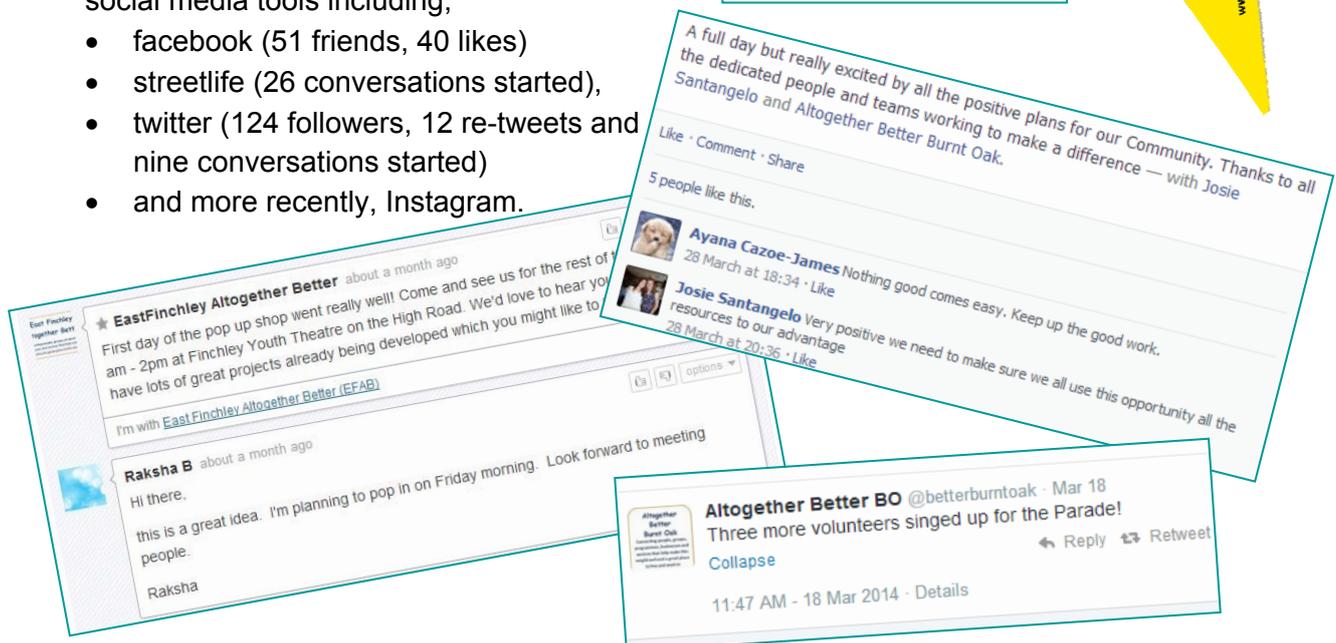
A range of publicity materials have been co-produced with volunteers to support the Altogether Better areas. This has included locally branded information leaflets as well as borough-wide materials.



Social Media

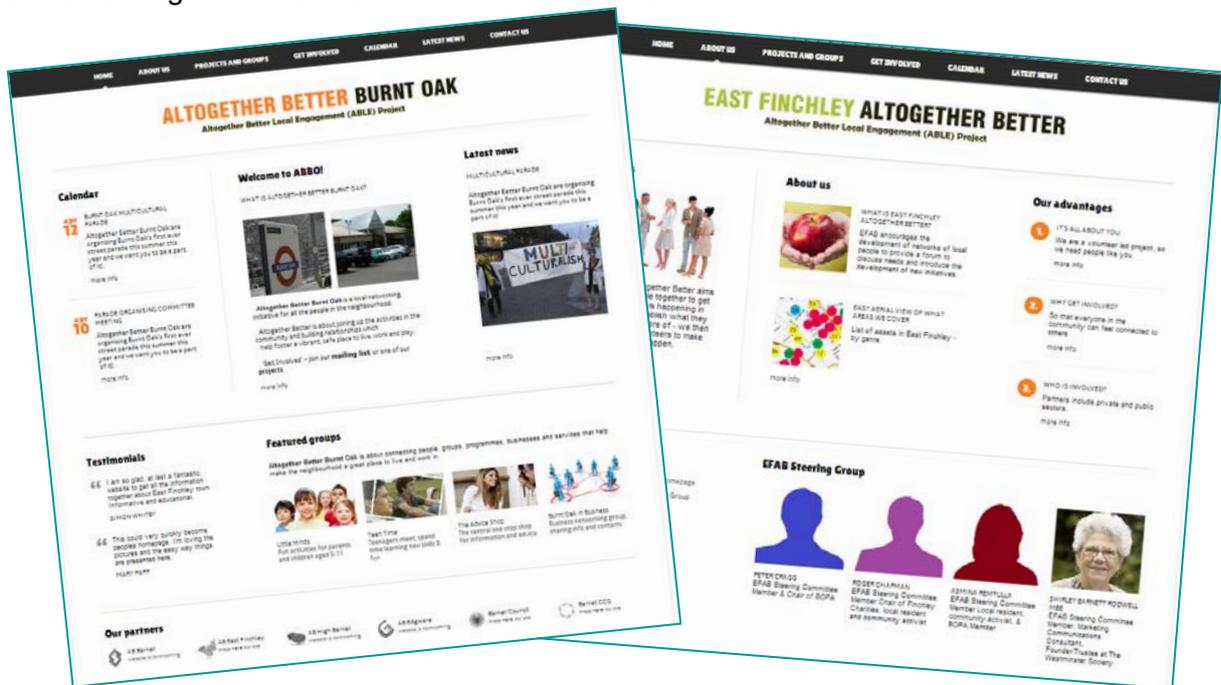
Each of the established Altogether Better localities are pro-actively using a range of social media tools including;

- facebook (51 friends, 40 likes)
- streetlife (26 conversations started),
- twitter (124 followers, 12 re-tweets and nine conversations started)
- and more recently, Instagram.



Altogether Better Websites

All the Altogether Better localities are creating their own website which provides information on the project, groups that are being started as well as a calendar of events. The next stage of development is now underway where all local businesses and organisations are being contacted to see if they would like to have their information on their local site. Each business or organisation will then be able to log in to keep their information up-to-date as well as adding events and activities to the calendar.



Media Coverage

The Altogether Better – the Ageing Well Programme in Barnet has received positive press coverage over the past year. Notably in February EFAB was due to be featured on BBC Radio London 94.9 where Harriet Scott and Chris Rogers were due to interview Peter Cragg, Co-Chair of EFAB. Unfortunately due to technical problems in the region the interview was unable to take place. Below are a number of positive media stories:

Thanks for all your ideas! – March 2014

www.the-archer.co.uk/archive/2014/2014Mar04.pdf

Voluntary group aims to end loneliness – 20 Feb 2014

www.hendon-today.co.uk/News.cfm?id=5894&headline=Voluntary

Pop up shop promotes new activities to reduce social isolation in East Finchley - 18 Feb 2014

www.times-series.co.uk/news/11018598. Our ultimate aim is to reduce isolation in East Finchley /

Pop-up shop to encourage social activities in East Finchley – 17 Feb 2014

www.times-series.co.uk/news/11014071.Pop_up_shop_to_encourage_social_activities_in_East_Finchley/

Pop-up shop for your ideas – Feb 2014

www.the-archer.co.uk/archive/2014/2014Feb01.pdf

Christmas Festival in the High Road – Dec 2013

www.the-archer.co.uk/archive/2013/2013Dec02.pdf

Ideas to make life better for everyone – Oct 2013

www.the-archer.co.uk/archive/2013/2013Oct01.pdf

East Finchley Altogether Better – Aug 2013

www.the-archer.co.uk/archive/2013/2013Aug05.pdf

East Finchley network for all – July 2013

www.the-archer.co.uk/archive/2013/2013Jul02.pdf

WHAT HAS BEEN ACHIEVED - EAST FINCHLEY ALTOGETHER BETTER (EFAB)

Development of East Finchley Altogether Better has been supported by volunteers who have offered their experience and support throughout the year. Thanks go to Peter Cragg, Asmina Remtulla, Shirley Rodwell, Roger Chapman and Gillian Jordan.

April - June 2013: Meetings with various local organisations and individuals took place, including EFAB steering group members publicising the upcoming July conference with a stand at East Finchley Summer Festival.

4 July - EFAB Conference: Over 60 local residents and businesses attended this one-day conference, held in the Shree Aden centre in East Finchley. Ideas to come out of the workshops on the day included a gardening group, a running group for mums, a shopping delivery service for the less able, and a project offering opportunities for activity to those living in residential homes in the area as well as an idea for a young people's centre as something needed in the area.



July – October: Following the July conference, the first EFAB project groups 'Homes & Away', 'East Finchley Green Fingers' and 'Mum's who Run' met and discussed how their ideas might be developed. EFAB steering group members publicised the upcoming October workshops with a stand at World Mental Health day event in the Greek Cypriot Centre.

19 & 22 October – EFAB Workshops: EFAB hosted two workshop style events. Ideas to come out of these included a young peoples' centre, table tennis group, cooking skills, IT learning group, and a back to work with confidence workshop. The young peoples' centre/hub was discussed further, with members of the local teenage Woodcraft group.

November – February: Together with the emerging project groups, new EFAB project groups 'IT & Biscuits', 'Back to Work with confidence workshops', 'Young Peoples' Hub' and 'Cooking Skills' meet to discuss how to progress their ideas.

7 December – EFAB at the East Finchley Christmas Festival: EFAB hosted a well-attended large indoor event as part of the popular East Finchley Festival, consisting of opportunities to introduce EFAB to new people, free health and wellbeing activities, gardening and knitting workshops, tai chi, children's entertainment, Nordic walking and a history walk around the area.



February 2014 – Pop-up Shops: EFAB Steering Group members, together with EFAB Project Group members held a 'pop up shop' in the foyer of the Finchley Youth Theatre during February. Over 80 people attended with a quarter signing up to a range of EFAB projects.



EAST FINCHLEY ALTOGETHER BETTER (EFAB) PROJECTS UNDERWAY:

These volunteer-led projects are at different stages of delivery, with some projects and regular meetings are underway, about to start or in the planning stage.

<p>Back to Work with confidence workshops</p> <p>A team of five volunteers deliver a mixture of half-day and one-day workshops for anyone needing that bit of confidence to get back into work. Workshops include interview skills, CV writing tips and professional advice on presentation, including a beauty/grooming makeover and photograph.</p>		
<p>Scope:</p>	<p>To focus on interview, CV and presentation skills which will give confidence and help enable people back into work.</p>	
<p>Objectives:</p>	<ul style="list-style-type: none"> • Reduce isolation – make friends/socialise • Improve quality of life • Increase employment opportunities • Improve and update knowledge among young people and those of working age 	
<p>Outputs:</p> <ul style="list-style-type: none"> • ½ and 1 day sessions • 8-12 Participants 	<p>Outcomes:</p> <ul style="list-style-type: none"> • Improved confidence • Increased contacts and understanding of current work related needs / climate 	<p>Indicators:</p> <ul style="list-style-type: none"> • Job Applications completed • Feedback after attending interview

<p>Cooking Skills - advice on simple meals for confidence in the kitchen.</p> <p>A group of six local residents are sharing their skills with others by cooking healthy, nutritious meals that are simple to make and don't cost a lot. Open to anyone who wants to develop more confidence in the kitchen, such as older men and young mothers.</p>		
<p>Scope:</p>	<p>To cook simple recipes together in a sociable environment, sharing ideas, and then eat together</p>	
<p>Objectives:</p>	<ul style="list-style-type: none"> • Reduce isolation – make friends/socialise • Improve quality of life • Increase cooking skills – healthier meals, not processed food • Improve knowledge of nutrition • Enable savvy shopping and save money 	
<p>Outputs:</p> <ul style="list-style-type: none"> • 6-10 Attendees • Once a week • 1 or 2 recipes shared/learnt each week 	<p>Outcomes:</p> <ul style="list-style-type: none"> • Confidence gained to cook and shop for ingredients • Attendees meet new people and socialise • Increase in neighbourly care/informal community networks – eating together 	<p>Indicators:</p> <ul style="list-style-type: none"> • Attendees able to cook new recipes in class and at home, understanding process and skills involved • Attendees feel connected to community / have support network re recipes • Less reliance on ready meals and/or meals service

Homes & Away – increasing opportunities for activities and excursions into local residential and care homes



Residents are given the opportunity to say what activities they would enjoy doing, or places they would like to visit, and this group comes together to make it happen!

Scope: To increase activities both inside and outside homes to help reduce isolation and increase involvement in the local community.

- Objectives:**
- Reduce isolation
 - Improve quality of life
 - Improve knowledge of older life
 - Help to break down cultural and generational barriers
 - Widen activities for older people

- Outputs:**
- New group activities (craft, therapeutic exercise, info and awareness sessions)
 - New excursions
 - 5 – 8 volunteers
 - 2 – 4 hours per week

- Outcomes:**
- Residents made new friends
 - More time spent with others through group activities
 - Residents feel fitter, have fewer falls and less time in hospital
 - Increased time for staff to better manage residents' wellbeing
 - Healthier Volunteers
 - Care Homes sharing resources
 - Increase in informal community networks / spirit

- Indicators:**
- New clubs/group activities.
 - Residents report an increase in personal wellbeing / less isolated
 - Fewer falls and associated hospital admissions / stays
 - Fewer GP visits
 - Volunteers report increased physical activity of 3+ hours a week since volunteering

IT & Biscuits – learning to use computers and the Internet



A team of five volunteers offer opportunities for local people to learn about new technology, including tablets and smartphones, and use it confidently in local cafes and centres. So far 100 people have signed-up to take part.

Scope: To bring people up to speed with using the internet and other IT programmes in order to stay in touch and find useful information

- Objectives:**
- Empowers and gives confidence to individuals
 - Reduces isolation – both the use of the technology and the group itself
 - Mental cognitive skill improvement
 - Learners become leaders as their skill and confidence improves
 - Gives access to the web, and increased access to information

- Outputs:**
- 6 – 10 home residents per session
 - 8 – 12 residents per session
 - 6 - 10 volunteers
 - 2 – 4 hours per week

- Outcomes:**
- Residents make new friends and spend more time with others
 - Reduced isolation – both the use of the technology and the group itself
 - Volunteers feel empowered and involved in community
 - Café and/or library gain customers
 - Increase in community networks/spirit and IT literacy

- Indicators:**
- People report feelings of wellbeing
 - People report feeling less isolated
 - Able to communicate online and use web based services
 - Volunteers report feelings of success in project/wellbeing
 - Residents less dependent
 - Less use of social services/more use of web based services

Other activities being planned in East Finchley

- **Table Tennis** – a new table tennis group is about to open its doors each week where both young and old can come together and increase their fitness, mental agility and social interaction. Two table tennis tables have been donated and the group of six volunteers are negotiating with a venue to host them.
- **Green Fingers Gardening Group** – offering help in the garden and the chance to learn new skills and meet other like-minded people. This group of around 15 local residents are working in a number of communal spaces and offer to assist individuals or other community organisations with their gardens.
- **'The Hub' - young people's centre.** A safe place to 'hang out' and take part in activities or do homework, with snacks and adult support available – with young people included in decision making and running of the centre.
- **Shop Assistance – helping those less able to carry their shopping home.** Shoppers to leave their purchases at an agreed central 'hub' on the High Road e.g. a café where they can meet. Volunteers will collect the shopping and deliver it to their door, saving them walking home with heavy bags.
- **Cosy Cuppas – communal spaces where people can come to warm up and have a chat with others.** As part of Barnet's Winter Well Project, three community spaces in East Finchley will be established and staffed by volunteers when the Cold Weather Alert Service forecasts a mean temperature that falls below 2°C for 48 hours or longer and / or heavy snow and / or widespread ice.
- **Community Engagement Festivals -** Working with local businesses and organisations, this group co-ordinates local volunteers to deliver action-packed activities for local community events and festivals. The group encouraged, co-ordinated and delivered over 20 activities in the East Finchley Winter Festival and is planning to deliver even more volunteer-led activities for the East Finchley Summer Festival on 22 June 14.

During the past year over 500 local people have engaged with EFAB, with around 150 people and organisations becoming actively involved. These four pages (6-9) have provided a compact summary of what is taking place. The East Finchley Altogether Better project is supported by Lisa Smith, Altogether Better Officer and Stephen Craker, Ageing Well Programme Manager.

East Finchley Christmas Festival on Sat 7 Dec 2013
with EFAB - East Finchley Altogether Better
Come in and join us for fun activities and free health and wellbeing advice. Everybody welcome!




Bobath Centre, 250 East End Road	
Times:	What's going on:
ALL DAY	Round table discussions – what's good in East Finchley? What would you like to see? (EFAB - East Finchley Altogether Better)
	Catch up with your kids - learn how to use the internet or your smart phone with help from friendly volunteers (Age UK)
10am – 4pm	Knit & Crochet activities for all ages (EFAB Volunteers)
	Hearing and eyesight checks and advice (Boots)
	Health checks and smoking cessation advice (Community Health)
10.00 - 10.30	Tai Chi with Deborah Cura
10.00 - 12.00	Managing minor ailments (LNK Pharmacy)
10.30 - 11.00	Let's go Nordic Walking! with Daniella Boyce
11.00 - 11.30	Seated exercise to music (Extend) with Deborah Cura
11.00 - 11.45	First Steps in Gardening (EFAB Volunteers)
11.30 - 12.00	Kamishibai, Japanese children's storytelling with Nicola Grove
11.30 - 1.30	Is your walking aid fit for purpose? (Bobath Centre)
12.00 - 1.00	History walk round the area with local historian (Tony Roberts)
12.00 - 3.00	Entertainment for all ages with Scott MacLauchlan
1.30 - 2.30	Smile please! How are your teeth? (Nova Dentist)
2.00 - 2.45	First Steps in Gardening (EFAB Volunteers)
2.00 - 4.00	Nutrition and lifestyle advice (Cootes Pharmacy)
3.00 - 4.00	Kamishibai, Japanese children's storytelling and craft with Nicola Grove

East Finchley Methodist Church, 197 High Road

2.30 - 3.00	Baby & Toddler (aged 3 and under) entertainment with music, songs, games, bubbles, puppets and more (Teddy Bears' Music/Stepping Stones)
3.10 - 3.40	

Free!
Everyone welcome!
Come in!

Tweet us
@EastFinchleyAB



Find EFAB on
StreetLife.com

Supported by:



Barnet Clinical Commissioning Group





WHAT HAS BEEN ACHIEVED - ALTOGETHER BETTER BURNT OAK

Development of **Altogether Better Burnt Oak** has been supported by volunteers who have offered their experience and support throughout the year. Thanks go to the late Stan Davison, Elizabeth Chambers, Bob Hendley, Dulcie Burnett, Nila Patel, Alan Sloam, Dionne Baptiste, Beatrice Kissiedu-kotei and Fiona Braley.

April - August 2013: The Altogether Better Burnt Oak steering group was set up and met fortnightly to discuss how to go about bringing the project to the residents of Burnt Oak. It was agreed to hold two conferences in October to launch Altogether Better Burnt Oak to the local population.

24 & 26 October – Altogether Better Burnt Oak Conferences/Workshops: around 80 people attended over the two days. Topics such as the need for a community-led information centre which could help to break down some of the cultural barriers that exist within the local area were discussed. Also suggested were activities for young people as well as setting up a networking group for local businesses and entrepreneurs.

November – February: From the October conferences, project groups were set up and regularly meet to discuss how to progress their ideas.

To further promote the project and engage with a wider group of local residents the Altogether Better Burnt Oak team attended a series of events organised by other organisations in the area, including the Burnt Oak Pensioners Group, Christmas Bazaars held at St. Alphege Church and at North Road Community Centre.

ALTOGETHER BETTER BURNT OAK PROJECTS UNDERWAY:

<p>Burnt Oak Multi-Cultural Parade</p> <p>Planning is underway for the first multi-cultural parade/festival in Burnt Oak. The event is aimed to unite the various communities in a celebration and sharing of culturally diverse traditions, dance, food, performances, exhibitions, concerts and information.</p>		
<p>Scope: To help build relationships between ethnic and cultural groups and increase involvement in the local community.</p>		
<p>Objectives:</p> <ul style="list-style-type: none"> • Encourage and enhance involvement in the local community • Improve links between local groups 		
<p>Outputs:</p> <ul style="list-style-type: none"> • 30+ volunteers involved in co-ordinating event • Community presence • Community participation 	<p>Outcomes:</p> <ul style="list-style-type: none"> • Increase in informal community networks / spirit • Greater interaction between people of different cultures and backgrounds • Multiculturalism is acknowledged and promoted; different cultural values are respected • Increased number of people who do not tolerate racism 	<p>Indicators:</p> <ul style="list-style-type: none"> • People report feeling less isolated • Increased number of organisations that have programs addressing issues of race and equality • Reported cases of discrimination • Perceptions of safety • Percentage of people who like living in their community • Percentage of people who can get help from friends, family or neighbours when needed

'Little Minds'

A children's and parents activity group for children aged between 5-11. Currently in the process of engaging with nurseries and other groups to find out gaps in the area. The group have also started conversations with organisations such as Lets Play.



Scope: Increase communication between parents and children, develop skills and reduce social isolation through activities

Objectives:

- Reduce isolation
- Improve communication between parents and children
- Improve and develop skills in young children
- Help to break down cultural barriers

Outputs:

- Group activities - 6 – 10 children (drama, singing, yoga, arts and crafts, reading, kids zumba, homework support, healthy eating, life-skills sessions)
- Parent activities - 6 – 10 parents (Joint child/parent exercise, work club, advice and guidance, ESOL support)

Outcomes:

- Children make new friends and are engaged outside school hours
- Children develop skills through group activities
- Parents spend time with children and develop communication
- Volunteers develop skills
- Increase in community spirit

Indicators:

- Parents report an increase in the child's skills and overall wellbeing
- Increased activities in the local community for children aged 5-11
- Volunteers report increased skills

Burnt Oak in Business

To create a platform for professional and local business owners to network and engage with the local community. Working closely with local business owners group members are researching gaps in the local area, promoting the business networking group and recruiting more volunteers to join this group.



Scope: To develop local business networks to help break down cultural barriers and increase involvement in the local community.

Objectives:

- Improve networks for business owners and professionals
- Help to break down cultural barriers
- Help create work experience opportunities
- Enhance involvement in the local community

Outputs:

- Monthly meetings that include speakers and presentations.

Outcomes:

- Local business owners and professionals able to network and share skills and experiences in the local area
- Increase number of work experience placements

Indicators:

- Number of work experience opportunities
- Sharing of skills/expertise between businesses and organisations

Other activities being planned in Burnt Oak

- **'Teen Time'** - activities for teenagers aged 12 - 19 youth workers giving young people opportunities and activities to get involved in and develop skills outside school hours. The group have started conversations with schools around venue hire and available facilities. Conversations are also taking place with faculty in the Performing Arts department at Middlesex University to run workshops with teenagers.
- **Community-led information and advice centre** - This group are keen to develop an information resource centre where people are given access to information and advice such as attendance allowance, tax credits, managing debt etc. Burnt Oak Library has, in principle, agreed to 'host' this service. The group are in the process of recruiting more volunteers and researching training courses for the volunteer advisors to undertake. The group are also holding discussions with CAB and other advice agencies to see if this project could be delivered in partnership.
- **Town Team**
Working together with the newly formed Burnt Oak Residents Association (BORA) and the Burnt Oak in Business Group, this group are actively engaging with local retailers with the view of developing a Town Team for Burnt Oak. The focus of the Town Team is on improving the High Streets in Watling Avenue and Burnt Oak Broadway. Nearly all the shops on Watling have been engaged and the group are now starting to have conversations with retailers on Burnt Oak Broadway.

During the past year over 200 local people have engaged with Better Burnt Oak, with around 50 people and organisations becoming actively involved. These three pages (10-12) have provided a compact summary of what is taking place.

Altogether Better Burnt Oak is supported by Nazra Zuhyle, Altogether Better Officer and Stephen Craker, Ageing Well Programme Manager.

WHAT HAS BEEN ACHIEVED - ALTOGETHER BETTER EDGWARE & STONEGROVE

Special thanks go to the volunteer members of the Altogether Better Edgware and Stongrove (A-BEST) Steering Group who have offered their advice and support throughout the year: Paster Steve, Rev. Simon Rae, Val Dlay, Julie Okpala, Susan Gaszszak, Ranu Radia, Modupeolu Adeleke, Bina Gosrani and Tayeb Cham.

April - September 2013: Meetings with various individuals and local organisations took place, to recruit members to the Altogether Better Stonegrove Steering Group. A small core-group of individuals agreed to become involved and support the project, however as Stonegrove only covers a small geographical area with around 500 households, it was agreed to widen the area to include Edgware.

October 2013 – March 2014: Mapping the wider Edgware area, including making contact with, and collecting contact details of, businesses, community groups and buildings continues. The extended Altogether Better Edgware & Stonegrove steering group has met several times and is planning wider community engagement for May and June 2014. In addition, one activity the group agreed they wanted to take forward was to develop a community choir.

ALTOGETHER BETTER EDGWARE & STONEGROVE PROJECTS UNDERWAY

Community Choir

The Altogether Better Edgware & Stonegrove Steering Group want to develop a community choir to increase community activity, reduce isolation and enhance people's lives. The choir will be open to anyone living in the area with an interest in singing. Discussions are taking place to recruit a choir leader. Once the group is established performances will be held in community spaces around Edgware such as the Broadwalk shopping centre.

Altogether Better Edgware & Stonegrove is supported by Nazra Zuhyle, Altogether Better Officer and Stephen Craker, Ageing Well Programme Manager.

WHAT HAS BEEN ACHIEVED - ALTOGETHER BETTER HIGH BARNET & UNDERHILL

A range of local people and businesses in **High Barnet & Underhill** areas have come together to form Altogether Better High Barnet & Underhill. Mapping the local area, including making contact with, and collecting contact details of, businesses, community groups and buildings is underway. The Susi Earnshaw Theatre School has agreed to host the regular meetings of the steering group. Currently being discussed is how best to engage individuals across the two communities.

Altogether Better High Barnet & Underhill is supported by Stephen Craker, Ageing Well Programme Manager.

EMERGING ALTOGETHER BETTER LOCALITIES

Local people in other areas are also coming forward to get involved and conversations & meetings continue with a number of local people in **North Finchley** and **New/East Barnet**.

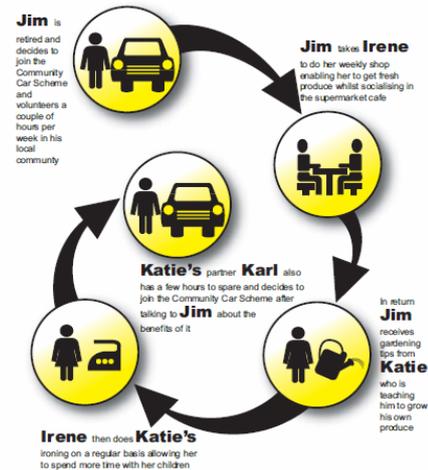
WHAT HAS BEEN ACHIEVED - DELIVERING A BOROUGH-WIDE APPROACH

Altogether Better - the Ageing Well programme in Barnet has started to deliver a bottom-up, asset based approach to make a significant contribution to older people's well-being which will beneficial knock-on effects for social care and other health services. From the outset it was recognised that the model would need the support and action at both a local and borough-wide level. To support the locality based working, a number of borough-wide initiatives have, and continue to be, developed. These have included:

Commissioned a Barnet Timebank Network

Timebanking is a way for people to help others and help themselves at the same time by depositing their time when giving practical help and support to others. The Barnet Timebank Network started on the 1st March 2014 with a range of activities has taken place including:

- the successful recruitment of a Development Manager
- a launch event planned for June 2014
- a holding website developed
- 2-Day Broker training delivered with 20 attendees
- Timebanking software set up ready for members to join
- Recruitment of 13 members and 10 organisations.



Scope:

To help people identify the skills they can share with others, as well as the areas where they may need help from others, and exchange these skills in a safe and inclusive manner.

Objectives:

- Incorporate co-design and co-production as a key element of service development
- Recognition of and respect for residents' skills and needs
- Commitment to signing up members to the time bank from across the community
- Promoting independence and tackling/preventing dependency

Outputs:

- 50 people who join each timebank across the network during the two year pilot
- 100 time credits exchanged at each timebank
- 75% of members have earned at least one hour time credit.

Outcomes:

- Improved Health and Mental Wellbeing
- Improved Quality of Life
- Increased Social Inclusion and Circle of Friends
- Increased Sense of Making a Positive Contribution
- Increased Control Over Personal Circumstances
- Improved Economic Wellbeing
- Increased Skills and Employment Opportunities
- Improved Sense of Community Cohesion

Indicators:

- I feel fitter and happier than I used to since I joined the time bank
- I can ask for help with a range of services that I otherwise may not be able to access myself.
- I have made friends with others in the time bank
- I feel more valued as a member of my community
- I am able to retain my independence and access help through the time bank
- I have been able to save money by earning credits and then asking people in my community to help me out, rather than paying for a service.
- I have improved confidence in completing application forms, going for interviews
- I have met and exchanged credits with people from a different background to myself

Commissioning volunteer-led Intergenerational and Dementia Shared Reading Groups

Intergenerational Shared Reading Groups bring people of different age groups together to foster well-being, improve mental health, and support recovery across social, educational and cultural boundaries.



Scope:

To create sustainable reading groups that bring people of different age groups together to foster well-being, improve mental health across a range of social, educational and cultural boundaries.

Objectives:

- Incorporate co-design and co-production as a key element of service development
- Commitment to signing up members to the volunteer led intergenerational reading project from across the community
- Promoting independence and tackling/preventing dependency
- Providing volunteers with training, and provide on-going support meetings.

Outputs:

- Intergenerational groups meet every week, most weeks over two years (Seven groups in year one, with four additional groups in year two)
- Two dementia reading groups meet every week, most weeks for one year
- 25 people attend each volunteer-led intergenerational reading group across the two year pilot
- 60% of individuals who attend over a 12-week period.
- Minimum of two volunteers per group trained to deliver the groups

Outcomes:

- Improved Health and Mental Wellbeing
- Improved Quality of Life
- Increased Social Inclusion and Circle of Friends
- Increased Sense of Making a Positive Contribution
- Increased Control Over Personal Circumstances
- Increased Skills and Employment Opportunities
- Improved Sense of Community Cohesion

Indicators:

- I feel happier than I used to since I joined the reading group
- I'm more able to relax since I joined the reading group
- I feel more positive about life
- I feel more able to deal with problems well
- I feel more confident about socialising
- I feel more confident about talking in a group
- I'm more likely to consider volunteering/am a volunteer
- I share books with friends or family members more often
- I enjoy reading more challenging books and poems
- I feel more confident about reading all the practical, everyday information I need
- I want to further improve my writing and literacy skills
- I'm more interested in doing a course or training of some kind
- I have met with people from a different background to myself, which has brought me together with neighbours who I otherwise may not meet.
- I am more understanding towards other people

Developing a cross-sector Communications Group – to coordinate and expand information provision to the residents of Barnet. The council and the NHS Barnet Clinical Commissioning group commission several voluntary sector organisations to provide information and advice services to Barnet residents. These organisations have come together to form the Barnet Information Network, with the aim of producing useful resources for local people and sharing their knowledge about available resources and the needs of residents. Their first joint product was a poster and flyer to signpost people to the right organisation to help residents with their particular information and advice needs. They will also be working to see how they can better signpost to each other's websites, and point residents to useful information such as around safeguarding.

Information and advice in Barnet

- For disabled people**
Tel: 020 8359 2444
www.barnetcil.org.uk
Barnet Centre for Independent Living
- Planning and improving later life for over 55s**
Tel: 020 8203 5040
www.ageuk.org.uk/barnet
Barnet ageUK
- About looking after someone**
Tel: 020 8343 9698
www.barnetcareers.org
carerstrust
Barnet Carers Centre
action help advice
- About mental health and wellbeing**
Tel: 020 8359 4999
www.eclipsebarnet.org.uk
eclipse
towards a brighter future
- About autism and learning disabilities Working for you service**
Tel: 020 8349 3842 or 020 8343 8897
www.barnetmencap.org.uk
www.dimensions-uk.org
barnet mencap Dimensions
here for the people we support
- On health and social care services**
Tel: 0844 826 9336
www.healthwatchbarnet.co.uk
healthwatch
Barnet
- On your rights - and for welfare benefits and debt advice**
Tel: 0844 826 9336
www.barnetcab.org.uk
citizens advice bureau
- On care options and paying for care**
Tel: 0800 731 8470
www.mycaremyhome.co.uk
MyCare MyHome

Delivered in partnership with **BARNET** LONDON BOROUGH and **NHS** Barnet Clinical Commissioning Group

Supporting the development of the first Men's Shed in Barnet

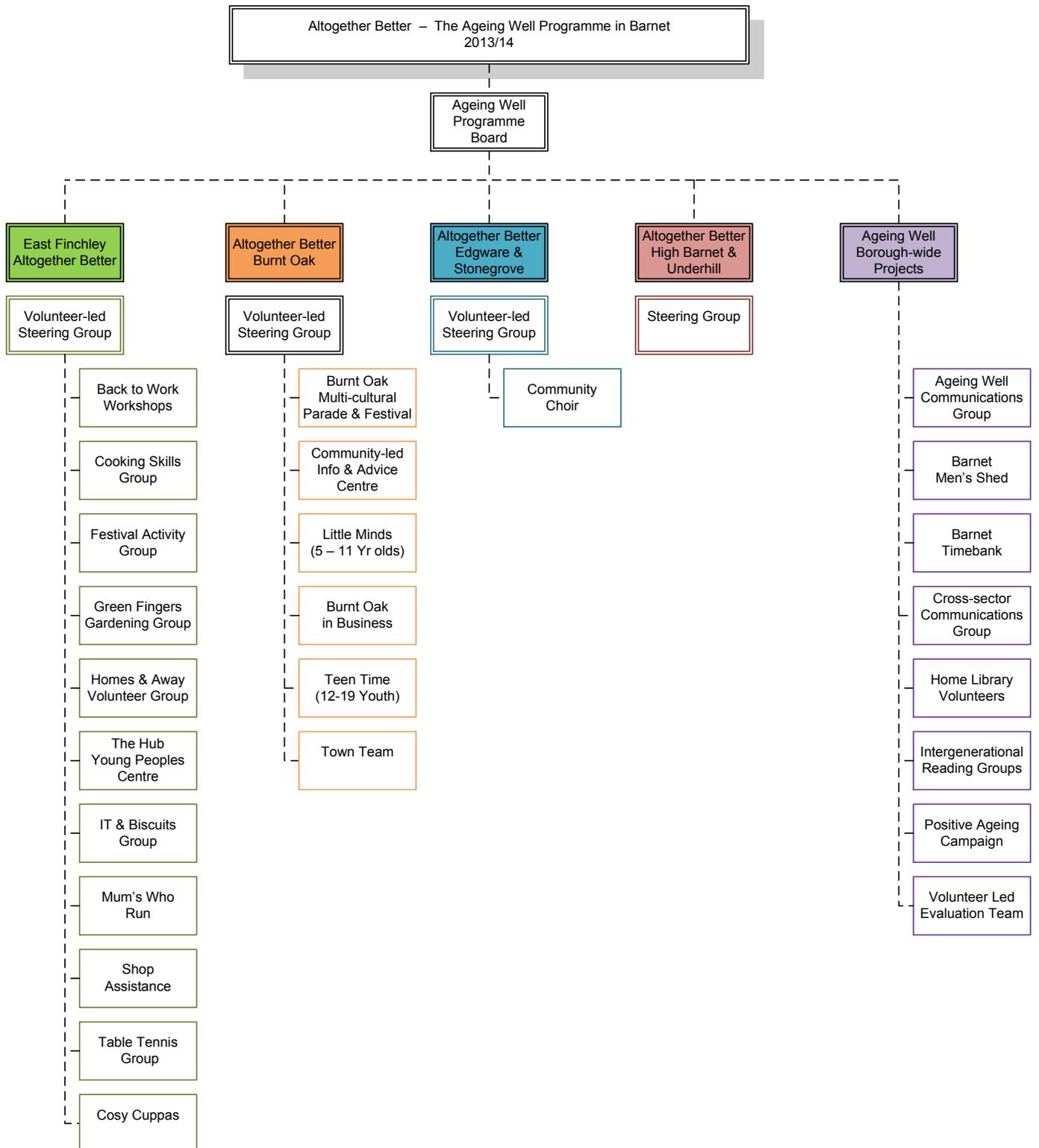
Men's Sheds have a role in promoting the health and wellbeing of men who participate in them by supporting their engagement in activities they enjoy and find meaningful. This, in turn, provides a sense of purpose and identity. The social environment of Men's Sheds can lead to the development of positive social relationships with other men and a sense of belonging.



A steering group of volunteers has been meeting regularly since Sept 13 with the support of the Ageing Well Programme Manager and Job Centre Employment Advisor. The group has visited the Camden Shed and attended the launch of the UK Men's Sheds Association where a number of speakers, highlighted the various benefits and pit-falls to avoid when setting up a men's shed. There were also a number of existing Sheds projects represented that have become financially sustainable from income raised from products made at their sheds. There was a particular emphasis on the reuse, refurbish and recycle of wood and materials donated or collected from building projects and it is a model that the Friern Barnet Men's Shed steering group are keen to promote and will provide a definable objective for the Shed and its members for its sustainable future. The shed will be open to all men over 18 and through networking has already attracted a possible membership of nearly 40 men. The group have been able to negotiate a cost-effective rent in the Freehold Community Centre in Friern Barnet and the North London Woodturners Association have agreed to the use of their turning equipment by the shed. In addition, two large DIY stores and Ikea have agreed to supply the shed with wood and materials on an ongoing basis.

ALTOGETHER BETTER – THE AGEING WELL PROGRAMME IN BARNET 2013/14

GROUPS AND PROJECTS



WHAT WE HAVE LEARNT SO FAR

As the project has developed, volunteers and staff have recognised the need to engage with a wider network of individuals, organisations and groups in each area in order to promote Altogether Better more widely and encourage more people to get involved. This has led to a much better understanding about how to engage with individuals, organisations and groups and how we can work together within these communities.

By no means have we learnt all there is to learn in engaging individuals within communities, however we have learnt that flexibility is vital. The pace needs to suit all those involved and it takes time to develop trust. Everyone's priorities and hopes are different (and often change). What's important to and for someone can appear minor to others. We have found that thinking about one or two (sometimes small) things that a group want to change or do is often a good starting point for developing project groups. Once a project group has been formed and one or two meetings have taken place, ideas start flowing and commitment to action soon follows.

Most people we have worked with want to increase their social circles, sometimes through meeting new people or by doing more of the things they enjoy, e.g. walking, gardening, watching/playing sport (e.g. table tennis) and socialising.

EVALUATING PROGRESS

Evaluating the effectiveness and impact of the projects is central to the approach of Altogether Better – the Ageing Well Programme in Barnet. This approach helps to demonstrate outcomes achieved, what worked, what made a difference and how outcomes are achieved. Evaluation of each project is designed to appeal to those participants taking part. The aim is to allow for a variety of different ways in which individuals can give feedback, reflecting the wide range of preferences that are typically present in a community-based setting.

In the planning stages, each project group defines how it will evaluate the expected outcomes using the evidence based *Social Return on Investment (SROI)* tool. This tool takes into account inputs, outputs and outcomes (intended and unintended) by systematically identifying who is affected by activities and how, and making judgements about the materiality of these effects. Using the SROI tool provides a systematic way to measure and account for the broad concept of value created by each activity. It also helps members of the volunteer-led groups to identify and focus on what they are aiming to achieve, the current situation in relation to the needs and aspirations as well as what is important to those effected by the activities being planned.

A Volunteer-led Evaluation Group has been established to support and provide some independence to the evaluation process.

In addition, evaluation for the localities of East Finchley and Burnt Oak using the Friendship Scale Tool which measures social isolation will be undertaken using the baseline data from Barnet's 2012 Annual Residents Survey and comparing it to the data from the 2013 survey. Page 23 provides the evaluation questions used in Barnet's Annual Citizen Perception Survey.

ALTOGETHER BETTER PROJECTS AND HOW THEY RELATE TO DELIVERING THE PROGRAMME'S STRATEGIC OBJECTIVES

OBJECTIVE 1: To ensure that older people can obtain the information they need when they need it to enable them to more effectively access services.

- Community-led Information & Advice Centre – Altogether Better Burnt Oak
- Cross-sector Communications Group – borough-wide
- IT & Biscuits Group - East Finchley Altogether Better

OBJECTIVE 2: To support access to, and increase the range of, social and community activities available in order to help tackle social isolation and loneliness.

- Community Choir – Altogether Better Edgware & Stonegrove
- Cooking Skills Group – East Finchley Altogether Better
- Homes & Away Volunteer Group - East Finchley Altogether Better
- Intergenerational Reading Groups – borough-wide
- Little Minds (5 – 11 year olds) – Altogether Better Burnt Oak
- Mum's who run - East Finchley Altogether Better
- Table Tennis Group - East Finchley Altogether Better
- Teen Time (12 – 19 year olds) – Altogether Better Burnt Oak
- The Hub – Young People's Centre - East Finchley Altogether Better

OBJECTIVE 3: To ensure there are the means to develop ways of providing “that bit of help “ at the right time, for example a listening ear, help with gardening and home maintenance.

- Back to Work Confidence workshops – East Finchley Altogether Better
- Cosy Cuppas - East Finchley Altogether Better
- Green Fingers Gardening Group – East Finchley Altogether Better
- Shop Assistance - East Finchley Altogether Better

OBJECTIVE 4: To help people plan for a fulfilled older age.

- Men's Shed – borough-wide, based in Friern Barnet
- Positive Ageing Campaign – borough-wide

OBJECTIVE 5: To identify opportunities to reach out into communities. This includes engaging hard to reach and help isolated people.

- Barnet Timebank – borough-wide
- Festivals Activity Group - East Finchley Altogether Better
- Multicultural Parade and Festival – Altogether Better Burnt Oak
- Town Team – Altogether Better Burnt Oak

LOOKING FORWARD

During 2013/14 a number of suggestions for borough-wide projects had been received. These suggestions were collated and discussed at the Ageing Well Programme Board meeting. In order to further prioritise the suggestions into a pipeline of potential projects an online survey was undertaken to create a list of emerging priorities. A total of 22 responses were received and the outcome of the survey was discussed at the Ageing Well Programme Board and together with the existing on-going borough-wide projects of 2013/14 11 new projects have been included in the 2014/15 Action Plan, each linked to one of Ageing Well's five strategic objectives:

OBJECTIVE 1: To ensure that older people can obtain the information they need when they need it to enable them to more effectively access services.

Improved Information Provision

- Support development of a multi-agency **information network** to create more sustainable, inclusive ways of working
- Develop a **Network of Wellbeing Cafes** utilising existing Cafes to act as a hub

Improved Access to Information, Advice & Guidance

- Build on the development work with Contact Centre to ensure that the **one-stop shop** promotes good access
- Develop a Barnet-wide **Befriending Network** that could provide information and support for new and established befriending projects
- Develop **volunteer-led Evaluation Teams**

OBJECTIVE 2: To support access to, and the range of, social and community activities available for older people, in order to help tackle social isolation and loneliness.

Build bridges with young people

- Assess impact of Volunteer Led **Intergenerational Shared Reading** Project
- Develop '**Spring in your step**' scheme for older people who are teamed up with a student from a local school for a regular short walk.
- Develop **Pamper Afternoons / Evenings**

People have choice to be engaged

- Assess impact of increased number of **home library service volunteers**
- Commissioning a '**Wellbeing Place Programme**' where trained volunteers give their time, experience and support to their peers so that they too will learn that 'they can'.

OBJECTIVE 3: To ensure there are the means to develop ways of providing "a bit of help" at the right time, such as a listening ear, help with gardening and home maintenance.

Improving opportunities and challenging attitudes

- Assess impact of Barnet **Timebank**
- **Evaluate progress** of Ageing Well initiative using the Friendship Scale tool.
- Deliver Barnet's 'Years Ahead' **Positive Ageing Campaign**

Personal Safety

- Develop and produce **personal safety** leaflet designed with older people
- Develop **Mobile Phone Training** for older people
- Develop **Computer Skills network** to promote and increase community based IT classes for older people

OBJECTIVE 4: To help people plan for a fulfilled older age.

More Involved

- Develop **volunteer-led advice shop**
- Conduct local **community assessments** of neighbourhoods to determine age friendliness

Older Men

- Promote **volunteer driving** opportunities for men
- Support development of a **Men's Shed**

Barnet Seniors' Assembly

- Identify what capacity is already within the organisation.
- Develop and support action plan based on the findings of the engagement of BSA members

OBJECTIVE 5: To identify opportunities to reach out into communities. This will include engaging hard to reach and isolated people.

EFAB (East Finchley Altogether Better)

- Support Steering Group to implement action plans
- Continue to support and develop project group activity

Altogether Better Burnt Oak

- Support Steering Group to implement action plans
- Continue to support and develop project group activity

Altogether Better Edgware & Stonegrove

- Community Leadership / Map area
- Explore issues, agree goals, projects, outcomes
- Develop locality action plan and launch projects

High Barnet & Underhill Altogether Better

- Community Leadership / Map area
- Explore issues, agree goals, projects, outcomes
- Develop locality action plan and launch projects

Altogether Better North Finchley or East & New Barnet

- Community Leadership / Map area
- Explore issues, agree goals, projects, outcomes
- Develop locality action plan and launch projects

EVALUATION QUESTIONS USED IN ANNUAL CITIZEN PERCEPTION SURVEY

Results separated in to the following areas:

- Burnt Oak (HA8 0, HA8 9, NW9 5)
- East Finchley (N2 0, N2 8, N2 9)

Topical questions:

- B1 Overall, how satisfied or dissatisfied are you with your local area as a place to live?
- B4/5 Are you personally concerned about any of the following?
2. Lack of recreational facilities
 4. Not enough being done for elderly people
 5. Not enough being done for young people
 8. Crime
- B6 How strongly do you feel that you belong to your local area?
- B9u What is your opinion of activities for teenagers/young people?
- C1b To what extent does the statement 'Keeps residents informed about what they are doing' apply to your local council?
- C1d To what extent does the statement 'It is easy to access Council services' apply to your local council?
- C1h To what extent does the statement 'Listens to concerns of local residents' apply to your local council?
- C1m To what extent does the statement 'Is making the local area a better place to live' apply to your local council?
- F1 To what extent do you agree or disagree that your local area is a place where people from different ethnic backgrounds get on well together?
- F2 In your local area, how much of a problem do you think there is with people not treating each other with respect and consideration?
- G1 To what extent do you agree or disagree that people pull together to improve things in your local area?
- G2a Have you given any unpaid help to any group(s), club(s) or organisation(s) in the last 12 months?
- G2b Overall, how often over the last 12 months have you given unpaid help to any group(s), club(s) or organisation(s)?
- E1 Do you agree or disagree that you can influence decisions affecting your local area?

Profile Questions:

- A2a/b Please could you tell me which age band you are in?
- A3 Gender
- A4 Are you currently employed, self-employed, retired or otherwise not in paid work?
- A5 What is your ethnic group?
- P1 How is your health in general?
- P2 Do you own or rent your current home?
- P3 Do you consider yourself to have a disability under the DDA definition?
- P4 What is your religion or belief?
- P5 What is your sexual orientation?

East Finchley Christmas Festival on Sat 7 Dec 2013
with EFAB - East Finchley Altogether Better
Come in and join us for fun activities and free health and wellbeing advice. **Everybody welcome!**

Bobath Centre, 250 East End Road

What's going on:

Times:	What's going on:
ALL DAY	Round table discussions - what's good in East Finchley? What you like to see? (EFAB - East Finchley Altogether Better)
10am - 4pm	Catch up with your kids - learn how to use the internet or your phone with help from friendly volunteers (Age UK)
	Knit & Crochet activities for all ages (EFAB Volunteers)
	Hearing and eyesight checks and advice (Booth)
	Health checks and smoking cessation advice (Community Health)
10.00 - 10.30	Tai Chi with Deborah Cura
10.00 - 12.00	Managing minor ailments (LJNK Pharmacy)
10.30 - 11.00	Let's go Nordic Walking! with Daniela Boyce
11.00 - 11.30	Seated exercise to music (EExtend) with Deborah Cura
11.00 - 11.45	First Steps in Gardening (EFAB Volunteers)
11.30 - 12.00	Kamishibai, Japanese children's storytelling with Nicola Grove
11.30 - 1.30	Is your walking aid fit for purpose? (Bobath Centre)
12.00 - 1.00	History walk round the area with local historian (Tony Roberts)
12.00 - 3.00	Entertainment for all ages with Scott MacLaughlin
1.30 - 2.30	Smile please! How are your teeth? (Nova Dental)
2.00 - 2.45	First Steps in Gardening (EFAB Volunteers)
2.00 - 4.00	Nutrition and lifestyle advice (Cooles Pharmacy)
3.00 - 4.00	Kamishibai, Japanese children's storytelling and craft with Nicola Grove

East Finchley Methodist Church, 197 High Road

2.30 - 3.00	Baby & Toddler (aged 3 and under) entertainment with music, songs, games, bubbles, puppets and more (Teddy Bears' Music/Sleeping Stones)
3.10 - 3.40	

Free! Everyone welcome! Come in!

Tweet us @EastFinchleyAB

Supported by: Barnet Clinical Commissioning Group

Altogether Better
Come in for a chat and let us know what you would like to see happening in your local area - everyone welcome!

Tweet us @Barnetab
Email: info@abbarnet.org.uk

HOME ABOUT US PROJECTS AND GROUPS GET INVOLVED CALENDAR LATEST NEWS CONTACT US

EAST FINCHLEY ALTOGETHER BETTER
Altogether Better Local Engagement (ABLE) Project

Welcome to EFAB!

What is EFAB?

East Finchley Altogether Better is a local networking initiative for all the people in the neighbourhood.

East Finchley Altogether Better is about joining up the activities in the community and building relationships which help foster a vibrant, safe place to live, work and play.

Join our mailing list or one of our...

Latest news

EFAB AT THE EAST FINCHLEY CHRISTMAS FESTIVAL

The EFAB Activities at the Bobath Centre at East Finchley Festival were really well attended, and everyone seemed to be enjoying themselves! See the article in December's issue of the Arc.

Altogether Better Burnt Oak
Connecting people, groups, programmes, businesses and services that help make the neighbourhood a great place to live and work in

East Finchley Altogether Better
EFAB - Connecting people, groups, programmes, businesses and services that help make the neighbourhood a great place to live and work in

Want to help make your community a better place?

Why not drop in and see EFAB at Finchley Youth Theatre on 17 - 27 February 2014

East Finchley Altogether Better (EFAB) are a volunteer led community programme seeking to reduce isolation and empower local people to start-up and run projects which they feel would benefit the local area.

Have you got skills and ideas to share?

Would you like to get involved more in the local community?

Come and have a chat with EFAB volunteers on any of the following days:

Mon 17 Feb	10am - 2pm
Tue 18 Feb	10am - 2pm
Wed 19 Feb	10am - 2pm
Thu 20 Feb	10am - 2pm
Fri 21 Feb	10am - 2pm
Mon 24 Feb	2pm - 6pm
Tue 25 Feb	2pm - 6pm
Thu 27 Feb	2pm - 6pm

Don't miss this chance to find out what exciting things we are working on, and give us your new ideas... we would love to meet YOU!

For more info see www.efab.org.uk

Tweet us @eastfinchleyab

Support: Barnet

Altogether Better
Connecting people, groups, programmes, businesses and services that help make the neighbourhood a great place to live and work in

Come in for a chat and let us know what you would like to see happening in your local area - everyone welcome!

www.abbarnet.org.uk Email: info@abbarnet.org.uk
Tweet us @Barnetab

THE ARC

East Finchley Altogether Better

By Diana Cormack

East Finchley has been chosen to pioneer a new initiative that aims to involve everyone in the community, helping them share information and discuss what they are doing now and what they would like to improve.

East Finchley Altogether Better (EFAB) was launched with a five-hour conference at Shree Aden Depala Mitra Mantra Mandal Community Centre, Church Lane, in early July. It has the support of a range of organisations, including Community Barnet, Finchley Charities, Barnet Council, Barnet Clinical Commissioning group and Barnet Older People's Assembly.

Togetherness

Opening the conference, co-chair Peter Cragg said that he wanted to revive the "togetherness" of the past by getting people to communicate in order to promote more and varied involvement in their locality.

The scheme is being launched in East Finchley because of its great sense of community and the number of local organisations. How things develop here will serve as an example when it is introduced into other parts of the borough.

After co-chair Roger Chapman had described feelings for the activity (called in East Finchley plenty of exam people. During this tell us?" f on hand to su expand on id many aspect sion were h and age issi

lack of facilities for teenagers. People continued to talk over lunch, when they could also visit stalls from Barnet Age UK, The Carers' Trust and Central London Community Healthcare.

Health and well-being

East Finchley's Lesley Chown opened the afternoon session, getting everyone to join in an enjoyable chair exercise session. Brains were then stimulated by a health and well-being presentation, which included a quiz on health and social factors in N2. During feedback, two interesting initiatives were introduced: the Casserole Club, which is a meal-sharing scheme (barnet@casseroleclub.com) and time-banking, described as reciprocal voluntary work-sharing (www.timebanking.org)

Long-term resident David Smith, of Abbots Gardens, commented: "We are so lucky to live in a community that comes together so well: this conference added another facet to East Finchley."

Pop-up shop for your ideas

East Finchley Altogether Better (EFAB) is a community project seeking to help residents start up and run projects which they feel would benefit the area and reduce isolation.

So far the team has several interest groups taking shape and would like to meet with you and hear your views. They will be hosting a 'pop-up shop' in the foyer of Finchley Youth Theatre, 142 High Road, on a number of dates this month.

Feel free to drop in to find out more about groups you might want to join, or leave your ideas for what's needed in the area.

The pop-up shop dates are all week Monday 17 February to Friday 21 February from 10am to 2pm and Monday 24, Tuesday 25 and Thursday 27 February from 2pm to 6pm.

For more information or to ask any questions, go to www.efab.org.uk or call Lisa Smith on 07909 998453.

FURTHER INFORMATION

For more information or to get involved, please contact:

Stephen Craker, Ageing Well Programme Manager,
Email: stephen.craker@barnet.gov.uk Tel: 07932 716437

Nazra Zuhyle, Altogether Better Officer (Burnt Oak and Edgware & Stonegrove)
Email: nazra.zuhyle@barnet.gov.uk Tel: 07909 998463

Lisa Smith, Altogether Better Officer (East Finchley)
Email: lisa.smith@barnet.gov.uk Tel: 07909 998453