

Community Chest Project

Yearly Round Up

2023/24

ACTON
GARDENS
LONDON W3



FREE BIKE MARKING EVENT

Come down had have your Bicycle Marked and registered with Bike Register for free. Officers will also be giving out crime prevention advice.

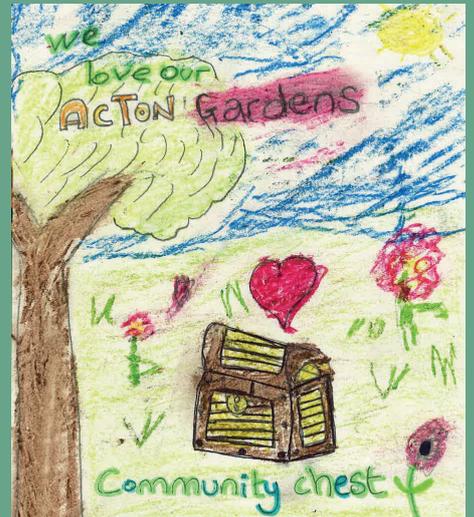
DATE
Fri 29 September

TIME
10.00am - 13.00pm

PLACE
Acton Garden's Community Centre
W3 8UU



www.met.police.uk



Welcome to the second edition of the Community Chest Project Yearly Round Up, containing information about all the projects carried out in the financial year 2023/24.

The Acton Gardens team are working with groups across the area to deliver projects to best serve the community. If you would like to see a project come to life, please get in touch at yoursouthacton@lqgroup.org.uk to share your ideas. Maybe you fancy life drawing in your evenings? A board game club for your afternoons? Or maybe restful yoga for your mornings? Whatever your idea, make sure to get in touch!

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WHAT IS THE ACTON GARDENS COMMUNITY CHEST?

Acton Gardens is committed to supporting the vibrant and thriving local community and has set aside a funding pot to support community activities throughout the lifetime of the regeneration.

Each year, £50,000 is made available for local groups to apply for, with up to £5,000 being offered per project.

Acton Gardens have set up a Community Chest sub group made up of residents to review applications and score projects, using a points system based on value for money, need for the project and the benefit offered for residents. Applications are considered by the sub group every quarter, and deadlines for submitting applications are posted at the start of the year on the Acton Gardens website.

Since its inception, Community Chest has provided over £500,000 of funding to over 150 local groups and initiatives, ranging from sports gardening, sports, education, nutrition, sustainability initiatives, music and film, mental health and wellbeing, culture, community days, support groups, horticultural and arts projects.

This roundup document will take you through the projects from 2023/24 that have been funded by the Community Chest, which exemplifies this great variety. The project case studies have been written in collaboration with the organisations who ran them.

Acton Gardens Community Chest Logo

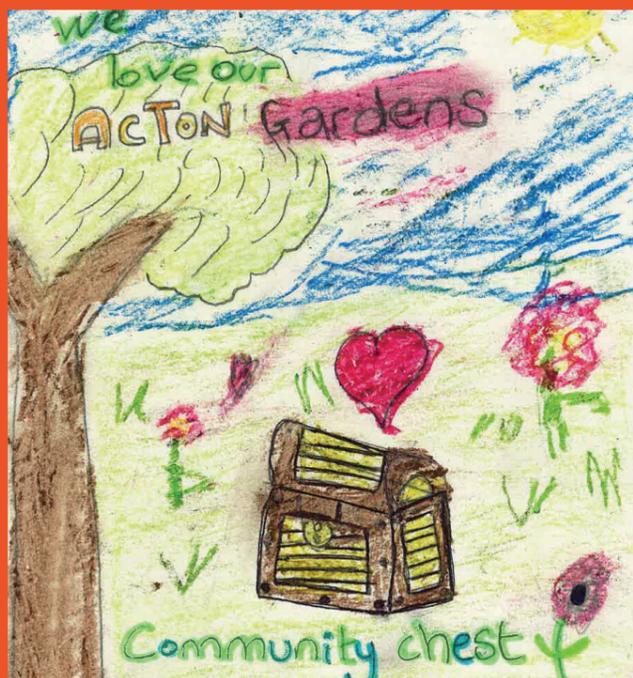
In Spring/Summer 2024, The Acton Gardens Regeneration Team ran a competition for local residents to design a logo for the Acton Gardens Community Chest.

The brief was a logo that embodies community spirit, inclusivity and all things Acton Gardens, with the winner to be announced at the Community Chest Showcase Event in October 2024.

We were delighted to see a number of residents enter, including both older and younger residents submitting a variety of creative designs. We want to thank everyone for their time and talent.

The winning entry belongs to **Fatimah Zarah**, 11 years old, who has won a £75 gift voucher, and will see her winning logo featured on any future promotional material of the Community Chest and the projects it's funded.

We are also pleased to announce the runner up, **Ajay Hothi**, who also won vouchers as a thank you for their hard work and creativity.



Winning Logo
Fatimah Zarah, 11 years old



Runner Up Logo
Ajay Hothi

BIKE MARKING (SNT)

Project Description/Aims

Local officers from The Metropolitan Police Service and Safer Neighbourhood Team (SNT) have been running a series of Bike Marking sessions to help combat bicycle thefts on the Acton Gardens Development and surrounding areas.

At these workshops, run by local PCs and PCSOs, members of the public can have their bikes security marked and registered onto the Bike Register online database.

PCs and PCSOs also offer cycle security advice as well as general crime prevention advice and members of the public are given crime prevention materials to take away.

These workshops can take place during various weather conditions under the branded Acton Gardens/Met Police Gazebo.

The workshops have been promoted by the Regeneration Team using the Acton Gardens Website, via text and email to residents and putting up posters in notice boards across Acton Gardens.

Project Impact

PC Garrett Speers commented



We have received great feedback that this is being carried out with L&Q/Countryside funding, and residents are pleased that something is being done to address bike thefts in the area



Workshops have been run regularly over the past 18 months, and the SNT regularly attend events run by the Regeneration Team at Acton Gardens - most recently, they had a bike marking and personal safety advice stand at the end of Summer Outdoor Cinema Event. Sergeant Buckland stated at the September 2024 Community Board Meeting that, since the start of the Bike Marking Project, they have seen bike theft incidents have reduced by 50% across Acton Gardens and South Acton.



GET FITT (MEM) NEW YEAR - NEW ME 2023

Project Descriptions/Aims

NewYear-NewMe23 project aimed to provide vulnerable young people in South Acton equal access to participate in regular sports to help:

- Reduce physical inactivity
- Improve mental wellbeing
- Prevent Youth Crime
- Reduce anti-social behaviour.

The project includes a 1 hour non-contact boxercise session per week for 12 weeks. Young people will learn about sportsmanship, become physically active, make new friends, and improve their mental wellbeing.

Project Impact

The "NewYear-NewMe23" project has had a significant impact on the Acton Gardens and South Acton community in the following key ways:

Improved Health and Wellbeing:

The project has effectively enhanced the physical health and mental wellbeing of community members through regular physical activity, reducing inactivity and promoting mental health.

Community Safety and Positive Role Models:

By providing opportunities for youth engagement, the project has contributed to a safer community by deterring youth crime and anti-social behaviour. It has also empowered local aspiring coaches, serving as positive role models for young residents.

Community Cohesion and Empowerment:

The project has fostered a sense of community by encouraging social integration, the development of coaching skills, and engagement in local initiatives. It has empowered young individuals to pursue their goals, thereby strengthening the overall community fabric.

28-year-old local resident, Leon, was a perfect example of how NewYear NewMe empowered local talent and foster community engagement.

Prior to his involvement in the "NewYear-NewMe23" project, Leon had an extensive background in boxing as a participant but had never ventured into the coaching realm.

The "NewYear-NewMe23" project provided Leon with a transformative opportunity to bridge this gap. He was paired with an experienced Level 3 accredited coach, affording him the chance to transition from a boxer to a coach. For the first time, Leon was on the other side, instructing and guiding, rather than receiving coaching.

Leon's journey from athlete to coach was not only a personal transformation but also a source of inspiration for the local youth in the community. Being a fellow resident, Leon became a relatable figure to the young people. His transition to a coach was met with excitement, and this influence played a pivotal role in encouraging more local youth to join the sessions. They were eager to learn from and be guided by someone who shared their background and had walked a similar path.



ACTON OLDER PEOPLE'S COMMUNITY PROJECT (UACS)

Project Descriptions/Aims

The Acton Older People's Community Project is meant to provide the opportunities to improve the quality of life for older people through togetherness. It also provides an inclusive environment that caters for older people within the community.

- Provide the opportunities to improve the quality of life for Older People through togetherness
- Provide an inclusive environment that caters for older people within the community
- To celebrate momentous occasions building a strong community spirit i.e Queen's Platinum Jubilee 2022
- Sustainability of services to ensure the wellbeing of the community and prevent isolation
- To respond to local needs appropriately by maintaining links with the wider community, including all faith communities, voluntary and statutory bodies
- To provide social opportunities for older people, across all cultures, races and in line with the diversity of the borough, to reduce social isolation and loneliness
- To provide an informative newsletter for those who are home based or in hospital for a period of time.

Project Impact

The impact has shown us how valuable the service the project offers is to the participants and the Acton community keeping them intellectually engaged in activities they may or may not have experienced before. We have seen a slight increase in the numbers attending the Tuesday sessions and exercise classes, which is both stimulating and engaging.

We understand the unique needs and preferences and tailor our services to meet those requirements effectively.

To demonstrate the type of impact this project has had, we refer to the example of an older gentleman who presented himself initially as quiet and unassuming, who suffers from dementia. The gentleman attended with his son and each week we saw him gradually relaxing and engaging.

Over the course of the project he became less dependent on his son. The gentleman participated in the craft activities of painting independently producing a very artistic case. He became more comfortable amongst the other members and now attends every week. Also, his son has now become a UACS volunteer and volunteers each week.



WOMEN'S EMPOWERMENT SUPPORT GROUP (YARDO CIC)

Project Descriptions/Aims

The Women's Empowerment Support Group (WESG) sessions ran for 8 weeks and were held at Acton Gardens Community Centre on Wednesday mornings from February to April 2023. The program aimed to provide a supportive environment for women to address challenges and empower each other.

Project Impact

The WESG program comprised eight sessions, during which 12 registrants were initially assessed and 9 participants actively engaged each week.

The group fostered a supportive environment, with participants reporting positive experiences and engaging well with the content.

The program covered relevant weekly topics, including managing emotions, self-esteem, identity, self-care, communication, and boundaries. The sessions included check-ins, psycho-education, group activities and forming a supportive WhatsApp group.

The program's impact was not limited to the scheduled sessions, with participants continuing to meet at coffee mornings over three consecutive months, which allowed the women to continue bonding and offering mutual support.

Overall, the feedback from participants was extremely positive, and the improvement to wellbeing was demonstrated through end of programme assessments.



YOUNG PEOPLE'S MENTAL WEALTH (YARDO CIC)

Project Description/Aims

Through the support of the Community Chest funding, YARDO were able to implement a fundamentally youth-centric approach at Bollo Brook Youth Centre. This development involved deploying a young, local Clinical Psychologist, Dr Charlotte Frankham, to provide therapeutic psychological interventions at Bollo Brook Youth Centre almost seamlessly, integrating our services into the Centre's regular activities.

Between January and December 2023, Charlotte spent one session a week in Bollo Brook YC, amounting to 149 hours across the year. Within that time frame, she invested 87 hours in nurturing trust and relationship-building, becoming a recognised and trusted ally to Bollo youth members and staff. On this foundation, she provided 62 additional hours of therapeutic sessions for eleven young people.

Project Impact

The feedback from both youth and staff at Bollo Brook Youth Centre has been overwhelmingly positive, and Charlotte's ability to create a secure space for in-depth discussions about their young members' issues and challenge has been truly appreciated.

YARDO were also able to extend their work with young people and mental wellbeing beyond the confines of the Youth Centre. For example, they worked closely with two young creatives from Bollo Brook in a peer-led initiative, culminating in coordinating wellbeing pilot activities at the Newgen Music Festival in Walpole Park on Wednesday 26th July.

These activities occurred in a new area called 'The MindZone', an idea initiated by Tazzyi, YARDO's youth wellbeing ambassador.



POGO ARTS EASTER PROGRAMME



Project Description/Aims

PoGo Arts Ltd delivered a series of Performing Arts Workshops which was run during the second week of the Easter half-term break in 2023.

The Pogo Easter Performing Arts Workshops were geared towards children between the ages of 7 and 11 years old (Key Stage 2).

Various activities were delivered to be fun and interactive for the children from the local community. The workshops introduced the children to mask, and puppet work based in Commedia dell'arte, which is an early form of professional theatre, originating from Italian theatre. The art form was centred around masks, dance, minimalism, improvisation, and physical theatre.

On the final day, children were taken out of the area to watch a theatre performance, so that they could see everything that they learnt, put to use in a live production.

Project Impact

Overall, children enjoyed themselves and loved the fun aspect brought to the workshops and learning new skills such as puppetry, character work, tableaux, singing, dance routine and many other elements packed into the programme.

The project had a very positive impact on the South Acton and Acton Gardens Community.

All of the parents were extremely happy to have a safe space to send their children during the Easter holidays and the opportunity it gave them to interact with others in the community. Children also made new friends and many parents expressed their gratitude and connected with other parents, which helped strengthen community links.

Having been oversubscribed and because of the high turnout, there was a lot of traffic through the Community Centre and all parents and children are keen to attend future programs being delivered by Pogo Arts.

The children watching a video about Commedia dell'arte characters



UACS CELEBRATES THE COMMUNITY



Project Description/Aims

In June 2023, UACS were awarded funding to deliver delivering activities to improve the quality of life for Older People through togetherness with the overarching theme of celebrating 52 years of providing services within Acton and the wider London Borough of Ealing by.

The project included planned monthly events to showcase the work of UACS giving the community a chance to engage in the celebration and be a part of the activities. These activities will include storytelling, reminiscence forums, singing and dancing, Emancipation, Black History and the history diverse Ealing. As well as monthly events, the aim was to participate in local events i.e. Acton Carnival and other events coordinated by LB Ealing on up-and-coming.

The project is aims toraise awareness of UACS and the work and service available to the older person within the borough. UACS is promoted on social media and through our members distributing a new booklet to their friends, neighbours and those they feel are in need of our services.

It is also meant to provide and highlight social opportunities for older people, across all cultures, race and in line with the diversity of the borough. UACS prepared with the members and took part in Acton Carnival. Some of the members took part in the parade along the street, whilst others remained in the park providing information and highlighting the arts and crafts that they themselves took part in. Members felt comfortable asking patrons to the carnival to engage in a game of dominoes, in some cases teaching newbies.

And finally, to sustain their services, UACS hold regular meetings to gather feedback from members on the type of health and creative workshops required to meet their needs. They found that it was easier to have feedback forms for each workshop where our Club Coordinator assists the participants to complete it.

Project Impact

To demonstrate the project impact, we use the example of client A, who presented herself as an agile, mature, tidy lady who attended each week with a shopping trolley. However, we noticed that just before lunch was served, she would make her exit from the centre, noticing this over a short period and being very sensitive to the actions of this client we approached with care to find out more about what was affecting her.

To this end, UACS will be implementing more ways to support members who are experiencing financial hardship this could be through external institutes or workshops which tackle this area.



AMPLIFY YOUR COMMUNITY (YUAF)



Project Descriptions/Aims

The Amplify Your Community project is meant to deliver fun and engaging creative activities for young residents, to teach young residents new skills through taster workshops and to bring young residents together to help build a greater sense of community.

Young Urban Arts Foundation (YUAF) was funded to put on the 'Amplify Your Community' Day on the 14th of October 2023. The aim of the community day was to provide creative activities for young people to engage in while in a safe and fun environment.

Project Impact

Throughout the day an array of activities were offered on and outside the YUAF bus from 11:30am-6pm, which included DJing, Music Production, Lyric Writing/Recording, and T-Art (the latter for those aged 11+ due to lung development). A space for younger participants (under 9s) was created where they focused primarily on lyric writing in response to their not being old enough to use computers for music production or partake in spray-painting.

A total of 23 attendees registered throughout the day, of which 43% provided their ages; these spanned from 9-16 years. 20 attendees provided their gender; 75% were female and 25% male.

The YUAF team adapted well to the wide age range among attendees and created a space for younger participants to feel included and partake in age appropriate creative activities with our lyric facilitator.



WOMEN'S BOXERCISE (LDT)

Project Description/Aims

Following a successful bid for Community Chest Funding, London Development Trust kicked off their Women's Boxercise Classes for all fitness levels on Wednesday 17th of January, which took place every Wednesday and Friday through to the 19th of April.

The classes were run by none other than Hannah Beharry, a South Acton born and bred former 9x British Boxing Champion and 2x European Boxing Champion, who was also one of the first women to box for Great Britain.

The Boxercise classes aimed to not only provide a high-energy workout combining boxing techniques with cardio exercises, but empower women in the Acton Gardens Community through providing a supportive environment.

Project Impact

It's clear that the classes have been a total hit with local residents, with sign ups increasing week on week.

Hannah has seen a massive growth in confidence and improvement in fitness from all participants, who are calling for it to continue running.

WOMEN'S ONLY BOXFIT
ACTON GARDENS

TRAINED BY:

- 9x British Champion 🏆
- 2x European Champion 🏆
- First female to box for GB 🇬🇧
- Born and bred in South Acton 📍

SCAN QR CODE TO SIGN UP!

Every Wednesday & Friday

Wed - 6:00pm - 7:30pm
Fri - 5pm - 6:30pm

Acton Gardens Community Centre
W3 8UU



CARING FOR CARERS

Project Description/Aims

Caring for Carers aims to create a network of appropriate physical activity and social support classes tailored to the needs of local Carers and help them to improve their physical and emotional wellbeing and therefore enable them to continue to make such important contributions to the local community.

The approach is multifactorial and focuses both on delivering activities directly for carers but also to those that they care for. This may be in sessions that are tailored to accommodate both clients but may also involve different sessions so that carers can have respite whilst doing the activity or can have respite whilst the people they care for do the activities.

Projects Impact

The project achieved several outcomes and celebrated milestones locally, such as: addressing and combating health inequalities, establishing exercise classes for carers in: St Marys, Acton, Michael Flanders Centre, Sycamore Lodge Care Home and The Ealing Carers Hub and creating a Caring for Carers Social Club that runs in Ealing Carers Hub, Sycamore Lodge, Edgecote Close, Acton, W3 8PH on Thursday mornings.

They were also successful in applying for Warm Hub funding, which meant they were able to extend the length of the social club.



(STAYACTIVE4LIFE)

The services were delivered for free and locally to ensure affordability and accessibility for all carers.

The project worked in partnership with local organisations such as care homes and charities to ensure it reached those who would benefit most.

During the delivery of the programme, a common theme was expressed:



As a carer, you'll often put the needs of the person you care for before your own. With all the day-to-day tasks, it's easy to forget about your own health and wellbeing. While finding time for yourself can be a challenge, continuing the activities you enjoy and maintaining your health is important to ensure you're happy and healthy and you can continue to provide the best care possible.



One participant said that she heard about the warm space through a newsletter, and was intrigued to gain more insight about the cost of living crisis and how to save on her bills. She said:



I've learned how invaluable curtains can be, not just for blocking out light and noise, but also keeping the house warm. Everything's going up. I've noticed that when I pay my bills at the end of the month, there is only a little bit of money left despite being very good at budgeting. Before today, I didn't know that leaving your chargers in their sockets when they aren't being used is costing me, and I didn't know that filling up the kettle with more water than I need also wastes energy, so now I'm going to make sure to fill it with the amount necessary for one cup.



ACTON LITTER COLLECTIVE

Project Description/Aims

The aim of Acton Litter Collective (ALC) is to develop neighbourhood groups which feel invested in where they live. Participants meet weekly on Saturday and Sundays to keep the areas of Acton Gardens and South Acton litter free. Some start early, some start at 9.00am and they aim to cover as wide an area as possible, engaging with residents and encouraging a sense of pride in the community.

Since establishing a small team of enthusiastic litter pickers meeting once fortnightly at the Mill Hill Surgery on Avenue Road in September 2019. Acton litter collective now over 30 active members of both the Acton Gardens group and wider Acton Litter Collective group with ranging demographics from working aged individuals to retirees.

ACL applied for Community Chest funding to enable them to continue to grow, particularly with the Regeneration of the former South Acton Estate, and the introductions of new parks and play areas and new residents using them. They aimed to do this through the provision of more litter picks, hoops bags as well as resources to spread the message of the group.

Project Impact

As a result of the Community Chest funding, ALC have been able to buy more litter pics for volunteers and also provide support for local events. For example, in July 2024, Acton Litter Collective volunteers led the clear up at the Acton Carnival at Acton Park.

Additionally, with support from L&Q, Elisabeth organised an Earth Day event at Acton Gardens Primary School, where she talked to all the year groups in two separate assemblies about planet Earth, the importance of looking after our home and how everyone can individually do this by reducing rubbish and ensuring we reuse, reduce and recycle as many products as possible. The Community Chest funding enabled children's litter picks to be purchased for younger volunteers and were used for the event, as well as prizes for the best Earth Day posters, pledges and litter collecting efforts on the day.



CULTIVATE ACTON CIRCULAR

Project Description/Aims

Facilitating the transport of the food waste material that forms part of the Acton Green Waste Solutions project. Acton Circular a pilot micro model of a local circular waste collection and growing system.

Project Impact

The project was already successful in building the polytunnel in February 2024 and purchasing the hydroponic towers and the wood to build raised beds in July 2024; the hydroponic towers and planters will be installed in October 2024 when the first workshop with members of the community will be organised, involving them in sowing and harvesting.

The Wood workshop cabin has been designed in detail and is being fitted with the professional equipment. Once ready, it will be placed on top of the wood workshop cabin and will house the anaerobic digester.

In the meantime, members of the community who are interested in composting their kitchen green waste are already bringing it to our Berrymede community garden sessions (Tuesdays and Saturdays afternoons). The project are also in contact with a local food bank to collect kitchen green waste once our bio-digester is operative.

Additionally, they have also purchased a second-hand electric cargo bike (£3,500) in September 2024 from a sustainable local e-cargo delivery company called Ecofleet who have been volunteering with them on a monthly basis for a year and half, participating in a variety of projects and also pledging online towards this project.

Other activities they have done recently include:

- Provided 2 trolleys full of free plant pots for local residents to inspire community planting and recycle excess material
- Attended the Reduce and Recycle Hub at the Acton Market engaging and collecting feedback from the local community, informing them of our services and projects including the Acton Green Waste Solutions
- Attended the Car Free day in Bond Street, organised by Act for Ealing and LBE to highlight environmental opportunities and benefits in the area.

To carry on the great work we are doing beyond the community chest funding, we are in conversation with both Ealing Council in a collaborative grant for the Sterling Road Recycle Hub and with the University of West London to fund a mulcher for green garden waste export.



LOOKING AHEAD



So far this year, in addition to all of the wonderful projects exemplified above, the Community Chest has also funded the following projects, that have begun, or are in the process of being set up:

- **Acton Youth Association:** Sewing Project
- **Pattern Pictures CIC:** Pattern Film Project
- **South Acton Safer Neighbourhood Team:** Road Safety Improvement Project
- **ActiveWithin CIC:** Let's Get Active
- **MEM Academy CIC:** Actonbox, Boxing for Community Wellness
- **Elevate Arts:** NewGen Dance Classes Project
- **UACS:** Digital Mentoring for the Elderly
- **ShowPatrol TV:** 'Making Moves - The Mobile Movies Migration Filmmaking Project'

If this has inspired you to submit your own application to the Community Chest, we would love to hear from you!

You can contact the Acton Gardens Regeneration Team for assistance with your application or any further information about the Community Chest at the following:

Email: yoursouthacton@lqgroup.org.uk

Phone: 0208 189 3002

Address:

Acton Gardens Regeneration Team
Unit B, Donne Court
Bollo Bridge Road
Acton W3 8YG

Website: www.youractongardens.co.uk

We can't wait to receive even more applications, explaining how this funding could help to bring your ideas to life and make a difference in our community. You never know, you could be in our next roundup!





Community Chest Project

Yearly Round Up
2023/24