



AJANI
"It's Your Choice"

SHP PILOT PROGRAM EVALUATION MAY TO JULY 2017

PRESENTED BY: LAWRENCE CURTIS

SHP PILOT PROGRAM EVALUATION

AIMS OF THE AJANI PROJECT

BY PROACTIVELY PROMOTING BETTER HEALTH AND FITNESS, PROVIDING OPPORTUNITIES TO BE MORE ACTIVE, CREATING AWARENESS OF WHY PEOPLE NEED BETTER NUTRITION, AND INSTILLING IN PEOPLE RESPONSIBILITY, THE NEED TO TAKE ACTION AND TO THINK ABOUT THE CHOICES THEY MAKE.

WE HAVE:

- Built Confidence and Self-Esteem
- Re-Energised people through fitness advice and classes
- Improved mental health, pre-empting some issues, and helping people control their depression, stress and anxiety
- Helped people as they move into being “job ready” and “life ready” quicker, happier, and stronger
- Provided ongoing classes and events to maintain improvement
- Promoted a Growth Mind-set mentality
- Created strong links with the service users, quickly developing trust
- Built awareness of the importance of choices, action, perseverance, listening, and behaviour

NUMBERS ATTENDING

We had ten people at our initial preliminary morning, and over the weeks we had three more people joined, we ended up with a core “3” people who stayed with the course – Wayne Foster, Rosie Broadly and Michael Coleman. It was hard to get the full picture as to why people didn’t always come back, however we understand that this is a new program and we’re very aware that the clients have life issues which often get in the way. Addressing these issues is in itself a core focus of Ajani.

HOW DID WE DO?

The tremendous feedback we have received from Single Homeless Project, as well as the personal testimony and responses from our users, has shown we have made a huge difference in all three of our regulars. We see this as proof that even in our first pilot, Ajani can provide change.

Wayne has grown in confidence and fitness, and especially in outlook. He had some personal issues come up towards the end of the course, but is more positive and stronger than when we started. He is also making better choices, and has stated that he wants to be a better father figure. He used the free gym sessions to run for 10 minutes – the “first time in ten years”. He has said he would like to help us promote Ajani in the future. Sinead, Wayne’s partner, met us at the barbeque, and thanked us for everything we have done for him, as she can see the change in him, which he puts directly down to our program. He has agreed to complete the evaluation forms, as well as do video feedback.

Rosie is much more confident. A lot of that is down to her embracing the program and throwing herself into everything we have offered. She came on both outings, a gym visit, attended the cookery class, has come to five of our outdoor sessions (and continues to attend our Highbury Fields weekly Saturday morning session), and has told us how much the program has helped her. On our last program morning she was in tears at it ending. She listens to Dean, our Personal Trainer, and follows his instructions as she builds her weight back up, which in turn reflects directly with her confidence around other people, and her day to day activities. She has agreed to complete the evaluation forms, as well as do video feedback.

Michael has participated well throughout the course – we have found him to be calm, funny and sensible. He has enjoyed the fitness, as he also bikes a lot to places. He has also said how much he has gained from the course, and intends to continue attending the fitness classes – and we will be getting evaluation forms from him, and a video too.

REVIEW

| | This Pilot | Future Programs |
|-------------------|---|---|
| Length | Three Hours | Two hours – with option of extra 30 minutes. Plus start at a later time. |
| Content | Each week we concentrated on one subject | Each week we will do sections on the four main subjects: Mind-set/Routine, Health, Fitness, Nutrition |
| Attendance | We just waited to see who would come – except for when we were at Arlington Rd for last four weeks when we would chase the four attendees who came then | We will monitor attendance better, and message people in the week and the day prior to the course |

THE FUTURE

HMHB feels that we succeeded in successfully running the Ajani project. Being the pilot we are open to positive feedback and creative criticism. HMHB would sit down every week following the program and review the event, and the effect it had on the service users. We thoroughly enjoyed the experience and the opportunity and are eager to continue and develop the project, which is fluid anyway.

Speaking with the funding arm of SHP at an event being held by Voluntary Action Islington, we would like to explore the prospect of approaching the Big Lottery Fund, through SHP, to run programs for two years, full-time – and we would like to do that very soon.

Meanwhile, we have developed costings to run courses, and would like to run three if possible – one in Islington/Camden, one in Haringey, and one in Hackney; all through SHP and using their premises.