



AJANI
"It's Your Choice"

SHP PROGRAM EVALUATION

3 OCTOBER TO 14 NOVEMBER 2017

PRESENTED BY: LAWRENCE CURTIS

SHP PILOT PROGRAM EVALUATION

AIMS OF THE AJANI PROJECT

PROACTIVELY PROMOTING BETTER HEALTH AND FITNESS
PROVIDING OPPORTUNITIES TO BE MORE ACTIVE
CREATING AWARENESS OF WHY PEOPLE NEED BETTER NUTRITION
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-Energized 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 six people at our initial preliminary morning, and we ended up with a core “5” people who stayed with the course – Geoffrey, Marie, Lee, Rosie, Florence (Laura dropped out after week 3 for health reasons). 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. We were pleased that all opted to stay on our course. We were told several times by various SHP Keyworkers that other service users would attend, but they never showed, and we were not given any explanation as to why that was. This was therefore out of our control.

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 five of our regulars. We see this as proof that even in our second program, Ajani can provide change.

All the users grew in confidence. They liked the way the program was delivered, something we had adjusted after the first Pilot.

Marie had already spent two sessions in rehab, but said that the Ajani course was the “best thing, and the most fun” she had ever done. She regretted it had finished. “Lawrence, Luke and Dean have a lot to offer people in dark places”. On the third week she said that she had been given the chance to take part in other activities by SHP but “preferred to come to our course”. Although the course finished in November, we have

been on contact with Marie, and Lawrence is going with her in January to the Recovery College offices to sign up for different courses. She has said she will come to training sessions too.

Florence (Flo) has made tremendous strides. She openly admits she was skeptical about our course before she came, and nearly didn't come. But then she said she felt more "confident" and "empowered" after just three sessions. Along with Marie she also had been approached to do some other activity on the Ajani course day but "preferred to attend the Ajani course". Flo's sister is a nutritionist but she said she "liked the way we talked about nutrition better". She grew in confidence throughout the course, and she said how she was now looking forward to her future.

Geoffrey had been attacked (mugged) around 18 months ago and suffered a serious ankle injury that had affected his confidence, and walking ability (needing a stick). Before the course he said he was most interested in getting back some fitness, as well as esteem. He worked very well with Personal Trainer Dean, and we ensured that he was fully involved in the exercise parts of the program (he would attend our Saturday Personal Training sessions on Highbury Fields). Geoffrey is articulate and polite (he has written over 33 books, and was in his element when we attended the British Library). He grew in confidence, as he said we treated him as an "equal" and he has felt "patronized in the past" but did not with us. I do think he still has drinking issues that need to be addressed though, something we will chat to SHP around.

Lee had the most anxiety at the start of the course, but grew in confidence throughout, which was very noticeable. It was great to see her on our three trips out. She would take part and her self-esteem improvement was evident. The first week she was fairly timid, but by the end of the course she was contributing fantastically.

Rosie was on our first Pilot, and came back more as a volunteer on this course, but because we had made various changes she said she enjoyed it very much. She has grown in confidence since we first met her. I think there are still some issues around alcohol she needs to address, but with the college course she started in September, together with her considerable volunteer work, she is pushing herself forward. She attended one of our healthy walks we run at the start of 2018 and told us that she was really looking forward to this year, which she said was down to how we treated her through Ajani. She has also come along to a lot of our outdoor Saturday fitness sessions, and actively tries her hardest. I am really hoping 2018 can be a successful one for Rosie.

REVIEW

	This Program	Future Programs
Length	Two hours – with option of extra 30 minutes. Plus start at a later time.	All will be two and a half hours
Content	Each week we will do sections on the four main subjects: Mind-set/Routine, Health, Fitness, Nutrition	This will continue, but we will do a quick review of the previous week to see how people remember what we did

	This Program	Future Programs
Attendance	We will monitor attendance better, and message people in the week and the day prior to the course	Continue to improve contact, working with keyworkers where relevant. Need to get work mobile number

Plus – handouts: On this program we intended to give handouts most week, with a file for people to collect all the paperwork. Due to printer problems this did not happen. Future programs, we will ensure that we do provide all relevant handouts on the appropriate week.

Plus – extras: We had been providing a weekly personal training session on a Saturday lunchtime, but this would be affected by the weather as it was outdoors in Highbury Fields. We will instead now be looking for an indoor facility to run both a weekend and weekday personal training session.

Plus – evaluation: We will be making a program session (the final one) around evaluation. This way we ensure we get everyone to complete forms at the same time. We also feel it would be good to sit down with the work partner (this one with SHP) on a fortnight basis to discuss how the service users are reacting to the course.

Plus – social media: We need to get everyone on our social media from week one instead of waiting till the end of the course. Anyone without an email address we will get them set up.

THE FUTURE

HMHB feels that we succeeded in successfully running the Ajani project. Being a new program 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.

We would like to continue with our partnership with SHP. Anyone could probably develop a course like ours, but we feel our unique style of delivery helps us to achieve the good results, and other people delivering may not get the same outcomes.

If possible, we are interested in exploring the opportunity of working with SHP in other boroughs.