



AJANI
"It's Your Choice"

HARINGEY WELLBEING NETWORK PROGRAM EVALUATION FEB TO MAY 2021

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.
CREATING A GROWTH MIND-SET MENTALITY.

WE HAVE:

- Built Confidence and Self-Esteem
- Re-Energized people through fitness advice and actual sessions
- Improved mental health, pre-empting some issues, and helping people control their depression, stress and anxiety
- Helped people as they become more “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

Over the weeks we worked with nine people of various ages, two of whom were men, and the rest were women.

HOW DID WE DO?

This course had a slightly different start due to the Covid pandemic. We used the Zoom account for Haringey Well Being Network and had access to their main hall to do that. Our first six weeks were on Zoom, and the last six involved people attending the centre.

We have to say, we much preferred the face to face attendance, and that as the feedback from the users too. Not that the zoom weeks were not good, they certainly were fantastic. But with mental health the overall consensus was that interacting with people in the same room was better.

Over the twelve weeks (the course was on Mondays, so we had two weeks of bank holidays too as the centre was closed on those days) we had eight people attend via Zoom and at the centre.

Overall the feedback was superb. We definitely improved the lives of those who attended. In fact, here is the feedback from Alex. She has been suffering from chronic tiredness and possible ME, and rarely leaves her flat. This is what she said:

"absolutely life changing course. Clear, unpatronising, friendly, inventive, funny, informative, and crucial approach to self-care, nutrition, and exercise. Lawrence is a gem, and both he and Oliver were born to be communicators, both are highly skilled at imparting information with great humility, humour, and both possess a wealth of knowledge and great soul. They seem to understand how to incorporate these vital life survival skills whilst inside the mind of depression and debilitating anxiety, without ever being anything less than empathetic and caring. Wonderful people. I am so glad I got myself to attend this course."

Perhaps I should just stop there!! 😊 But I wont. That feedback is astonishing and wonderful. Alone, it should enable us to open dialogue re full salary funding. I wonder how many other courses in Haringey get that kind of praise?

Other feedback:

"very good discussion involving mental health, concepts, practical application, technical aspects of the body."

"A Great Smorgasbord of information"

"Very good eclectic mix of exercises"

"Good to be in a group where the aim is to change for the better."

"Fantastic they were so knowledgeable about nutrition."

"Exercises were impromptu and fun. It inspires me to do more": (this lady has already attended our free gym sessions we have with Better UK Highbury Leisure Centre"

"Enjoyed myself. Lifting our spirits."

"I can use the information in the future and would like the class to join again."

"A positive focus to my week. Uplifting exercises with nutritional information."

REVIEW

| | This Program | Future Programs |
|----------------|---|--|
| Length | Twelve weeks (which we really split into three four week courses, but with different content. We have a plethora of sessions. Each week was two hours long. | I like two hours, with chance of extra half hour, as we did not incorporate breaks into this one. Which did not matter. Demonstrated we can adapt to ongoing situations. |
| Content | Each week we completed sections on the four main subjects: Mind-set/Routine, Health, Fitness, Nutrition | This will continue, and we will look at more ways we can be interactive and fun. |

| | This Program | Future Programs |
|-------------------|--|--|
| Attendance | Due to Covid, zoom attendance at the start, which was not always easy to do. Was better when we were allowed to have people at the centre. | Continue to improve contact, working with keyworkers where relevant. Need to get work mobile number. Also, must ensure we keep a register. |

Plus – handouts: Using Zoom meant we it was difficult to hand out prints. Although at the end we did leave them with our latest health pack. Future programmes will involve more handouts.

Plus – extras: Again, due to Covid, and the guidelines around meeting up, we were not able to do our usual couple of social events and trips. We are looking to do a couple of things in the next couple of months though. We invited everyone to use our walks and fitness sessions we currently run in the neighbouring Borough of Islington, and one lady has already attended our indoor gym session.

Plus – evaluation: We improved our feedback evaluation, but this can continue to be adapted as we move forward. Sadly, nobody was keen to do any video feedback, but that could change.

Plus – social media: We encouraged everyone onto 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 enjoyed this course very much. We are using it to help us achieve salary funding after being invited recently to promote ourselves at the DWP. The feedback was sensational.

We would like to work with Haringey for a long time, and this has enabled us to show what we can do.