



**AJANI**  
"It's Your Choice"

# **SHP PROGRAM EVALUATION**

## **12 JUNE TO 28 JUNE 2018**

PRESENTED BY: LAWRENCE CURTIS

## SHP PILOT PROGRAM EVALUATION

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### 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 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

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### NUMBERS ATTENDING

We had thirteen people at our initial preliminary morning, and we ended up with a core “10” people who stayed with the course – Wayne, Chris, Naomi, Tommy, Richard, Martin, Marie, Georgia, (Eric and Yvonne joined us towards the end). 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. We have also asked why others did not return to the programme, but no information has been passed to HMHB at the time of this report.

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### HOW DID WE DO?

This course had a slightly different dynamic to our first two, as we did this for five sessions over sixteen days. It meant that both SHP and HMHB were aware that outcomes would be affected, but also gave us a challenge. We also had to change venue for the second session (out of the control of both SHP and Ajani), as well as do two sessions a week for two weeks – we had only done one session a week up to that point. This affected numbers attending we feel.

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 of our regulars. We see this as proof that even in our third 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 two programmes from 2017, and we will continue to adapt.

Wayne Foster - was on our first programme, and has since completed a six month rehab. We kept in contact with him throughout his stay, and he asked to come on this course when he returned to the area, telling us it "really helped him in his thinking". He has attended a couple of our exercise courses, but he has worked with SHP, looking to become a mentor, as well as volunteering in the community. We will continue to offer our physical courses to Wayne, and are delighted with his fantastic progress, and changed outlook on life.

Martin Keane – "I would like to lose weight and get fitter" – "I had no expectations of Ajani" – were both on his initial paperwork. He took part really well with some great comments. He said he enjoyed "being part of the group" and said he "learned" how it helped with both physical and mental health. He stressed that he had improved knowledge on nutrition, fitness, and the importance of a social life.

***"The Passion of Ajani comes through. The people embody the spirit of the Ajani approach."***

***"I would recommend this to anyone"***

Marie Cass – It is absolutely terrific to see the change in Marie. She attended our second course in November 2017, and has since completed a three month rehab for alcohol. Her outlook on life has improved dramatically, and she has said part of that is down to HMHB and Ajani. She regularly attends the Saturday and Monday fitness sessions that HMHB manage, with a lot of enthusiasm.

***"Ajani has been amazing. I have felt energized and met loads of positive people"***

***"Exercise sessions have been fun, and the nutrition information has been informative"***

***"Thank you for all you have done for me"***

Eric Hart – Joined us in the second week, and attended two other days. Aware that he has a lot of physical as well as mental health issues, and we were unsure if his medication was affecting him too much. But he wanted to attend, which is a terrific start, and shows a determination to sort his life out. He took part in the physical part of the course, and in particular he was very good in the boxing task.

***"I enjoyed the new experience of life skills and fitness goals. The nutrition was interesting, not difficult and easy for everybody"***

***"The programme was good. I have learnt about exercise and it felt good for my bones and joints."***

***"My confidence is getting stronger. I would like to do another course like this."***

Chris Swan – enjoyed having Chris in the group. Always smiling and looking to push himself. Joined us in the second week, but was happy taking part in the group.

***"Group was well presented – great enthusiasm"***

***“I have learned a couple of new exercises”***

***“Very well thought out course.” “Well structured.”***

Tommy Moss – Absolute joy having Tommy in the class. Was happy contributing and was full of enthusiasm throughout all sessions. He has attended both our Saturday and Monday fitness sessions – and says he will continue to do so. He likes them so much he has put up posters at Haringey Recovery Service promoting both sessions.

***“I have confidence that I can do a wider range of exercise and for longer”***

***“Was great to be able to work with a fully qualified personal trainer”***

***“Great course” – “I am pleased to join the Saturday and Monday groups”***

Richard Ngalam – We were so pleased to have Richard on this Ajani, and feel it has helped him enormously. He stated that he did no exercise at all, so naturally wanted to improve. He has been attending all our Saturday outdoor sessions, and a couple of our Monday sessions, and enjoys them very much.

***I feel I have improved my fitness levels”***

***“My confidence levels have improved”***

***“I have a lot more energy levels”***

Georgia Brown – Georgia has been fantastic all the way through, supportive of what we are doing, and a great contributor to the approach of Ajani. She has attended most of our Saturday and Monday fitness sessions and says she will continue to do so. She also currently volunteers at the Eagle project.

***“I have learnt a lot about nutrition and fitness”***

***“It has inspired me to continue to exercise”***

***“Enjoyed the exercise routines in the group, as well as attending the weekend and Monday activity”***

Yvonne Neville – Due to other commitments, Yvonne only managed to attend two sessions, but did so with gusto and enthusiasm. Said she wished the course was longer.

***“I have really enjoyed each time I have been”***

***“I felt good with the fitness activities”***

***“Lawrence is a very nice person and gives good advice”***

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## REVIEW

	This Program	Future Programs
<b>Length</b>	Two hour and a half hours, with an option to go to three. Was also five sessions, not the seven from before	Will continue to keep to the same times. We enjoyed doing five sessions, and although we will continue to look at seven, we feel five could be the future for Ajani.
<b>Content</b>	Each week we completed sections on the four main subjects: Mind-set/Routine, Health, Fitness, Nutrition	We will start with a quick review of the previous week to see how people remember what we did
<b>Attendance</b>	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. Also, must ensure we keep a register.

**Plus – handouts:** On this program we intended to give handouts most week, with a file for people to collect all the paperwork. Due to various problems this did not happen. Future programs, we will ensure that we do provide all relevant handouts on the appropriate week. In fact, we have already addressed this by having all handouts professionally printed, and have used Vistaprint to supply HMHB folders.

**Plus – extras:** Many on the course have been attending our Saturday outdoor fitness session on Highbury Fields. Highbury Leisure Centre have also been very kind to allow us free use of Studio One on a Monday lunchtime – we originally had it for three Mondays in June 2018, but this has been extended to the end of September 2018 – and we have great contacts with the manager.

**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 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.

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## 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.