



This program was funded by



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AJANI

"It's Your Choice"

**ADELAIDE CT; ANCHOR HANOVER
FEBRUARY TO MARCH 2019**

PRESENTED BY: LAWRENCE CURTIS

ANCHOR HANOVER ADELAIDE COURT PROGRAM EVALUATION

AIMS OF THE AJANI PROJECT

PROACTIVELY PROMOTING BETTER HEALTH AND FITNESS; HAVE A HEALTHY LIFESTYLE
PROVIDING OPPORTUNITIES TO BE MORE ACTIVE, AND WHY THIS IS IMPORTANT
DEMONSTRATING THAT LIFE IS THERE TO BE ENJOYED WITH ENTHUSIASM, CURIOSITY AND ENERGY
CREATING AWARENESS OF BETTER NUTRITION AND HOW THAT AFFECTS THE BODY
INSTILLING IN PEOPLE RESPONSIBILITY, TO BE PROACTIVE; TO THINK ABOUT THE CHOICES THEY MAKE.
CREATING A GROWTH MIND-SET MENTALITY.

WE HAVE:

- Built Confidence and Self-Esteem
- Created a fresh pioneering approach to mental health with a unique delivery
- Re-Energized people through fitness advice and classes
- Improved mental health, pre-empting some issues, and helping people control their depression, stress and anxiety – specifying tools they can use again and again
- 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
- Developed connections with other groups and organizations that have helped our participants

BACKGROUND AND NUMBERS

Healthy Minds, Healthy Bods were introduced to Anchor Hanover – “England’s largest not-for-profit provider of specialist housing and care for people in later life” – through the Head of Service for Hackney Public Health, Matt Clack.

Through the kindness of their Well-Being department, Healthy Minds Healthy Bods were given permission to run a four session Ajani program at their Adelaide Court address, which was in Homerton, Hackney. HMHB was told that although it is an estate with around 35 individual flats, all self-contained, it could be difficult getting people together to take part in activities. We negotiated with the Estate Manager, Sandra, and overall we had twelve different residents attend the course, seven of whom attended every week. For various health reasons, including medical visits, several had to miss a week or two.

WHAT DID WE DO AND HOW DID IT GO?

This course was adapted to accommodate a different category of user. This was Healthy Minds, Healthy Bods first course based in Residential Housing for over 55s (alongside another we started on a different estate the same week) and therefore the service users would have been going through many different issues.

HMHB had previously worked with substance recovery clients, with great success, as well as community centres. We therefore tailored this course so it concentrated on all situations, and didn't focus just on recovery. And we wanted to ensure we looked at the needs of the older generation. We chatted beforehand with Anchor Hanover about targets and outcomes, and these were more centred around confidence, dealing with isolation (which surprisingly is a problem on estates, as residents tend to keep themselves away from others), and ensuring people are active and nutritionally aware.

HMHB has to say we had a lot of laughs during our time at Adelaide, and the feedback was extraordinary. The interaction was very good, especially around the mindset part of the course.

As usual, we divided the course into the usual sections of Mindset-Nutrition, Exercise and Health/Routine. On this occasion, we had both genders and a range of ages. We had one severely arthritic man, and we were delighted at his efforts with our Personal Trainer. The group feeling was positive.

Again, the overriding positive feedback was that we "mixed things up". We did not concentrate on just exercise, or just healthy eating, we linked everything together, and it meant that the group involved themselves much better. Our unique style of delivery went down very well, and everyone participated – even those that the estate manager (Sandra) thought we might not be able to work with. And the fact we are "peer-led", by people who have directly experienced mental health issues was commented on favourably.

Overall, it was a massive success. The ladies said that they would all make more effort to get outdoors and "see life as a challenge". We were promised people would incorporate some kind of exercise into their day, and they would participate on more events on the estate.

None of the group had known much about proteins or carbohydrates, or had an understanding of what the body needs from dietary intake. Our passage on vitamins and minerals, especially the way we need fats to make some work, led to a very interesting discussion, as did the amino acid link with proteins. All said they would have a greater understanding around food. One lady, according to Sandra, changed her diet down to our information.

They have asked us to come back, and we are currently in discussion with funders to be able to do this.

We were welcomed by Anchor Hanover and they reported they were happy with the service we provided.

REVIEW

	This Program	Future Programs
Length	We had four sessions, all on Thursday afternoons, between 2pm and 4pm.	Four sessions worked well with this dynamic of user – over 55s
Content	Each week we completed sections on the four main subjects: Mind-set/Routine, Health, Fitness, Nutrition	This program proved our adaptability, and how fluid we are depending on the make-up of our users. We were also able to adapt on the day.
Attendance	With this kind of program, where we were working residents 55 and over, it was down to us to monitor and encourage attendance, which included knocking on doors on the day	Continue to improve contact, working with Estate Managers where relevant. Need to get work mobile number. Also, must ensure we keep a proper register.

Plus – handouts: Handouts on both nutrition and exercise were available to residents.

Plus – extras: because of mobility issues, we were unable to arrange a day out. Instead, we organized for the local Mayor to attend a special bingo event on the last day (which was extremely competitive, but also a terrific laugh)

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 passed on information in regards to our social media, but with these service users, who do not do a lot online, much was over their heads. This is something we need to look at.

THE FUTURE

HMHB succeeded in successfully running this “residential housing” Ajani – we certainly learnt more about ourselves, as well as the needs of service users. It was an interesting dynamic, and we are proactive in keeping the sessions positive, but also compassionate about the desire of some of our users towards information they need, and their physical and mental abilities

It was the first time we had come across all over55s, and the obvious needs around that, but using our own history, experience, and networking, were able to complete a fun intervention

It did excite us to the potential of HMHB, Ajani and our ambitions. We just need more finances and security. We are already looking to do more work with Anchor in Hackney. We thank the National Lottery for the funding and Hackney Public Health for believing in us and allowing the opportunity.