

Good Practice in Greenwich

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Sustainability & Resilience

Presentations on Sustainability & Resilience from

1. Shrewsbury House
2. Greenwich Dance
3. The Deborah Ubee Trust
4. Reflections Dementia Care

Shrewsbury House Community Centre

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John Mills, Chair of Trustees

&

Sonia Maloney, Manager

SH Shrewsbury House COMMUNITY CENTRE



Heritage, health and happiness in the heart of the community

Bushmoor Crescent, Shooters Hill, London SE18 3EG 020 8854 3895
Shrewsburyhouse.org

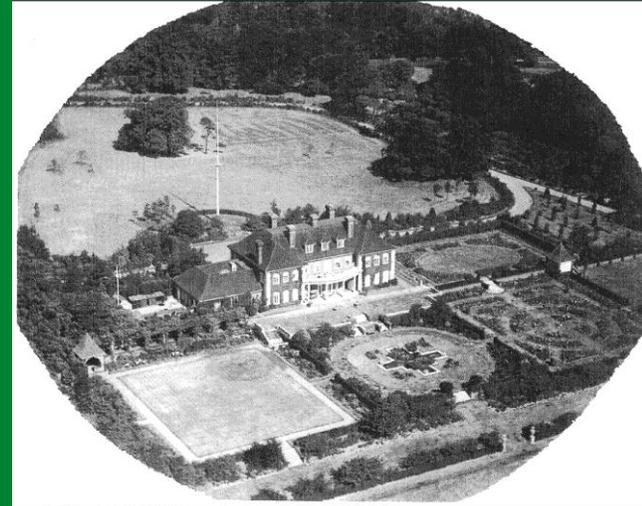
Just over two years ago Shrewsbury House
was on the verge of closure



What happened?



- Emergency meeting
- Local support
- New Board of Trustees
- Communications



Key components of success

- communication
- knowledge and expertise
- energy and enthusiasm
- realistic assessment
- action plan

Uncertainty
Staff future
accessible

User groups

Costs

Fire fighting

Long term strategy

Operational management

Bigger picture

Engagement

Skills & gaps



Outcomes

4 year business plan

- what
- how
- when
- who....?





Business planning and beyond



Heritage, health and happiness in the heart of the community



People, People, People

- Strong and committed Board of Trustees
- Skilled and compassionate staff team
- Enthusiastic and reliable volunteers
- Good relationships
- Marketing:
 - Working with and for our diverse groups on new activities
 - Finding partnerships for community projects and growth
- Marvellous communications

SH Shrewsbury House NEWSLETTER

Greenwich foodbank

Headway



Get together
MONDAYS
at Shrewsbury House

Monday 29th July 10.30 - 12.30

THE KING'S TROOP

Join us for a Get Together Monday with a difference! The King's Troop are visiting us on Monday 29th July, they will talk about their role in the military today, and about the history of the regiment. There will also be free themed crafting for children and a chance to meet the marvellous horses and their handlers.

This event is free, however donations are always appreciated to help pay for classes and tea!
All Welcome.

shrewsburyhouse.org, Bushmoor Crescent SE18 3EG
020 8854 3895

SH Shrewsbury House Community Centre

CHRISTMAS CHEER & CRAFT FAIR

Festive fa, la, la la, laaa, Handily crafted arts, Awesome Artisan and Festive Foods, Gorgeous gifts, Really great Raffle, Teenies tombola, Mulled Wine, mince pies and Father Christmas grotto
Bring your ELFS!

SUNDAY 1ST DECEMBER
12.00 - 4.00PM

Shrewsbury House, Bushmoor Crescent, Shooters Hill, London SE18 3EG
020 8854 3895 shrewsburyhouse.org

SH Shrewsbury House Community Centre

1968-2018
A new programme of activities to
Celebrate our first 50 years
at the heart of the community



DO YOU VINTAGE?
VINTAGE & CRAFT WINTER FAIR
SUNDAY 24TH NOVEMBER, 11AM-5PM

Entry £2.50 (£2 with flyer/iNUS card)
Children under 16 free
www.doyouvintage.co.uk
doyouvintage@gmail.com

Featuring
Swing & Pop
singer
Miss Vintage

Friends Of Shrewsbury House

Friends of Shrewsbury House invite families to come along and join in our gardening activities once a month, the forthcoming planned activities are -

Saturday 14th September 11.00am - 1.00pm
Sweeping and tidying the ornamental garden (if the mulch has arrived!)

October 11.00am - 1.00pm
and clear out

November 11.00am - 1.00pm
winter bed tidy up

December 11.00am - 1.00pm -
for and holly for wreaths

shrewsburyhouse.org, Bushmoor Crescent SE18 3EG
020 8854 3895

SHREWSBURY HOUSE COMMUNITY CENTRE

NEED SOMEWHERE TO REHEARSE?

We have the perfect space for music rehearsal, tuition or singing lessons, at very competitive hire rates.

FOR ENQUIRIES EMAIL:
ADMIN@SHREWSBURYHOUSE.ORG
OR CALL 020 8854 3895

Shrewsbury House
Twitter: @shrewsburyhouse
Instagram: @shrewsburyhouse
Facebook: Shrewsbury House Community Centre

MARITIME RADIO
96.5 FM

maritime radio

BLACK HISTORY MONTH
BHM
AT SHREWSBURY HOUSE

Shrewsbury House
Bushmoor Crescent
SE18 3EG
020 8854 3895

IGNATIUS SANCHO
African composer and man of letters

Born on a slave ship in 1729 Sancho lived in Greenwich from the age of two. By his death in 1780 he had become a well respected writer, composer and abolitionist. Join us to celebrate his life in an evening of music, words and dance.

Friday 18th October 7pm
Tickets £3.00 www.wegotickets.com/shrewsburyhouse



**A big, big thank you to our staff team of 5,
our 50 regular groups and especially to our
8 regular volunteers and 9 trustees
for making it all continue to happen**

*Bushmoor Crescent, Shooters Hill, London SE18 3EG
www.Shrewsburyhouse.org*

Greenwich Dance
-
Melanie Precious
CEO

GREENWICH
DANCE



GREENWICH DANCE

Greenwich Dance find inspiring spaces for innovative dance creation, performance and community participation.

We create quality opportunities to make, watch and take part in dance regardless of age, background or ability.









You can
be **you**
when you
dance

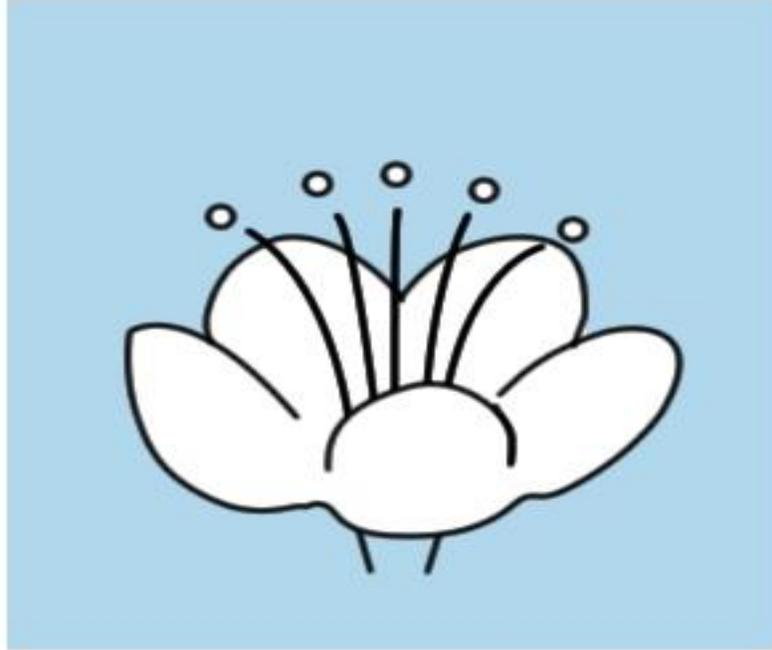
Priscilla, Lotus Youth Dance Company

The Deborah Ubee Trust

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Rosie

The Deborah Ubee Trust



Charity Number 1144232

Centre for Emotional Health

Building resilience

- for clients
- for organisation



First steps

- Business plan
- Sustainability
- Growing gradually
- Fundraising
- Using resources available
- Using connections with local voluntary sector
- Beg and borrow



Our Centre

Considerations:-

- Transport
- Privacy
- Cost
- Suitability of space
- Access
- Restrictions on usage
- Income potential





Space that can be rented out

Advantages:-

- Reception
- Office space
- Purpose designed
- Building of therapeutic community
- Safe
- Anonymous
- Accessible
- Comfortable, calm and welcoming



Building partnerships

- Mosac
- Her Centre
- GCDA
- Early Years Alliance
- Schools
- Lewisham Refugee Network
- Creative Pioneers

Fundraising

- Events - Thames cruise, City Hall, Watermens Hall
- Art auctions
- Sponsorships - marathon, big half, tough mudder, cycle ride, Ben Nevis climb
- Postcard auction
- Quizzes
- Race night
- Coffee mornings, cake sales
- Card sales
- Schools fundraisers



Supporting our volunteers

- Placements
- Supervision
- CPDs
- Book group
- Experiential workshops
- Therapeutic community
- Reduced room hire costs

Reflections Dementia Care

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Peter & Janet Ley

Resilience & Sustainability

By

Reflections

Arrive as strangers – Leave as friends



About **Reflections**



- **Reflections** is an entirely voluntary run unregistered charity with all groups held at Shrewsbury House (SH).
- The fortnightly Friendship Group launched in one room on 12th July 2016. There were 14 people at the first session and 3 team members running the activities.
- March 2017 launched monthly evening Carers Support Group.
- November 2017 launched monthly Reminiscence Project.
- At October 2019 Friendship Group is at full capacity – 70 people in total - 35 people with dementia and their carers - supported by 14 volunteer team members held across three rooms with professional entertainment at each session.

Vision & Planning



- We considered what we wanted to do, why we wanted to do it and how much we were prepared to invest to make it a success – time and money.
- Decided to set up on the alternate Tuesdays to another group running at SH to provide continuity. We considered how we could be different to the other group and deliver what we believed people wanted based on our experience.
- Set out to demonstrate how much could be achieved at a low cost.
- Aimed to provide a supportive community environment where we hoped people would make friends & provide an engaging volunteer experience.
- Decided we would be group led and adapt based on regular feedback.
- Considered how we could establish the group so it would be viable in the longer term.

Implementation



- We approached SH to run a trial of the group as the building was disability friendly and had the potential for growth.
- Asked for a room for free if we encouraged people to buy a tea/coffee in their café to provide revenue which was more than the room hire.
- Spent time ahead of the launch coming up with a name that we felt was appropriate, deliberately not including the word 'dementia'.
- Used about £50 of our own money to buy suitable games/books from charity shops and sourced appropriate word searches and colouring pictures from the internet and bought other items from places such as Poundland.
- At the first session in July 2016 we set the room up as if the group was established. There is only one chance to make a first impression.
- Considered where best to promote the group. Spoke to the Memory Service who agreed we could leave our leaflets in the foyer to attract new people.

Review & Evaluation



- In 8 months the Friendship Group had grown resulting in us changing rooms 3 times.
- Due to the success of the Friendship Group, realising there was no support group for working carers we decided to launch one in March 2017.
- Around this time we were informed we would need to pay for rooms from the end of the year.
- We worked out a budget to cover both groups and decided to apply to the community cohesion fund. We wanted to avoid competition for mainstream funding. Funding would be topped up with fund raising raffles and donations.
- With help from MetroGavs, we formalised **Reflections** as a charity, put the necessary documentation in place, set up a bank account, recruited trustees and had free help from friends setting up our website and designing our logo.

Development & Growth



- We recruited further volunteers to match the growth of the group.
- Considered volunteer reward and recognition - essential to increasing retention and keep motivation. It does not have to involve cost.
- Recognised individual volunteer skills and used them.
- Worked with appropriate organisations, including attending information events to raise our profile and grow the groups.
- Looked for partnership working opportunities eg Greenwich Carers Centre, to add value for our attendees.
- Sourced alternative funding opportunities eg Big Lottery, Co-op and Asda Community Life Champion.
- Got accreditation-Dementia Inclusive Greenwich Award in November 2018

Managing Change



- We issue feedback sheets 3 times a year and respond to requests eg entertainers every session and Lego.
- The clearly defined volunteer roles and strength of the team enabled the group to run on a couple of sessions when Peter was ill and we couldn't be there in 2017.
- Wanting to maximise every penny we looked at what our capacity could be and how to achieve it.
- We anticipated changes informing the Friendship Group well before they were made to avoid surprises eg needing to split the group across 3 rooms.
- We aim to be proactive anticipating change rather than reacting.
- We are always looking to add value eg introducing a photo Memory Book and working with the Greenwich Carers Centre.

Summary



- Be clear about your motivation. What, why, how, when?
- What are your skills and experience?
- How will you fill gaps in learning? Who can help?
- Networking is essential – others may have good ideas.
- Start small, get established, prove your credibility.
- Launch a first session as if the group is established.
- There is just one chance to make a first impression.
- Never forget people have a choice whether to engage with you.
- People do not forget how you made them feel.
- Recognise people want to support something they love – donations.
- Remember: You can't buy passion and commitment.

Reflections contact details



Janet and Peter Ley



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Web: reflections705.wordpress.com

