



# Holborn Community Association Annual Report 2021-2022



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**[holborncommunity.co.uk](http://holborncommunity.co.uk)**

Charity Number: 801064

Company Number: 02344228

# Holborn Community Association

## Annual Report

### April 2021-March 2022

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## Digital Arts for children and young people

In our last year of our Digital Media Project, and through a new Youth Arts program, we worked with 84 participants aged 8-24, 10 volunteers and we supported 7 young people to gain their Bronze or Silver Arts Awards throughout the following projects:

- Sound Art Project with Two Temple Place
- Summer Film Project with London Transport Museum
- Animation and filmmaking with One Housing, Global Generation, The Hive
- Youth Arts for Wellbeing with UCL Arts for Mental Health Volunteers
- Intergenerational podcasting project
- Trips to Store X gallery and a photography walk in Hampstead Heath

# Arts for Well being

Our arts for wellbeing programme for adults grew to offer a wide range of activities to support positive mental health and wellbeing. We worked with 62 adults and 4 volunteers throughout the year through the following projects:

Make and Mend - Weekly sewing and knitting classes

Sunday Socials - monthly art and lunch activities for over 60s

Carers Art Group - weekly art groups for carers

Arts for Wellbeing - online painting workshops with a focus on mindfulness

Arts & Nature - outdoor mixed media arts sessions with focus on wellbeing

Creative Writing - online and in person weekly creative writing groups

Monthly art group - focusing on mindful process of art making.



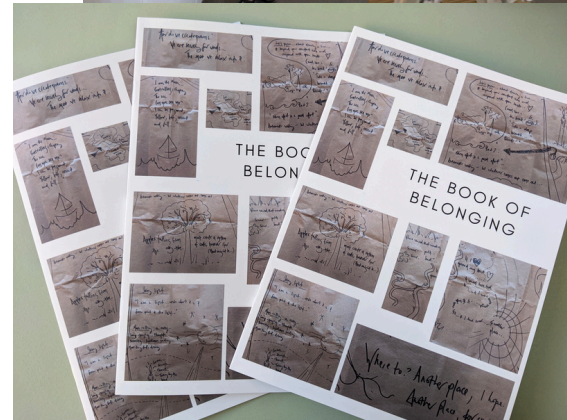
## Creative Collaborations

Foundling Museum - 12 local children took part in two creative summer projects focusing on the theme of childhood.

Tybalds Estate Hoardings - 10 children and their families created pictures to decorate temporary hoardings on the estate.

Bloomsbury Festival - We supported 5 young trainees to delivery the Bangladesh 50 project with the festival.

NW Live Arts - 6 members of the community took part in creative writing workshops and a live performance at Conway Hall



# Arts - Tybalds and Bourne Estates

## Arts Outreach

In September we started our STEM & Arts clubs on the Bourne and Tybalds Estates engaging children with creative STEM and Arts activities. Weekly sessions allow children to come together share and learn in fun environment. Despite living in such close proximity children have made new friends, had opportunity to come together and find connections amongst their vibrant differences

We've taken part in The Hour of Code challenge, COP22 activities learning about climate change and how our choices can impact the future of the planet, as well Mission X challenges to looking at growth as part of British Science week

# Arts - Pottery at 1a Arts

## Children's & young people's pottery

We supported 71 children and young people to take part in after school pottery sessions.

Children learned a range of hand building skills, and were able to develop their imaginations and confidence in getting creative with clay.

## Adults and older adults pottery

49 Adults joined us in the pottery to develop their skills in ceramics. From beginners to more experienced potters, everyone had a chance to make, create and relax.



# Care at Millman Street

Day in, day out, our Care team have supported the most vulnerable older people in our community at our day centre - providing company, clinical care and food for people with dementia who would otherwise be alone.

Alongside an extensive activity programme the centre provides lunch for attendees, shopping and prescription support as well as help to attend appointments when needed.



# Care - activity programme at Millman Street



This year saw a welcome return of activities (provided by HCA and with partners) to the centre. Slowly at first but by the end of the year our activities programme was firmly back in place.

Highlights included:

- Dance Well sessions with Akademi with attendees being invited to perform at Victoria and Albert Museum Late event
- Arts and Crafts and Seated exercise classes with Camden
- Adult Learning
- Mindfulness and Drama
- Tai Chi and Seated Yoga sessions

# Care - Befriending Scheme

Throughout the pandemic our befriending scheme has supported isolated older people through both telephone and in person befriending visits. The project has changed our recruitment and training to account for different ways of working and we're set up for embedding hybrid ways of working into future plans for befriending. Over the year that support has equated to support for 175 older people through 3500+ interactions. Each of those have a real impact on older people's loneliness and connection to the community, as well as offering rewarding interactions for volunteers who can see the difference they're making to older people's lives.

# Movement at Holborn House

Funding from London Marathon Charitable Trust allowed us to experiment and learn from delivery within our new setting at a time of huge change and challenge. At the same time the programme significantly improved activity levels and reduced social isolation for a large adult cohort emerging from the pandemic. 120 people took part in tai chi, yoga and qi gong sessions over the winter.



# Movement at Holborn House

## **Case Study**

Barbara was referred to the yoga sessions through the social prescribing link worker at our local GP surgery. She's in her 70s, and had been suffering with poor physical and mental health. The first time she came along to the session she just wanted to 'have a look, see what it's all about'. Our front of house team chatted to Barbara, showed her the class and allowed her to watch for a short while. Barbara noticed a few other people in the class that she knows from the local area. When she left she was visibly calmer and 'looking forward to getting started'. Barbara came along for her first session the following week, and has been a regular attendee at the group, usually the first one to turn up, each week. She said she still finds it hard sometimes, but she always feels better after she's been.

# Play at Holborn House

We reopened our Under 5's play activities in April 2021, working in different cultural and community spaces across the local area including Red Lion Square, St Georges Church Holborn and Calthorpe Community Garden.

In September 2021 the play sessions moved into their new home at Holborn House, and we've supported 523 children, parents and carers throughout the year.

