



**Holborn Community Association
Annual Report 2022-2023**



@Holborn-Community



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holborncommunity.co.uk

Charity Number: 801064

Company Number: 02344228

Holborn Community Association

Annual Report 2022-2023

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Introductions - Shona Coffey, Chair of Trustees

As ever I'm amazed by what HCA has achieved over the last year. When you look over the scale of programme and activities in the year 2022-2023 coupled to the difference those made for people it's humbling. And a testament to the hard work (and thoughtful work) of the team across HCA. A huge thank you to them.

That programme, that impact on people's lives has been delivered in another year of stressful and tumultuous circumstances. HCA has once again proved resilient as an organisation, in the face of numerous external challenges. The team have adapted, responding to changing needs and making things work whilst lots of constraints and threats loom large. As a Board, the Trustees are trying to do the same.

On the one hand we have a role to ensure the 'books balance' and the organisation can keep running (keep helping people) long term. That is within the comfort zone of the Board as it stands. But we're aware there's room for greater representation of users and other ways to involve them in making those decisions about what HCA does. We're making some progress with that with new members joining the Board. I'd ask for anyone who's interested in HCA - in helping us keep focused on our key work with the community to talk to me. Trustees are one role, but there are many ways in which people can help.



Introductions - Paul Crozier, Director

On one level, I feel a sense of déjà vu writing this introduction and preparing to talk about the struggle, the crisis of the last year. As a community (a society) we are still emerging from the pandemic itself and dealing with the impacts of two years of world changing events. The last year saw climate emergencies land forcefully on our doorstep with high temperatures in summer, followed by a cold winter - exacerbating a food and fuel crisis that severely impacted the everyday quality of life for many in the area. Together, that 'recap' can feel overwhelming and bring a sense of doom and gloom. But it needs to be acknowledged - our organisation and our community have been living it.

These are huge external pressures that have buffeted HCA. But we have weathered the storm again, rising to funding and finance challenges. What I'm proud of is that alongside this, we've maintained a lifetime offer for people across our community - warm spaces, low cost food, physical activity, spaces to play, care for the elderly. All of those have a direct impact on the community's health. HCA has helped people across the community weather their own storms and have fun whilst doing it. That's been a choice for us as an organisation - we've kept focus and resource on delivering that offer to keep the community healthy. It was the right choice. It's why our programmes are successful and we're committed to keeping that focus as we go through the rest of this decade.



HCA Insights - who we've worked with



2154

**Unique
users**



30757

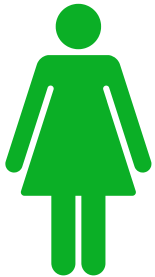
Attendances



2926

**Activities
& sessions**

HCA Insights - who we've worked with



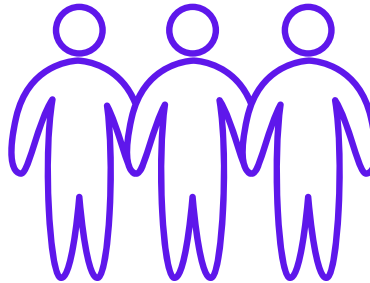
67%
female



33%
male



22%
disability



43% White
15% Asian
Bangladeshi/South Asian
10% Black/Black
British/Black Caribbean
9% Mixed/Multi-racial
8% Chinese

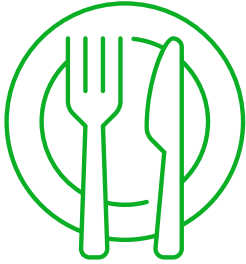
HCA Insights - working with those most in need...



79 % of our interactions with older adults are with those in areas from top 30% most impacted by income deprivation affecting older adults

49% of our interactions with children are in areas from top 30% most impacted by income deprivation for children

...increasingly our work is addressing fundamental needs...



- 3500+ low cost healthy meals for older people
- Monthly social activities with free food
- Free meals and activities in holidays for children on free school meals

...whilst always bringing people together to reduce social isolation.

- Users feel 30% more attached to the area than non-users



Arts

Our arts work is rooted in a 'creative health' approach. That might be affording young people opportunity to explore and express their ideas around mental health issues or bringing isolated older people together to build new friendships - all of the work creates a safe space where people can explore and express themselves at the same time as learning new skills. Alongside our 'universal' activity our targeted work supports groups of people such as carers or children with social communication difficulties to draw on peer support, learn new ways to support themselves and feel more confident about how they interact and engage with the world at large.

95%
children
reported
sessions
made them
happy

91%
made new
friends

70%
confident in
new
learning



Arts - Stories

Amy - Carers Art Group

Amy joined our Carers Art group in 2019. She was a single parent, caring for her daughter who was struggling with emotional and behavioural problems. Over the last year, Amy was really struggling with Rosie's behaviour, with our help Amy spoke to the school and her GP about her concerns and asked for support for Rosie. After a long time of feeling like she wasn't heard Amy was relieved that she was finally being listened to. Amy and Rosie's relationship has improved enormously, and they are finding strategies and ways to help them both feel happier and healthier, both at HCA and at home.

Amy stated how much coming to the group each week helped her to 'de-stress'. Having a space to concentrate on getting creative and forget the things she was worrying about was a lifeline for Amy. She was supported by staff at HCA, but also by others in the group who had been through similar challenges

Care

Work across our Care programme maintains independence and allows older people to stay in their own homes. It has a direct impact on their overall health - supporting them to manage long term conditions and respond to crisis. That might be helping with rehabilitation after illness, liaising with professionals to address housing or hoarding issues or providing advice and advocacy around food and financial support.

Additionally we run an extensive activities programme attended by older adults of all abilities = including inclusive dance, seated exercise, drama and movement and arts sessions.



80%

**of families
happy with
care older
people
receive**

150+

**older
people
supported
week in,
week out**

3500+

**low cost
healthy
lunches**

Care - Stories

Beverley - lunch club and activities

Beverley lives alone in a council sheltered housing flat. She has a diagnosis of dementia and a history of depression. At the same time Beverley is physically independent, active and likes to socialise but she misses her family who live abroad. After some support and encouragement from our older adults team Beverley has started coming to our community centre on a daily basis, having lunch and participating in our community activity programme (especially singing and art). Our team have noted an improvement in her physical and emotional well-being and she appears less anxious and more orientated as to her surroundings. Most importantly though, she's making new friends.

Movement

Our Movement programme covers sports and physical activities of all sorts for all ages. The programme allows people a space to build new relationships and peer support as well as increase their emotional well-being. At the same time it addresses inequality with free or low cost options, accessible and inclusive activities and a focus on improving physical activity levels to addressing health inequalities long term. Across that programme

100%
children
progress
through
accreditation
with high
competition
placement at
local/national
level

Over
70%
of participants
keep coming
back
maintaining
physical
activity levels

All
of our
programme is
inclusive with
adaptations
and access
allowing for
less mobility,
long term
conditions and
learning/
sensory
disabilities



Movement - Stories

Sam and Wendy - walking group

Sam and Wendy both joined our walking group in summer 2020, both women live alone, and wanted to get out and meet new people whilst seeing new bits of the city. Sam has struggled with her mental health and was finding it particularly difficult to leave the house after lockdown, feeling very anxious and stressed being in public spaces.

Through attending the walking group Sam's confidence improved enormously, and she and Wendy struck up a friendship through chats whilst walking.

'Since starting the walking group I feel my health has improved physically, the walks have been mentally uplifting and I have met some great people who I now regard as friends. The walks have improved my confidence and desire to learn more about the environment that I have applied for a formal course to become a walking guide!' - Sam, summer 2022

3 years later, and both Sam and Wendy are still regular attendees on the monthly walks, as well as attending other arts and movement activities at HCA. They also meet up regularly in their spare time to go for walks and coffee.

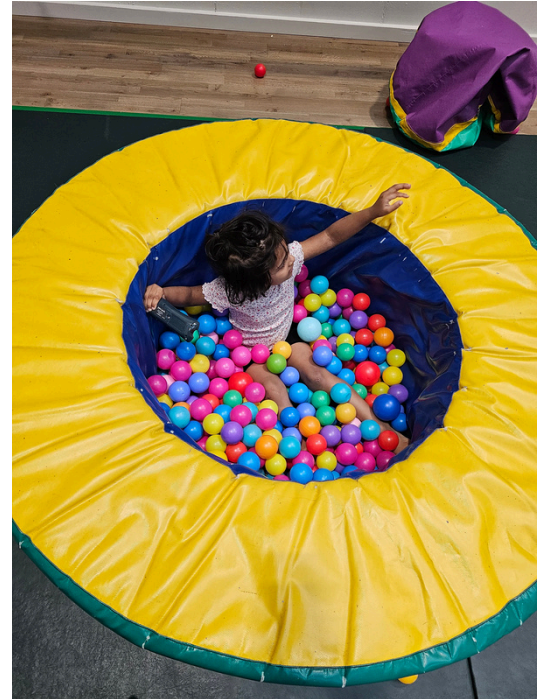
Play

Our Play programme gives children under 5 and their families the space to play improving physical literacy for children at a key early years stage and maintaining opportunity to be physically active. Crucially it allows parents and children a safe space to socialise, develop peer/emotional literacy and address anxieties ahead of formal education.

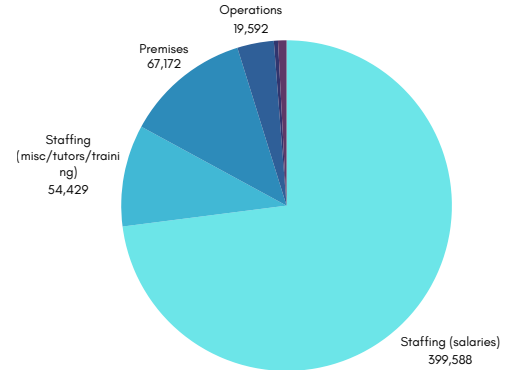
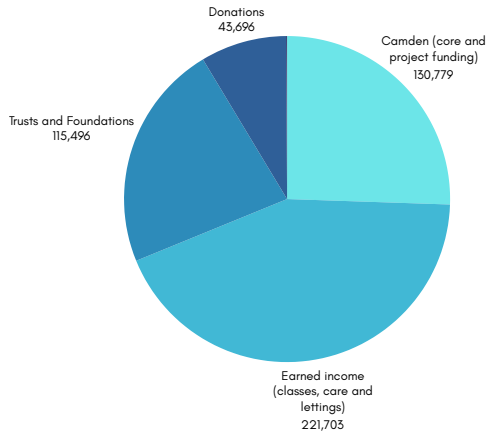
350+
children meet
daily physical
activity levels
for under 5s
through our
work

Parents
report
reduced
anxiety
and
isolation

Acts as a
'warm space'
for families in
overcrowded
housing



Financial report



Presented above a break down of HCA income and expenditure as it relates to our revenue turnover – total income is £511,694. with expenditure for the year at £565,900. The difference in those figures is balanced through ‘brought forward’ funds or monies that were secured in previous financial year to support our activities. We in fact ended the year with a small surplus but this constitutes our entire free cash reserves. Our earned income is doing well but, like many charities, we are finding grant fundraising increasingly competitive and hard to come by. Many areas of our expenditure increased in year particularly across energy and food costs as well as increases to staff salaries. As we move into next financial year HCA will take on more responsibility for building management (and cost). We have accounted for these costs as part of our planning and whilst there is still a way to go before HCA enter a strong recovery or thriving stage, the Trustees are confident that HCA remains a going concern.

Volunteers

A huge thank you to all the volunteers who have helped with our work across in the community in the last year. In total 66 volunteers helped across pottery, running creative learning groups on the Bourne and Tybalds Estate and keeping the garden looking amazing at Millman Street as well as supporting or leading activities across all of our work. We also excellent help from groups of corporate volunteers at Easter and Christmas helping mark special days for our community throughout the year.

Funders

We simply couldn't do what we do without support from a wide range of funders and partners. We'd like to say thank you to the following for their help, resources, enthusiasm and help for our community across the year 2022-2023....

Funders and donors: London Borough of Camden, 3 VB Trust, Epoch Capital, Bloomsbury Festival, St Andrews Holborn, Mischon de Reya, Miller Knoll Foundation, Cellnex UK, London Community Foundation, St Giles in the Fields Trust, Garfield Weston Foundation, Quinn London LLP, London Marathon Charitable Trust, Semble Network/Action Funder and Young Camden Foundation.

Partners: Sadlers Wells, Nuffield Health, Donmar Warehouse, Camden Adult Learning, Working Men's College, Women's Education Association, Akademi,

