

Annual Report 2020- 2021

Community Association for West Hampstead



CAWH
Community Association
for **West Hampstead**
Bringing the local community together

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CAWH's Aims

The Community Association for West Hampstead (CAWH) aims to improve the life, health, and social wellbeing of the whole community in West Hampstead, particularly children, young people and older people at risk of isolation. We play an important role in bringing people together and helping to make West Hampstead a cohesive community and an enjoyable, inclusive and sustainable neighbourhood.

Table of Contents:

Chair's Report -	2
Manager's Report -	3
Men's Engagement Report -	5
CANDY – Children and Young People -	5
Activities for Adults & Community Events -	7
Treasurer's Report -	8
Statement of Financial Activities -	9
Balance Sheet -	10
Trustees -	11
Volunteers -	11
Staff -	11
Funders & Supporters -	12
Tutors -	12

Cover photo: The Sunshine Garden on Thameslink Station, tended by CAWH volunteers

Chair's Report

What a year the world has had. Our sympathies are with those individuals and families who have suffered so much during the Covid 19 crisis. The pandemic had a huge impact on the CAWH's work: 23 March 2020 brought lockdown to the Community Centre, and the cessation of all activities. The Centre was effectively closed the whole year apart from September and October 2020. The Manager and Administrator continued to work, based at home, and explored how our services could be provided in other ways, while project staff were furloughed for the first lockdown.

We discovered the joys of Zoom, which has been a blessing through the crisis, helping to keep people entertained, informed and in contact with one another via the internet. CAWH classes were delivered through Zoom, and new community activities such as chats, talks, quizzes, virtual walks and outdoor children's activities were initiated. An online Newsletter was delivered fortnightly to nearly 1000 households, and received praise for the range of up-to-date information supplied about local activities and services. New Zoom classes started in the Spring, as well as a Coffee Morning.

We have benefitted from developing close links with the remarkable volunteer mutual aid groups that sprang up to give food aid and practical help, local WhatsApp groups, and information supplied by Voluntary Action Camden and Age UK Camden.

What was truly inspirational was the way staff, trustees, volunteers and our members came together to support each other and their community. Anna, our Keeping Active Together Manager for over 4 years, stepped up as CAWH Manager in April 2020, and has proved to be a tower of strength. Euan, our Administrator, worked steadily throughout, took over the bookkeeping, and designed our new logo. Our talented and committed trustees set up a Funding Strategy Group, supported the staff with fundraising applications, and ran fundraising events. Volunteers willingly gave their time in running quizzes, talks and virtual walks. Our members and supporters enthusiastically joined in activities and gave donations to support CAWH.



Halloween Dance for Fitness Class

Now we have to face the problems resulting from that period eg the slow growth of hall bookings; reluctance of some to come to face to face classes and the need to run 'hybrid' classes with Zoom as an option; funding bodies deluged with post COVID applications making grants even more difficult to come by. We are responding to the challenge by stepping up our funding applications and accelerating our local fundraising efforts. We hope our supporters will contribute to the new 101 Club lottery which could raise £5000 a year of much needed income.

I would like to thank all who have contributed to CAWH and our community in so many ways. With the support and motivation of our supporters, we will continue to strive to achieve our aim of 'Bringing the Local Community Together'.

Best wishes,
Pauline Cheeseman, Chair

Manager's Report

I took up the reigns of Manager from Di West as we went into the first lockdown of 2020, when we were all uncertain how long the COVID-19 situation would last and how we would provide services and activities to our communities.

From the beginning until this current day, I have been impressed by the dedication and support of CAWH staff, Trustees, tutors and volunteers in keeping the community centre alive both online during national restrictions, and then face to face as restrictions eased.



Picture Windows Art Trail 2021

During the first lockdown, we launched a programme of activities using Zoom keeping established classes going such as Dance for Fitness, Men's Fitness and Art, and looking at how to reach a wider audience with talks, quizzes, and coffee mornings. We had to think about the kind of service we wanted to offer during this time, including information sharing, telephoning people we knew to find out if they were OK and asking our communities what they wanted from us. We made new links with other local organisations, notably a mutual aid group and working with Citizens Advice Camden to offer advice sessions on personal finance and benefits.

Our project activities continued once the first lockdown finished with both Shaun Wallace, (Men's Engagement) and Charlene Sandy, (Children's and Young People) considering a range of ways to engage with their participants during restrictions.

We wished Charlene farewell in October 2020 to concentrate on her own creative work and welcomed Anika Bakirtzidis to the team in December 2020. Anika leapt to the challenge by developing activity packs for children to do at home and on Zoom and 'treasure hunts' based around the local area.

Our amazing Sunshine Garden volunteers maintained the planters on the West Hampstead Thameslink station which continued to bloom giving commuters a well needed floral boost to their journey. They have now been spruced up with the support of Mill Lane Garden Centre and Veolia.

Our cosy hall is starting to regain its normal bustle with new tutors hiring the space for an exciting range of classes, groups and services. A particular thank you to Ioanna, our Cleaner who has been able to squeeze in a weekly extra cleaning slot to make sure our facilities are COVID safe.

As well as exploring new ways to keep in contact with our users, our focus has also been on developing our different income streams to secure the running of the community centre and various programmes and services that we provide. We have been very successful in raising emergency COVID funds to support our services and we now want to focus on our future projects and how to meet the needs of our communities both through online and face to face activities.

We will also be strengthening our partnership work with Kilburn Older Voices Exchange, Age UK Camden, West Hampstead Primary School, Emmanuel Church and Mill Lane Garden Centre as well as exploring new partnerships in the area.

Best wishes,
Anna Clancey, Manager



CANDY craft workshop with Sabrina

Men's Engagement Report

CAWH's Men's Engagement Worker, Shaun Wallace, was furloughed until July 2020, but then proceeded to engage by telephone and WhatsApp with 45 men over 60, many isolated, to chat, reassure, and signpost them to activities and other agencies where necessary. Men's Exercise classes resumed on Zoom. As restrictions eased, Bench-to-Bench walks were reinstated, and coffee mornings in the open air.



Members have expressed the desire to meet face to face in a class rather than online. The Men's Exercise Class will restart in the Centre as soon as restrictions ease. Shaun has introduced free Bike Riding Sessions in Regents Park managed by West Euston Partnership, with whom he has developed a partnership. These sessions are planned to alternate with the Bench-to-Bench Walk sessions and will add vibrancy to the programme and maintain the remit of keeping men 60+ fit and engaged in some form of outdoor group activity.

Shaun will soon be trialling a 'drop in' at Emmanuel Church in partnership with Father Jonathan, who has expressed an interest in hosting a social afternoon.

We are delighted that funding for the programme (from Ageing Better in Camden funds), will be extended until December 2021. Picture: Social Tuesdays at Emmanuel Church 2021

Children and Young People (CANDY) Report



Making Energy Bites with Sabrina on Zoom

The After School Playscheme at West Hampstead Primary School, was closed at the request of the school for the whole year, but after the initial lockdown, a wide range of activities were provided for children. These were of three types: Online activities, 1:1 outdoor sessions and Nature Home Kits. Initially activities were on Zoom, and focussed on art, food and creative activities such as birdhouse making, flowerpot painting, and basket weaving. Later, there was a demand for outside activities, and football training and cycle training were very popular. Home kits were developed to encourage

children into the open air, eg feed the birds, make wildflower seedballs, and grow your own veg.

As we are finally able to welcome families back to the West Hampstead Community Centre, we want to expand our offer on children's workshops, and restart our termly Family Film Club. Project leader Anika Bakirtzidis would like to continue Arts & Crafts sessions and include different topics like textile art and pottery. She says 'Dance and Drama sessions would be interesting as well as different types of sports, like martial arts that could take place at the Centre, or outdoor team sports if we can find the right location. Once we come to the end of the government's Covid roadmap and pupils will be allowed to mix in school again, we will be able to set up After School Clubs at West Hampstead Primary School'.



Grow Your Own Veg with Sabrina



Activities for Adults & Community Events

In spite of the end of our Keeping Active Together programme for over 60's due to lack of funds, a full and well attended programme of activities was run, aided by the redeployment of our KAT Project Manager Anna Clancey, to Centre Manager at the beginning of April 2020.

Classes

We put our weekly classes on Zoom, which involved training ourselves and our users in its use. Dance for Fitness for the over 50s (which expanded to twice a week), Art, Photography, Pilates, Yoga and Men's Fitness all met through Zoom throughout the year. Our Platform One Community Garden volunteers continued, when possible, to look after the planted boxes at the Thameslink Station. We started a weekly Coffee morning on Zoom to provide a platform where residents could meet and talk about issues of the day.

Newsletter

Fortnightly editions of our Newsletter were issued, and circulated by email to our 850+ supporter base. Feedback showed they were well-received. The Newsletter gave information about CAWH activities, services in the borough provided by other community groups, eg library; online entertainment from a variety of sources including art galleries and opera houses; and government facts about Covid, the NHS and how to get help when needed.

Social Events

Trustees joined staff, during the heart of lockdown, to run a series of Zoom talks on local topics eg History of West Hampstead, and very popular Quizzes, all run by volunteers. These were all attended by up to 100 people, and as well as bringing the community together, raised much needed funds from the small charge.

Future Classes

New classes in Smartphone Photography, Gardening, and Line Dancing are planned for the Spring, as well as more talks, walks, and community events, while we continue to raise funds for our work with older residents.

Community Hire

The necessary safeguards to our building were made to enable people to use it as safely as possible, and arranged extra cleaning was arranged. Some groups were able to return to use our facilities, namely children's ballet, a church group, and yoga, but generally tutors and residents were too cautious to return to their usual face to face classes.

We hope that as the pandemic dies down, we will be able to provide once more the vibrant range of activities from tutors hiring the Community Centre.

Treasurer's Report

At the beginning of the year, CAWH was faced with the need to raise funds for our work with older and more isolated and housebound people, which had been sustained from reserves in 2019-20, and core costs. Fundraising had been only partly successful. Our grant for our work with children and young people from John Lyons was also coming to a close at the end of the year. In 2020-21 the charity was therefore faced with raising funds in the more difficult economic environment resulting from Covid, and when lockdowns meant our usual source of funds through hall hire and charges for activities had evaporated. CAWH has been fortunate obtaining funds from donors who have supported the charity, and kept it afloat in this very unusual year.

During the year, we also initiated several local activities which raised funds, including talks and quizzes, and a CAWH 101 Club. Our total funding was £76,022, and expenditure £71,521, leaving a surplus of £4,501. However, £12,702 was restricted income devoted to children's work which was to be carried forward to the next year. CAWH has been able to maintain its unrestricted funding at nearly the same level as the previous year, and holds £60,634 unrestricted reserves at the end of the financial year. 2021-22 will be a critical year, as it is essential we secure 3 to 4 year project funding, with associated core costs, in order to keep the organisation open and to continue to provide our services.



The CAWH hall available for hire

Statement of Financial Activities

			Unrestricted Funds £	Restricted Funds £	Total Funds 2021 £	Unrestricted Funds £	Restricted Funds £	Total Funds 2020 £
Income from:	Notes							
Donations and legacies	2	£	1,429	-	£ 1,429	2,960	-	2,960
Charitable activities	3	£	36,113	£ 38,480	£ 74,593	37,316	41,300	78,616
Interest received	4		-	-	-	-	-	-
Other								
Total income		£	37,542	£ 38,480	£ 76,022	40,276	41,300	81,576
Expenditure on:	5							
Raising funds		£	6,060		£ 6,060	10,089		10,089
Charitable activities		£	33,408	£ 32,053	£ 65,461	36,841	67,034	103,875
Other expenditure					-			-
Total expenditure		£	39,468	£ 32,053	£ 71,521	46,930	67,034	113,964
Net income for the year	6	(£	1,926)	£ 6,427	£ 4,501	(6,654)	(25,734)	(32,388)
Reconciliation of funds								
Total funds brought forward		£	62,560	£ 6,275	£ 68,835	81,497	19,726	101,223
Transfer between funds			-	-	-	(12,283)	12,283	-
Total funds carried forward		£	60,634	£ 12,702	£ 73,336	£ 62,560	£ 6,275	£ 68,835

Balance Sheet

	Note	2021 £	2020 £
Fixed assets			
Tangible Assets	8	107	323
Current assets			
Debtors	9	480	4,563
Cash at bank and in hand		77,708	68,632
		<hr/>	<hr/>
		78,188	73,195
Creditors: Amount falling due within one year	10	4,959	4,683
		<hr/>	<hr/>
Net current assets		73,229	68,512
		<hr/>	<hr/>
Total assets less current liabilities		73,336	68,835
		<hr/>	<hr/>
Net assets	11	73,336	68,835
		<hr/>	<hr/>
The funds of the charity:	11		
Restricted Funds	12	12,702	6,275
Unrestricted Funds	12	60,634	62,560
		<hr/>	<hr/>
Total charity funds		73,336	68,835
		<hr/>	<hr/>

Full financial accounts are available from the office on request

CAWH Trustees, Volunteers, Staff, Funders and Supporters

Trustees

Pauline Cheeseman
Virginia Berridge
Miles Seaman
Sally Bowman
Barbie Drillsma-Milgram, resigned 10 November 2020
Sharon Hardwick
Pranay Hariharan
Jonathan Kester
Jon Kirkwood
Philip Manktelow, resigned 10 November 2020
Fatimeh Pooya
Cllr Nazma Rahman
Flick Rea
David Richards
Shiva Tiwari, resigned September 2020

Volunteers

We would like to thank each and every single volunteer who contributed to the community and helped CAWH in the past year. The following people have made a significant contribution: Ian Bury, Gail Brackett, Catherine Horwood-Barwise, Simon Hoten, Janet Grauberg, Ian Long, Geoff Berridge, Sue Richards, Babs Sargeant, David and Mary Tucker, Ashwin Malhorta and Stephen Fowler. Thank you also to the Sunshine Garden volunteers, particularly Celine Castelino, Gillian Edwards, Tracey Shackle, Sherry Coenan, Jill Hendry and Jody Graham.

Staff

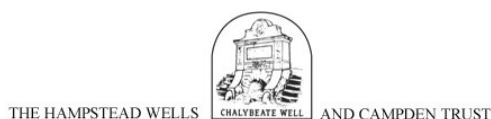
Manager: Anna Clancey
Administrator: Euan Grimley
CANDY (Children & Young People's Project): Charlene Sandy to October 2020 / Anika Bakirtzidis from December 2020
Men's Engagement Project: Shaun Wallace
Cleaner: Iona Covaci

Funders & Supporters

Ageing Better in Camden (Age UK Camden)
West Hampstead Primary School
National Lottery Covid Response Fund
Camden Council
Camden Council Archives Department
Camden Councillors for Fortune Green and West Hampstead Wards
Emmanuel Church
Govia Thameslink
John Lyons Charity
Kilburn Older Voices Exchange
Mill Lane Garden Centre
Sington Nursery (Camden Community Nurseries)
The Hampstead Wells and Campden Trust
Voluntary Action Camden
WHEART Group
WH Community Help



Ageing
Better
in Camden



We thank all our Tutors who run a fantastic range of fun and valuable activities to a high standard for the community and for always giving 110%, including; Sabrina Henry, Tom Leslie, Fitim Hetemi, Tyan Archer, Peter Coles, Barbara Beyer, Simon Hoten, Andrea Morreau, Mark Sanders and Maria Sarcina.

A big thank you to the fantastic CAWH team, Trustees and everyone else who has been involved, participated in activities and supported us during the year!