

NESTA 100 DAY CHALLENGE

TEAM GLOW

GORTON AND LEVENSHULME OPTIMAL
WORKING





PREPARATION FOR THE NESTA 100 DAY CHALLENGE

- Finding the right people
 - Having conversations with the community
 - Setting realistic goals
 - Working with a GP practice who ‘get it’ and are already engaged in this way of working
- 

"Together we are stronger"



LAUNCH EVENT

11 & 12 September 2019 - Team GLOW

"Well behaved women rarely make history"

"I approach all my work as a 'Spiritual Mission'"

"There is a time for everything"

"Service to others is the rent you pay on earth."

"If you get the chance, just dance"



OUR GOAL



WHO

We will work with South Asian women

Who attend Ashcroft Surgery in Levenshulme and who experience low mood.

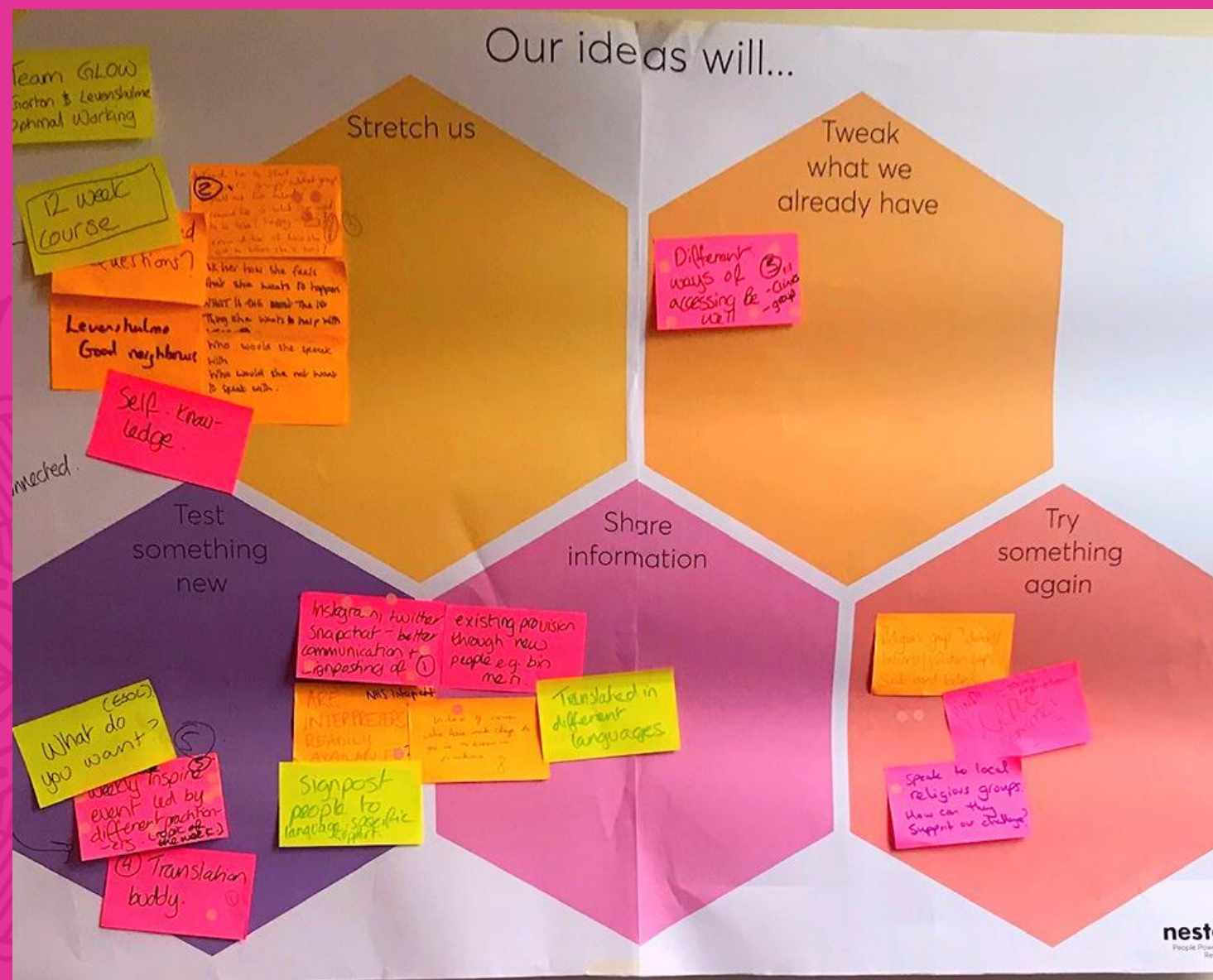
WHAT

Our goal is to reduce GP Appointments

And increase usage of Community Services. We want to ensure GP appointments are used appropriately and we want people's stories to demonstrate POSITIVE CHANGE.

HOW MUCH

by..... 100%



OUR INITIAL IDEAS



BE WELL

We originally decided to test different ways of accessing Be Well

12 WEEK WELLBEING COURSE

We decided to create a course for South Asian Women targeted around Health and Well being, specifically Mental health i.e. Low Mood

WEEKLY OPEN EVENTS

We wanted to create a space for women to come together and decide what they want from the challenge.



USING RELIGIOUS SPACES DIFFERENTLY

We wanted to share information amongst women using religious spaces

SOCIAL MEDIA

We wanted to create a campaign to promote wellbeing in languages spoken by women in Levenshulme.

BUILDING KNOWLEDGE OF EXISTING PROVISION


We wanted to raise awareness of the existing services out there for women in Levenshulme





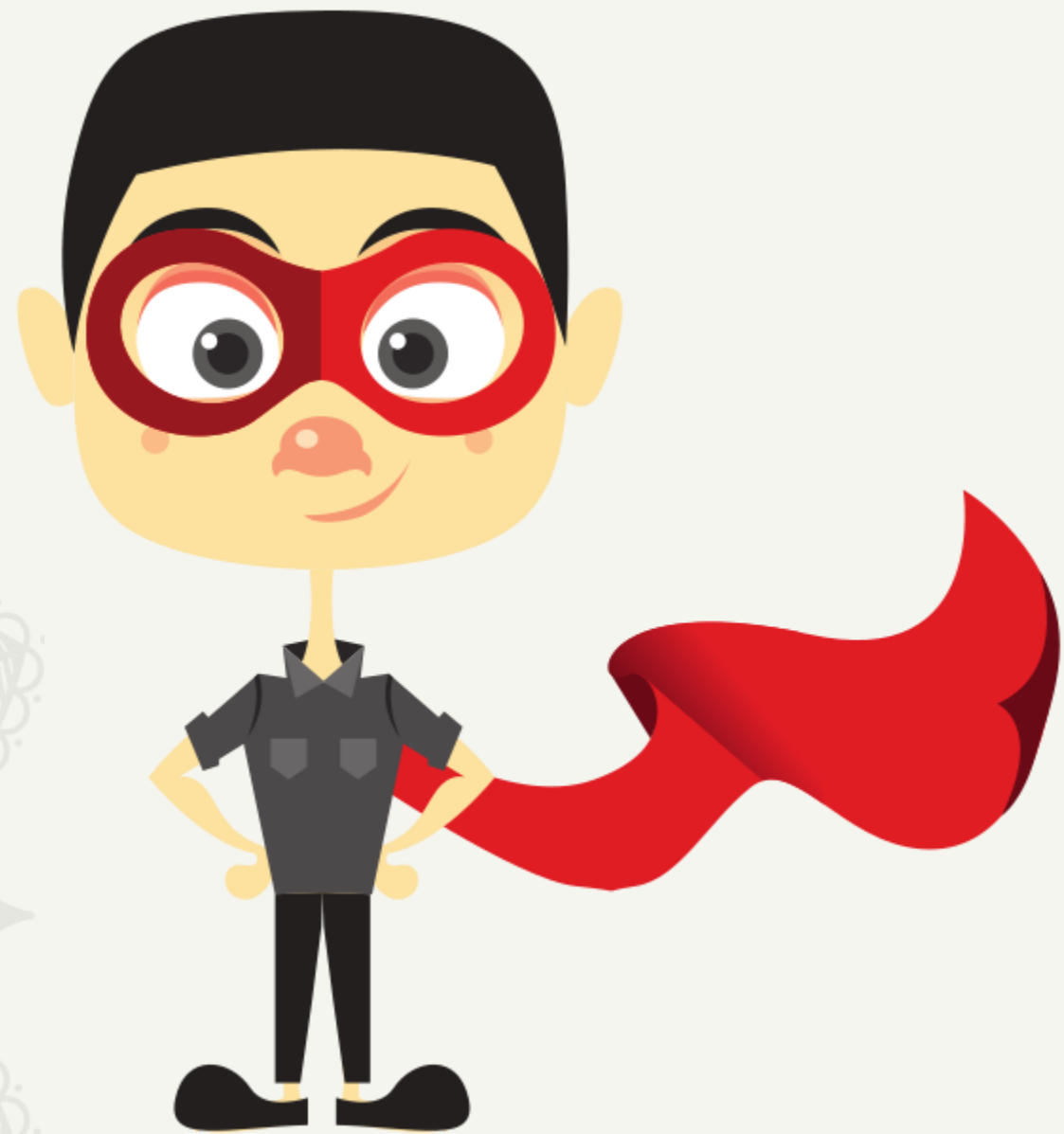
FIRST MEETING: INFLUENCER AND COORDINATOR



- The idea of organising a women's Health and wellbeing event emerged.
 - The purpose was to engage with our cohort and to provide information about local services.
 - We were given the 'go ahead' to open up self referrals to Be Well.
 - We set an ambitious target to organise the event for 14 October...
 - This gave the team 25 days to get moving!
- 
- 

DR HYLAND!

Not all Superheroes wear capes!



- When deciding how best to promote the event to women, a team member suggested to Dr. Hyland that he should attend Friday prayers to talk to the men about how important it is to support women to take care of their wellbeing.
- With the support of team GLOW, Dr. Hyland was able to make links with the Imam from Madina Mosque and attended prayers. Here is what happened....



"Just come back from the mosque, wow! there must have been a thousand men there! Put the message out" - Dominic



"This is a massive movement to support Muslim Women, it has been a personal dream for me Dr Hyland, Absolutely delighted to hear this!"

Shamime

WOMEN'S HEALTH AND WELLBEING EVENT



Monday 14 October
WOMEN ONLY

HEALTH & WELLBEING EVENT

- Find out what is going on in Gorton and Levenshulme
- Talk to us about what keeps you happy and healthy
- Meet other women and people from local groups
- Enjoy refreshments and healthy snacks.

Drop in and see us any time between 10:00am-2:00pm on
14 October at Levenshulme Old Library, Cromwell Grove,
Manchester M19 3QE

Free event

Urdu interpreters available

WHAT WAS ON OFFER

INFORMATION STALLS

Together Dementia Support
Talk English
Gorton and Levenshulme Children's Centre
Be Well
Health Checks
BollyFit
Expert Patients
Let's Keep Growing
Diabetes UK

YOGA

A friend of Bethan's delivered free yoga sessions

MINDFUL ART SESSIONS

Gemma from The Owl and the Coconut facilitated meditation and mindfulness sessions throughout the day too



WOMEN'S WELLBEING EVENT IN NUMBERS



BE WELL REFERRALS

7 Referrals made - 6 people would not have gone to their GP.



HEALTH CHECKS

22 Women had a health check from our district nursing team



COMMUNITY CARE NAVIGATORS

2 women were referred to Adeyinka the Community Care navigator for Gorton and Levenshulme



BOLLYFIT

8 People expressed an interest in BollyFit



ATTENDEES

40 women attended overall. 11 came via Ashcroft Surgery



WHAT DID WE LEARN?

- Communication & Publicity: The text message from Ashcroft Surgery was not as effective as hoped. We needed a broader communication strategy with sufficient admin to support.
- Be Well are missing potential referrals if we rely on GP only.
- Women felt less isolated and better connected. Many women had the confidence to leave their homes to meet others.
- Women built their confidence and felt empowered through engaging with many organisations

LEVENSHULME
INSPIRE



Stop. Notice. Create.
Mindful Art for health and happiness.



LGN

Levenshulme
Good
Neighbours

OUR NEXT STEPS

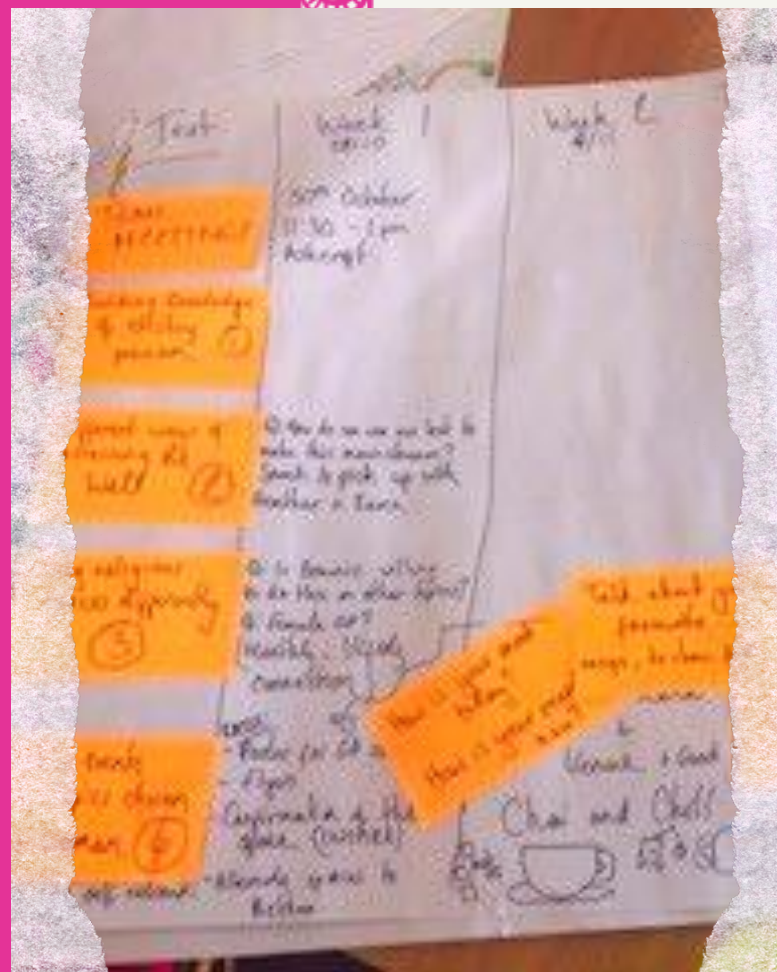
A FREE BOLLYFIT SESSION IF REFERRED BY ASHCROFT PRACTICE

To encourage women who may not have the confidence to attend or financial means to try something new.

CREATING A WOMEN ONLY SPACE

For women to come together to share skills, passions and knowledge with one another.

Promotion of future events needs to be varied, personalised and much more than a text from the GP practice.



DAY 50

Let's get the team together....



LET'S GET PLANNING

CHAI AND CHILL

The idea to create a weekly session based on women coming together was set in motion at the 50 day review. We had just one week to make this happen and the team brought it all together,

ALL FM RADIO TRAINING

Getting stories and messages about what keeps people well, from voices that 'sound like me,' was an important part of the challenge and team goal.

ALL FM Radio training was something else the team wanted to test. The idea was to recruit volunteers that would be interested from the Chai and Chill Sessions.



CHAI AND CHILL WEEK 1

DESIGNED SOME QUESTIONS TO PROMPT CONVERSATION:

We spoke to colleagues from other 'talking groups' like Andy's Man Club to get advice on what questions get people chatting.

POSTERS, TEXTS FROM ASHCROFT SURGERY, TEAM PROMOTION TO FRIENDS AND BOLLYFITTERS!

We got the message out there and tried to reach as many women as possible.

ATTENDANCE

38 Women came to the first session. We asked them to describe in one word how they felt at the start and the end of the session



AT THE START OF THE SESSION

Cold
Tired
Error
Headache
Dizzy
sad
Low
Hesitant
bored
excite
upset
isolated
excited
happy
depressed
shy
anxious
Lonely
reluctant
Nervous

AT THE END OF THE SESSION

Chilled Happier
Taphi Boosting
Giddy
relaxed
safe
Good

Merry Wonderful Motivated
alive Positive
sisters
Amazing
Great
Happy
Fresh

Cheered Up Soothing
Energetic
Focused
Happy
Elated
Hopeful

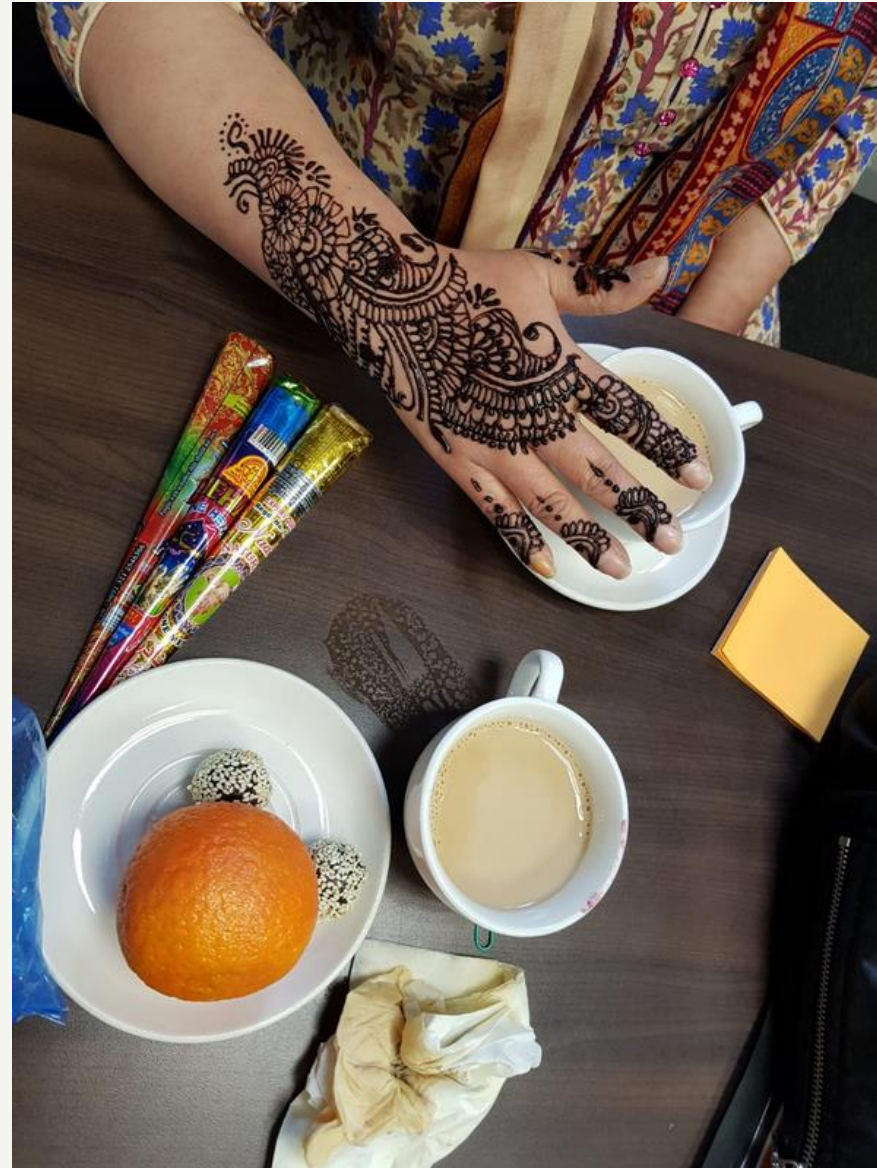
CHAI AND CHILL WEEK 2

NOSTALGIA:

We wanted to get women sharing stories this week. So we asked them to talk about a childhood game, their favourite place, a favourite meal.

HEADS HANDS AND HEARTS:

We used this activity to learn more about the knowledge, skills and passions of the women in the room.



CHAI AND CHILL WEEK 3

MINDFUL ART



Since attending this taster session, 18 women have signed up to the Owl and the Coconut, stress reduction sessions. 🌟

This is an 8 week course starting in January.



Stop. Notice. Create.
Mindful Art for health and happiness.

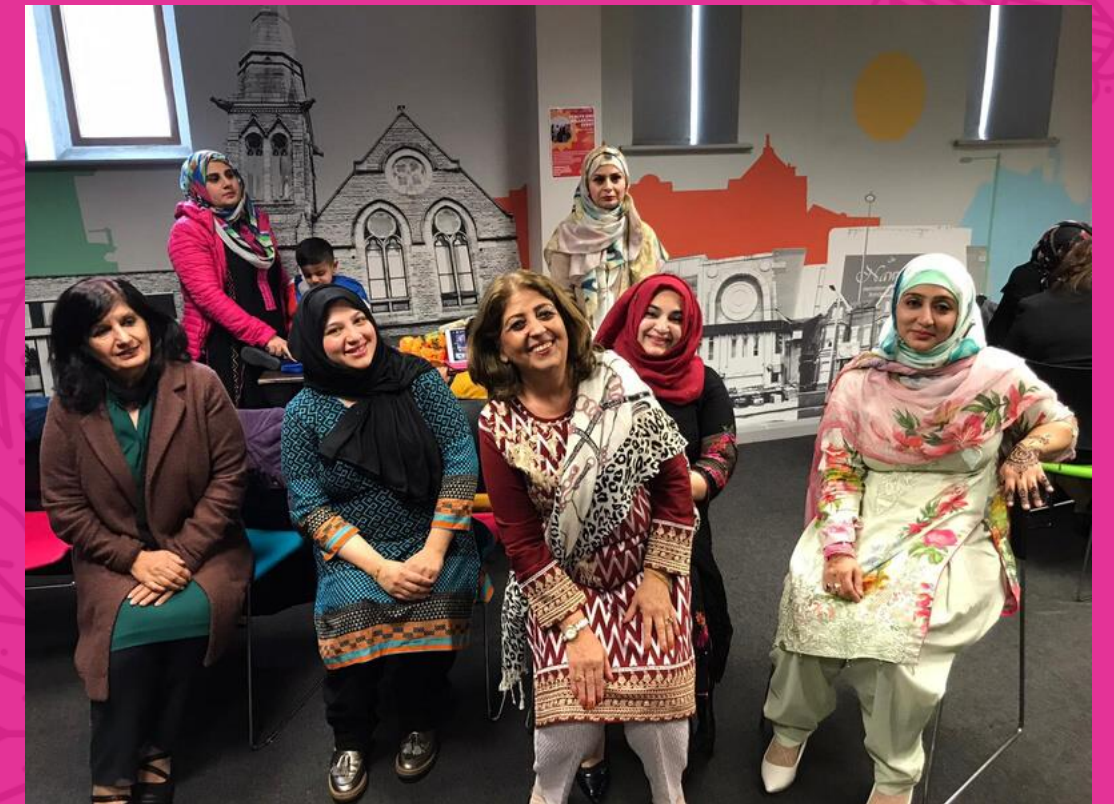
CHAI AND CHILL WEEK 4

GAMES, GAMES, GAMES

This session was about laughter, fun and breaking down barriers

EVALUATION:

We used a questionnaire to capture the thoughts of the women who attended Chai and Chill.

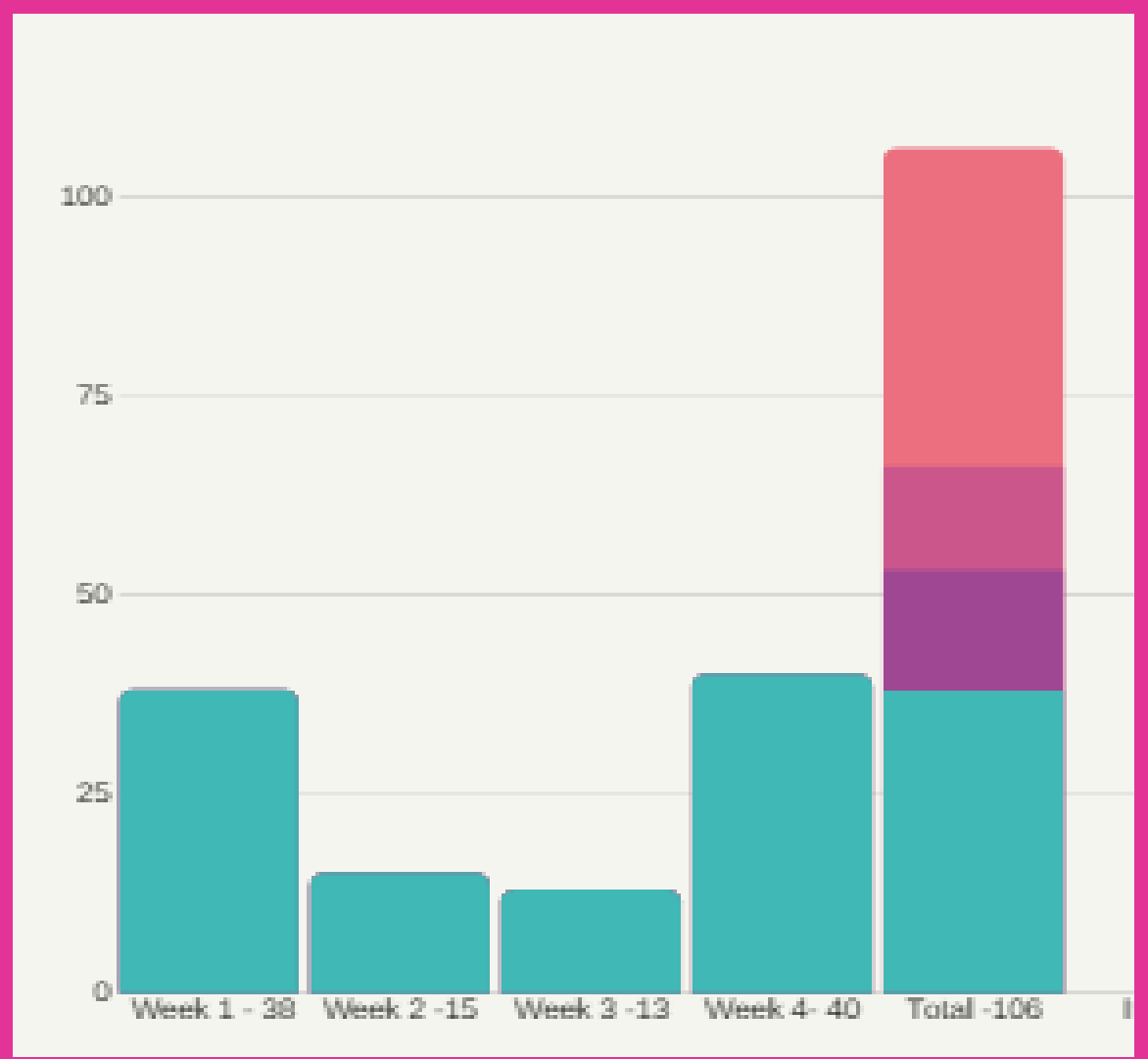
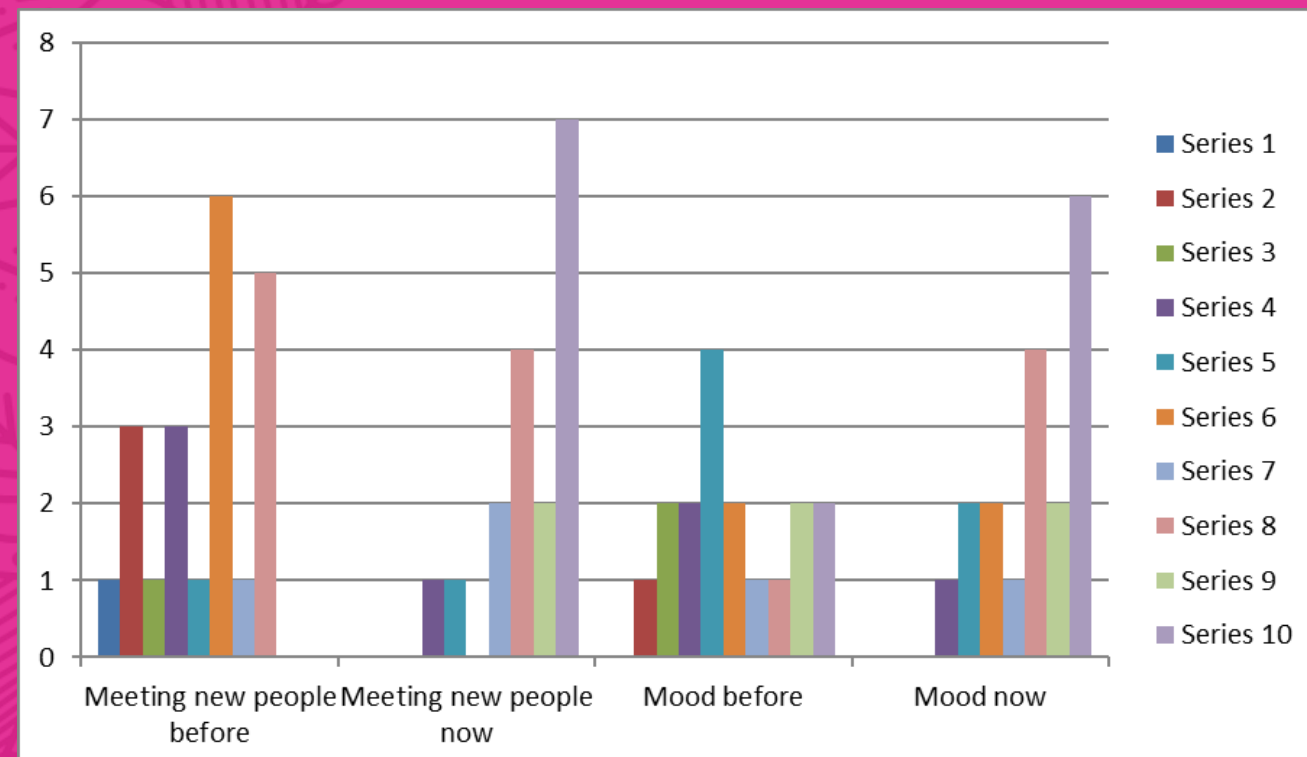
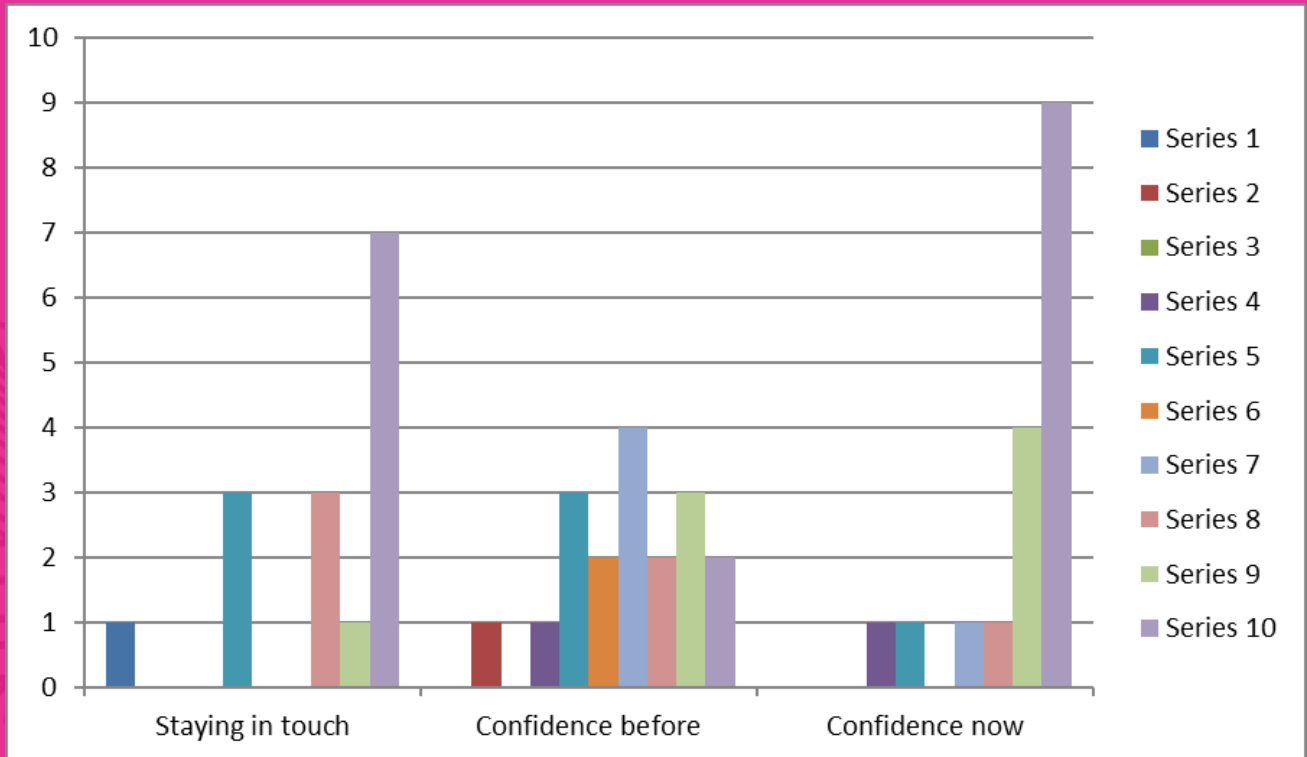


Thats how you finish off Chai & Chill Ladies





CHAI AND CHILL IN NUMBERS





Let's hear from the women who attended Chai and Chill.....



WHAT DID WE LEARN?



- WhatsApp is a great way of communicating
- We need more safe, women only spaces
- We didn't set out to create something new, but women really want this to continue
- Relationship building
- Without a structure or planned activity, it loses focus.
- Women have amazing skills
- A huge exercise in building confidence and FRIENDSHIPS

LOOK HOW FAR WE HAVE COME

75 DAY

Review

Gorton and Levenshulme INT
@GortonLevensINT

#teamGLOW celebrating day 50 of our 100 day Nesta challenge. Fun and laughter with friends and colleagues to showcase our amazing progress @LenneyJon @BethanHealthDev @DanielleCMacc



2:55 PM · Oct 24, 2019 · Twitter for Android

1 Retweet 8 Likes

Gorton and Levenshulme INT
@GortonLevensINT

Fantastic afternoon at our first Chai and Chill event. 36 happy ladies enjoying friendship and conversation @LenneyJon #teamGLOW



4:15 PM · Nov 6, 2019 · Twitter for Android

3 Retweets 14 Likes

Suzanne Grierson
@suzannegrierson

Super excited to be part of this #100daychallenge with #teamGlow doing health checks @lakesll @_Jennylea @central_dn



9:52 AM · Oct 14, 2019 · Twitter for iPhone

7 Likes

Gorton and Levenshulme INT Retweeted

naomi davies
@Naomiworldz

One of my favourite moments today (of many) @LenneyJon @mcrlico #100DayChallenge @ppresults @nesta_uk @EndersbyLouise @Nardia_Joy #Bollyfit



8:14 PM · Oct 24, 2019 · Twitter Web App

1 Retweet 10 Likes

The Owl and The Coconut CIC
@owlandcoconut

Catch team #glow live on @ALLFM with Sophia right now as we talk all about our upcoming Women's Wellness event @LevyOldLibrary @nesta_uk @GortonLevensINT @DanielleCMacc @OneMcr @BethanHealthDev @suzannegrierson @central_dn



2:31 PM · Oct 7, 2019 · Twitter for iPhone

4 Retweets 11 Likes

Gorton and Levenshulme INT
@GortonLevensINT

Well done to Shamime who has been promoting our #TeamGLOW event on 14th Oct in Urdu on Heritage Radio @LenneyJon @BethanHealthDev



3:37 PM · Oct 10, 2019 · Twitter for Android

4 Retweets 10 Likes

Jon Lenney @LenneyJon · Oct 4

Glowing very brightly...a privilege to be a sponsor for #TeamGLOW and a big thank you to @Nardia_Joy for her expert contribution today to enthuse all involved in @mcrlico Nesta Wave 2 despite having a heavy, heavy cold!

Gorton and Levenshulme INT @GortonLevensINT · Oct 4

Amazing progress for #TeamGLOW at day 25 of our 100 day Nesta challenge. Keep going and well done to the whole team. @LenneyJon @DanielleCMacc @BethanHealthDev



11 Likes

Danielle Conway @DanielleCMacc · Nov 29

I couldn't be prouder of this lovely lot. They are so determined to use every last minute and second of their 100 Day Challenge! See you on Monday #TeamGLOW @ppresults @owlandcoconut @levinspire @Nardia_Joy @Naomiworldz @EndersbyLouise

Gorton and Levenshulme INT @GortonLevensINT · Nov 29

Final planning meeting for our womens health and wellbeing event at The Owl and Coconut on 2nd December @BethanHealthDev @LenneyJon @DanielleCMacc



13 Likes

DAY 75 - WHAT'S NEXT

CHAI AND CHILL

3/4 sessions had been delivered - usually this would take months of planning and getting signed off!

RADIO TRAINING

We identified 8 Women who attended Chai and Chill to come along to ALL FM to learn how to produce and present a Radio Programme. This was to act as a catalyst for women to promote health and wellbeing events in their community. Made by women for women in Levenshulme.

OWL AND COCONUT

Through the Manchester Neighbourhood Health and Wellbeing Development Fund the Owl and Coconut will be delivering bespoke, mindfulness sessions for South Asian Women in the new year.

WE MADE FINAL PREPARATIONS FOR OUR SECOND WOMEN'S HEALTH AND WELLBEING EVENT



OUR SECOND HEALTH AND WELLBEING EVENT

केवल महिलाओं Women Only صرف خواتین

HEALTH AND WELLBEING EVENT

Monday 2 December
10-2pm

Come and
Celebrate Your
Health and Happiness!

Free Event

- Find out more about what's going on in Levenshulme.
- Meet new friends and develop your confidence in a warm and welcoming space.
- Talk to us about what keeps you healthy
- Enjoy refreshments and healthy snacks.

**LEVENSHULME OLD
LIBRARY, CROMWELL
GROVE, MANCHESTER,
M19 3QE**



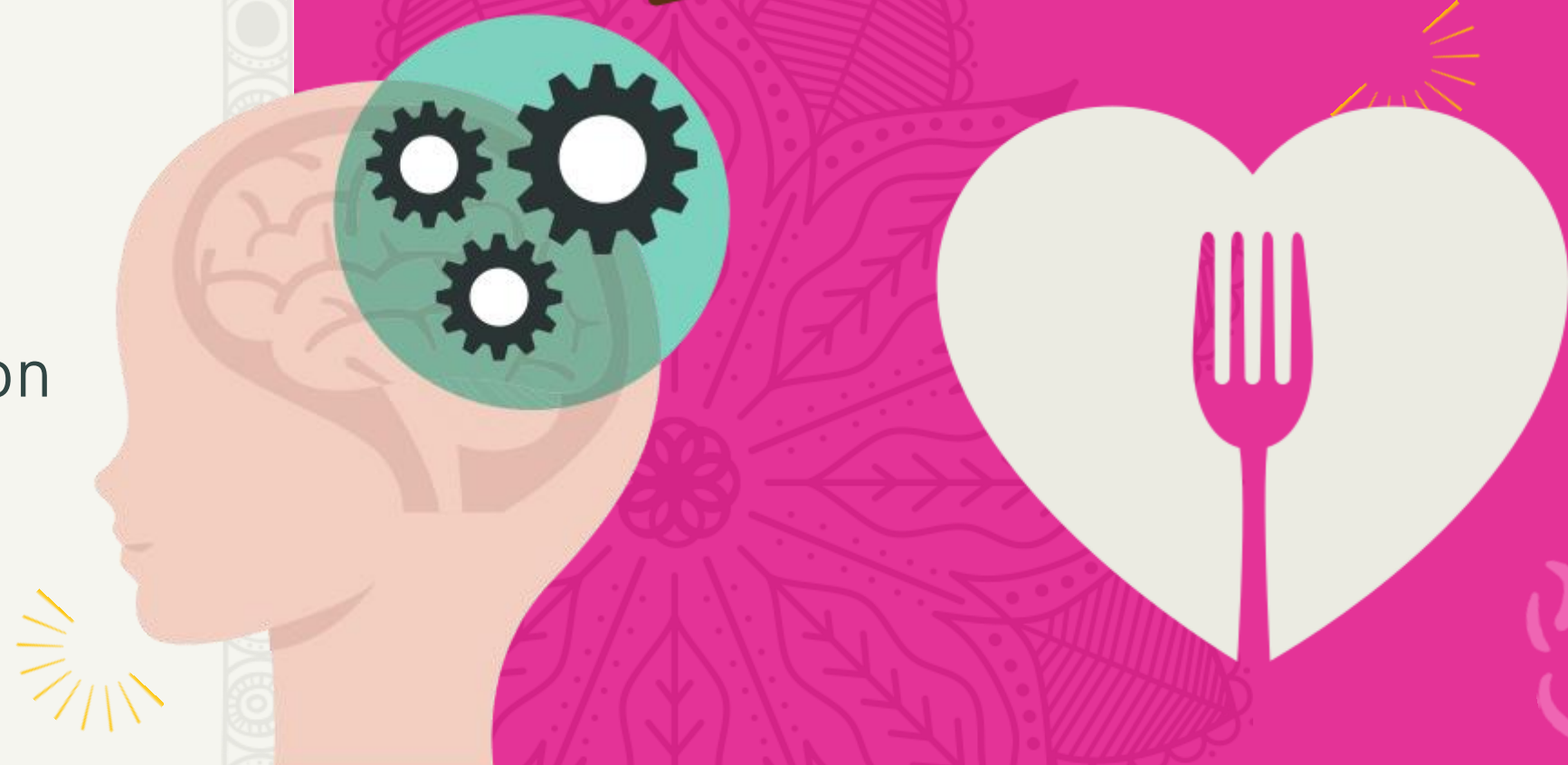
WHAT WAS AVAILABLE

INFORMATION STALLS

Talk English
Gorton and Levenshulme Children's Centre
Be Well
Health Checks
BollyFit
Let's Keep Growing
Diabetes UK
MacMillan
LMCP

MINDFUL ART SESSIONS

Gemma from The Owl and the Coconut facilitated meditation and mindfulness sessions throughout the day too



WOMEN'S WELLBEING EVENT IN NUMBERS



BE WELL REFERRALS

6 Referrals made - 5 people would not have gone to their GP.



HEALTH CHECKS

14 Women had a health check from our district nursing team



BOLLYFIT

1 new person expressed an interest in BollyFit



ATTENDEES

19 women attended overall. 11 came via Ashcroft Surgery

"I COULDN'T DO IT WITHOUT YOU!"

TEAM GLOW





LEARNING:

THE POWER OF RELATIONSHIPS

We know and trust each other and have connected in a meaningful way as a team. We have the confidence to refer and signpost to one another.

THE GORTON CHALLENGE

The method of rapidly testing ideas with a focused and dedicated team works well. We will be using this again with a new cohort of men in Gorton. Watch this space, 2020.

LOCAL KNOWLEDGE

We couldn't have done this without those in the team who have lived experience. That local knowledge and expertise was absolutely invaluable.



OUR ASK:



FLEXIBLE ACCESS TO FINANCE FOR COMMUNITY PROJECTS

The obstacle for groups like Chai and Chill are the onerous procurement processes. We had permission to work in a different way. Why can't this be the norm?

A MANCHESTER '100 DAY CHALLENGE' COORDINATOR

It has worked for us and we know there is great stuff happening across the city from Wave 1. Is there a space for someone to continue this work and make more stuff happen. Let's do it again!

A NEIGHBOURHOOD FOCUS REQUIRES US TO CONNECT WITH LOCAL BUSINESSES

Can this be improved upon for Wave three? We wanted to work with and promote local business throughout, this proved difficult if not on the 'supplier' list.

WE HAVE INVESTED A SHORT TIME AND ACHIEVED SO MUCH. LET'S BUILD ON IT AND NOT FORGET IT!



QUESTIONS.....

