

# Further State of the Borough case studies



The State of the Borough report marks one year since the launch of Barking and Dagenham's Borough Manifesto; our 20 year vision for the borough. Given that it has only been one year and it is unrealistic to expect change within this time frame, the report includes case studies from a number of partners working within Barking and Dagenham. These case studies highlight the ways in which various organisations across the borough are laying the foundations for the realisation of the Borough Manifesto's vision.

However, there are many other organisations doing great work in the borough; the following case studies from the voluntary and community sector highlight some further examples.

**THE BOROUGH  
MANIFESTO  
YOUR BOROUGH  
YOUR COMMUNITY  
YOUR SAY**



Barking and Dagenham  
Delivery Partnership

Improving health  
and wellbeing

Improving community  
engagement

## Community Resources

At Community Resources, we aim to bring individuals together in communal spaces to make a real and lasting difference to their lives. We have a number of 'connecting places' that anyone can come to, meet others and kickstart positive change in their lives. We run innovative projects and activities from these connecting places; run by the community, for the community.

The Hub at Castle Point is one such 'connecting place'. Here, we offer a safe, welcoming space that people in need can come to for emotional and practical support. 50 volunteers from all walks of life run an exciting number of activities here, from English classes for adults, to parent and toddler groups, exercise classes and a community choir. Anyone can become isolated for many different reasons, such as losing a job, health issues or simply a change in life circumstances. Because of

this, friendship is at the core of all we do. By getting involved in our projects and activities, people have found life-long friendships and increased their confidence, health and wellbeing. Since April 2013, over 700 people have engaged with activities at the Hub.

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## Carers of Barking and Dagenham

We are a well-established charity supporting unpaid carers. We have found that many carers find it hard to juggle caring responsibilities and paid employment, made increasingly difficult by the fact that giving up paid work can lead to increased isolation and financial strain. Carers of Barking and Dagenham provide information, advocacy and training to help carers navigate the health and social care system, understand their rights and access welfare benefits. Ultimately, we want to support carers to live a high quality of life.

We offer support in many different areas. Carers often neglect their own health, and so we encourage them to look after themselves first, offering information on healthy lifestyle choices and health checks. Social isolation can also be an issue for many carers, which is why we run peer support groups and social and leisure

activities. In addition, there is a specific careers service for young carers between the ages of 16-19. We offer advice around education, employment and training, searching for jobs, traineeships, apprenticeships and part-time vacancies. This service also helps with writing and producing CVs, completing application forms, interview techniques, information and referral to other services.

We understand that caring for someone can be an isolating and demanding experience; physically, emotionally and financially, and we do all that we can to ensure carers in the borough are supported in whatever way possible.

*“Ultimately, we want to support carers to live a high quality of life”*



# Disability Association Barking and Dagenham UK (DABD)

## Improving community engagement

At DABD, we believe that everyone should have the opportunity for personal development in order to live the life of their choosing as independently as possible. Simply, we want everyone, regardless of age or ability, to have equal access to opportunities, including work, benefits, training, transport or social activities. We are a people-focused organisation; people and communities have been at the heart of what we do for over 60 years and they will continue to be well into the future. Our work is far reaching, and we pride ourselves with helping to break down the barriers that prevent people harnessing their goals, and encouraging them to be as independent as possible.

Generally, we offer benefits and financial advice, support with education, skills and employment, personal care and accessible transport. However, this year, DABD teamed up with the National Theatre and Queen's Theatre, Hornchurch to provide drama workshops for local young people

aged 16-24. This new project – called Public Arts - helps young people express themselves and build confidence. The project also offered an opportunity to perform in Shakespeare's Pericles at the National Theatre with professional actors.

We always look forward to our Golden Years Christmas parties. Last year, we held five Christmas parties for our Golden Years members – residents aged 60+ – who enjoyed entertainment, refreshments and raffles. The Golden Years programme, funded by the Big Lottery Fund, aims to tackle loneliness and isolation in the older age group in the local area.

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