

KOVE

KILBURN OLDER VOICES EXCHANGE



Annual Review 2018–19



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Charity Information

Kilburn Older Voices Exchange
54-56 Phoenix Road, London NW1 1ES
Charity Registration Number: 1137417
Bankers: The Co-operative Bank and Santander
Email: peter56nw@outlook.com or deborah@kove.org.uk
Website: www.kove.org.uk

Auditor: Mohammed Jameer, 31 Romilly Road, London N4 2QY

Funders

We would like to thank the following organisations who funded us during 2018–19:

- The Big Lottery – Ageing Better in Camden
- Waitrose Community Matters Fund
- Community Association West Hampstead (Keeping Active Together)

Officers, Trustees and staff

Officers:

Chair: Ags Irwin
Vice Chair: Phyllis Young
Treasurer: Lynda Stuart
Our Co-ordinator Peter Lush acts as the Charity's Secretary

Trustees: Ags Irwin, Phyllis Young, Lynda Stuart, Violet Clarkson and Frances Eley

Staff:

Co-ordinator: Peter Lush (Mel Wright was joint-co-ordinator until 31 August 2018)
Community Development Worker: Deborah Knight (from 1 September 2018)

Photos by Mel Wright, Peter Lush, Anna Bowman, Deborah Knight and Lynda Stuart.
Front cover photos: Top – walk to Camden Lock market; middle – celebrating the new bench at West Hampstead DLR station; bottom – walk to Mapesbury Dell. Back: Walk to Regents Park.

Chair's Introduction

Hello and welcome to the 2018–19 Annual Review. This is my first full year as Chair of KOVE, and I think the contents of the Review reflect the large amount of work we have done with very small resources – two part-time staff and no office. My thanks to Peter and Deborah for all their work, and to John Miles for the support and input he gives us, notably his intergenerational work.

KOVE's wide variety of activities are largely funded by Ageing Better in Camden, part of a national Big Lottery funded project. Many thanks to them and the staff at Age UK Camden who run the project. Thanks also to our other funders, Waitrose Community Matters (Finchley Road branch) and Keeping Active Together, based at West Hampstead Community Centre.



Volunteers

Volunteers are another important resource – without them it would be difficult to run all our activities. Our former co-ordinator, Mel Wright, is now one of our volunteers and has been busy securing more benches for Kilburn High Road and Shoot Up Hill. Volunteers contribute to KOVE in many ways: from preparing meetings rooms to writing film club notes to supporting walks.

Many KOVE activities take place in local community centres and halls, so we owe a big thank you to staff at Kingsgate, Sidings and West Hampstead Community Centres, SHELL, Belsize Community Library and Sycamore Community Hall for all their support. It's nice to see the café at Kingsgate is open again.

Activities

The heart of all our work is bringing people together to help overcome social isolation. Twice-monthly walks offer gentle exercise and a chance to chat, especially over refreshments at the end, while the film club includes a chance to discuss the film as well as watch it. KOVE's forums provide an opportunity to listen to speakers and join in discussions about a wide variety of topics. Our November concert included the choir from Kingsgate Primary School for the first time and was very well attended. A new initiative (which grew from work done by Ageing Better in Camden's Outreach team) has been monthly Bingo and Boccia afternoons at Vivian Court. The residents are getting involved with our activities and it has provided the impetus to relaunch their tea club, which now meets after the Boccia session.

KOVE has a long history of campaigning on issues facing older people, which we continue to do. Priorities are the provision of benches, access to public toilets and better bus shelters. We work with councillors and council officers in a constructive way to try to achieve our goals.

Finally, we have made membership of our Steering Group slightly more formal this year. This has seen the group work more coherently, and I would like to thank all our officers, trustees and Steering Group members for their work and input. A particular highlight was a special meeting held to review and update our policies.

Ags Irwin
KOVE Chair

Photo: Ags at the 2018 KOVE AGM.

Co-ordinator's Report



The 2018–19 year was an important and productive one for KOVE. The main focus of our work continued to be the activities funded by Ageing Better in Camden, funded by the Big Lottery. These are covered in detail in other parts of this report.

The big change for KOVE over the last year was Mel Wright's retirement from the Co-ordinator post. Mel has continued to support KOVE's work as a volunteer, and secured funding for four new benches in Kilburn High Road and one on Shoot Up Hill. Mel has also continued to be involved with Ageing Better in Camden as a Board member. We also welcomed Deborah Knight to KOVE as our Community Development Worker. She has made a valuable contribution to our work as reflected in this report.

Governance

We formalised the membership of the Steering Group at the last AGM. The meetings were still open to any KOVE member to attend, but five people – plus a representative of the Stroke Freedom Support Group – were designated as Steering Group members at the AGM. The 2019 AGM will elect members of the Steering Group. This has meant there was a regular attendance at the meetings, and the trustees and Steering Group members work together to provide consistent leadership for KOVE.

In May 2018 we had a special meeting to bring various policies up to date. This is important both for our day-to-day work, and for the future when our funding from Ageing Better in Camden ends, and we have to apply for funding. The Steering Group met regularly, and I would like to thank the officers, trustees and Steering Group members for their support.

Campaigning

We continued to campaign on issues that face local people. Securing the funding for the new benches in Kilburn High Road from Brent Council was a big achievement. Since then we have identified the type of bench we want, and at the time of writing are discussing possible sites with the council officers. The site for the bench on Shoot Up Hill, funded by Camden Council, has been agreed and we are waiting for it to be installed. We would like to thank the local councillors and officers from both councils for their help and support. Benches are important for older people. Mel Wright also supported the Friends of Belsize Library in their successful application for CIL funding for a bench to commemorate Arthur Rackham

We have also continued to work on local transport issues, and are regularly consulted by Camden Council. We were invited to speak to a Camden Healthy Streets Scrutiny Committee meeting. KOVE was represented by Lynda Stuart and Margaret Gibbs, and it is encouraging to see that some of our ideas are included in the recommendations put forward by the Committee. We also attended meetings to discuss Camden's transport strategy.

We have continued to raise the issue of publicly accessible toilets. It is frustrating to see limited progress in bringing the toilets at West Hampstead and Kilburn Jubilee Line stations back into use, despite support from Andrew Dismore, our GLA member. I have continued to support the Friends of Hampstead Cemetery in securing a publicly accessible toilet to cover that area.

Walks

Over the year we changed the walks programme to go further afield. We went to Golders Hill Park and Kenwood, and twice visited the Euston area. The walks achieve various of our targets – they provide gentle exercise; are a social occasion, always ending in a café for tea and coffee; and often mean that our members visit new places which they can then visit again independently.

Local activities

Our forums continued to meet regularly, and are covered elsewhere in this report. A new initiative was to hold a joint forum with the South Sudan Women's Development group at Abbey Community Centre on Diabetes. Despite being at 4pm on a Saturday afternoon, this event was well attended and we were able to give out a lot of literature provided by Diabetes UK.

The film club had some problems with trying to find a regular venue, and appropriate equipment. It is an important part of our work, and at the time of writing a new venue has been established.

We held a successful concert in partnership with the Kilburn & West Hampstead Pensioners. We welcomed the Kingsgate Primary School choir, who were very well received. It was also very pleasing that some parents came along to enjoy the event. We would like to thank Christina Hindmarsh for her help in arranging for the choir to attend.

Following work by the Ageing Better in Camden Outreach team at Vivian Court, a large sheltered housing scheme in Kilburn run by Central & Cecil Housing Trust, we were asked to run Bingo and Boccia (indoor bowls) there once a month. These sessions started in February 2019, and have continued since then. The residents have also relaunched their tea club, which takes place after the session. There has been a regular attendance of six to eight people, and we plan to continue the sessions for the rest of 2019.

A new initiative was for KOVE to be represented at the Jester Festival. This well-established popular festival usually takes place over the first weekend of July at Fortune Green. We only had a stall for the Saturday, and unfortunately the afternoon clashed with an important England World Cup football match on television. Despite this, we recruited some new members to KOVE, saw at least 30 KOVE members, and did some networking, and enjoyed the refreshments from other stalls.

Partnerships

We continue to work with a wide variety of groups – some local, some London-based and some national ones. In some cases, this just involves exchanging information and newsletters. In others, some of our partners come to speak at our forum meetings. One of the most useful this year was with the St John's Ambulance Service. They ran sessions about First Aid for the Over-50s, which were popular and well attended.

The National Pensioners Convention are the main organisation that campaigns on issues facing older people. One of their officers, Barry Todman, has spoken at a couple of our meetings, and I would like to thank him for this support. Another new initiative was having firefighters from West Hampstead Fire Station to speak to our forums about fire safety in the home. They also visited some members at home to give advice.

Of course, one of our most longstanding partnerships is with the Kilburn & West Hampstead Pensioners Action Association. Most of their members are also members of KOVE, and provide a nucleus of volunteers and people to support our work. Special thanks to Phyllis Young, their secretary (and KOVE vice-chair) for her long-running work with the Association.

Thanks also to Bernie O'Hara, the scheme manager at Sycamore Court. Bernie has provided us with a meeting room where we are always made welcome. She has also encouraged the residents at Sycamore Court to join in KOVE's activities. Many thanks to Bernie and we look forward to continuing to work with her in the future.

And finally, thanks to all the staff at Ageing Better in Camden – Corinna, Annabel, Harriet and Sanji – for their consistent support. It is very encouraging to see that the project has grown from a handful of groups in the beginning to over 20 now. We are proud to have been one of the founder members, and Ageing Better in Camden has provided us with ongoing support. That will come to an end at the end of 2020, and we are starting to plan for the future now.

Peter Lush
KOVE Co-ordinator

Photo: Peter and Deborah

Community Development Worker Report

I formally started work for KOVE on 1 September 2018, though I attended, as a guest, two walks in August, which means I have been present at 15 out of 16 walks, to end of March 2019. We have visited parks and squares, museums and churches, historic areas of Camden – and, of course, Hampstead and the Heath. The late February walk date was a special visit behind the scenes at the British Museum, for an object handling session. We have a developing relationship with the British Museum, including handling sessions, and free tickets for invitations for Community Previews.

I was able to attend all seven Ainsworth forums, and five out of seven Stroke Freedom Support Groups and Sidings Forums; local issues are raised and discussed at the latter. The Reel Film Club screened seven films at Sycamore Court between September and March. In addition I attended two inter-generational lunches at Belsize Community Library, the winter concert, several Ageing Better in Camden meetings – Age-friendly Cities workshop; quarterly monitoring and delivery agency meetings – plus the Chalton Street and Somers Town 'Furnishing the Public Living Room' event. I also attended the KOVE AGM and Steering Group meetings.

In February I arranged a photo call for the official dedication of a bench, with a plaque inscribed to the two KOVE members who campaigned for it, inside West Hampstead Thameslink station. In March I assisted Peter at the Diabetes and Older People meeting.

I have been promoting KOVE's activities online: Age UK Camden, Recommend Me, Love Camden; in print publications: *Get Together* – Age UK's magazine, *Camden Magazine* and *Camden New Journal*. In addition the ABC outreach team created a series of simple leaflets with our input. Details of three walks feature on one side with information about KOVE on the other. These have been distributed in pubs, cafes, resource and day centres, on the street ... even in barber and betting shops!

Training has included one session at Age UK on Charity Log (our database), a first aid refresher course, and a half day on Wix for the website, which I have developed and try to keep up to date. Peter and Lynda have supplied photos and we aim to keep refreshing these in future.

Deborah Knight KOVE Community Development Worker

Walks from August 2018 to March 2019

2018

11 April: St Pancras
25 April: Alexandra & Ainsworth Estate
9 May: Euston and Somers Town
23 May: Warwick Avenue and BBC Studios
13 June: Hampstead Cemetery
27 June: South Kilburn & Paddington Rec
11 July: Mapesbury Dell
25 July: Golders Hill Park
8 August: The Lost Dance Halls of Kilburn
22 August: Kenwood House and Dairy
12 September: Regents Park
26 September: St Augustine's Church, Kilburn
10 October 2018: Swiss Cottage

24 October: South End Green
14 November: The RIBA and Portland Place
28 November: North Fitzrovia
12 December: West Hampstead

2019

16 January: Wellcome Foundation
30 January: Hampstead and Whitestone Pond
13 February: The Kings Cross Railway Lands
27 February: The British Museum
13 March: Camden Lock and Camden Market
27 March: Farringdon and The Charterhouse

Forums

The Ainsworth Forum, which covers the Swiss Cottage and St John's Wood areas, and the Alexandra & Ainsworth Estate, met 11 times from April 2018 to March 2019. Ten forums had guest speakers, while December was an afternoon tea and Boccia session. Organisations visiting Ainsworth ranged from North London Waste Authority, the Linkage Project and North London Cares to Healthwatch Camden, Camden Disability Action and St John's Ambulance (First Aid for the over-50s). In January three firefighters talked about fire safety and in March a community police officer from the local Safe Neighbourhood team visited the group.

Something different was a representative of the Freud Museum last July while Tudor Allen, of Camden's Local History Centre, gave a talk with laptop presentation on the history of Swiss Cottage in September. The forum also discusses local issues that members are concerned about. Claude James, who is the forum chair, is also very active in the Alexandra & Ainsworth tenants & residents association.

In the autumn the Ageing Better in Camden's outreach team helped to publicise the Forum around the estate. KOVE sends reminder leaflets to members who live locally.

The Kilburn & West Hampstead Pensioners Action Association is an independent older people's group. However, they work very closely with KOVE, and virtually all their members are also members of KOVE. They meet monthly at Kingsgate Community Centre, and the meetings are usually well attended. As well as discussing a variety of issues, the group had speakers about Fire Safety at Home, First Aid for the Over-50s, raising the profile of disability issues and Mind in Camden's Healthy Minds Community Programme. In partnership with KOVE, they organised a concert in November, and had an enjoyable Christmas tea and Boccia session in December. We look forward to continuing this partnership and would like to thank Kingsgate Community Centre staff for their support.



Ainsley Hamill and Toby Shaer performing at the KOVE and Kilburn & West Hampstead Pensioners Action Association concert in November 2018 at Kingsgate Community Centre.

The Sidings Forum meets on the last Friday of month at Sidings Community Centre. It discusses local issues. Many of the members who attend also attend the Stroke Freedom Support Group which precedes the meeting. One of the group's achievements in the last year was to have a plaque put on the bench at West Hampstead Thameslink station which the group had campaigned to have installed.



Partnerships and Networks

- Abbey Community Centre
- Age UK Camden
- Ageing Better in Camden
- Arthritis Action
- Belsize Community Library
- BSG (British Society of Gerontology)
- Camden Carers
- Camden Intergenerational Network
- Camden Transport Planning Team
- Central & Cecil Housing Care Support
- Community Matters – Waitrose
- Cotleigh Studios
- Friends of Hampstead Cemetery
- Friendship Group
- Henna Asian Women’s Group
- Jester Festival
- KAT (Keeping Acting Together)
- Kilburn & West Hampstead Pensioners Action Association
- Kilburn Irish Pensioners Group
- Kilburn Good Neighbours
- Kilburn Safer Neighbourhoods Team
- Kingsgate Centre
- Kingsgate Community Centre
- Linkage project
- Living Streets
- Love has no Borders project
- National Pensioners Convention
- Nick Foxell - filmmaker
- Puppet Films
- Ransackers Association
- SHELL / SHAK
- Sheltered Housing: Kingsgate Road, Lauriston Lodge, Sycamore Court, Vivian Court, Webheath.
- Sidings Community Centre
- Sidney Corob House – Jewish Care
- South Sudan Women’s Development
- Stroke Freedom Support Group
- Swiss Cottage Community Centre
- The Open University
- The Winch
- Third Age Project
- Transport for All
- Transport for London
- University College London – Mapping for Change
- Webheath Tenants & Residents Association
- West Hampstead Community Centre
- West Hampstead Women’s Centre
- Westcroft Estate TRA
- WHAT (West Hampstead Amenity & Transport)
- W-Heart – Intergenerational Group



KOVE members on a walk in Golders Hill Park.

2019 Satisfaction Survey

This survey was conducted in the spring of 2019. 33 members completed forms. The activities they had attended included a Bench-to-Bench Walk, a Kilburn & West Hampstead Pensioners meeting, the Ainsworth Forum, the Arthritis Forum, the Stroke Freedom Support Group and the Film Club. Twelve said that they also attended another KOVE activity. The responses were as follows:

This activity:

<i>Is the venue convenient for you:</i>	Yes: 33	No: 0
<i>Is the time convenient for you:</i>	Yes: 30	No: 2

Any changes you would like us to make in this activity: Seven people said they did not want any changes to the activity. One said 'get more people' for the forum that they attend.

Any changes you would like in any other KOVE activities / events you attend: None.

Are there other activities that you would like KOVE to run:

A wellbeing project was raised by one respondent.

Being involved in KOVE:

<i>Do you meet new people through being involved with KOVE:</i>	Yes: 30	No: 2	Maybe: 1
<i>Do you feel less isolated through being involved with KOVE:</i>	Yes: 21	No: 7	Maybe: 2
<i>Do you feel fitter or more healthy through attending KOVE events?</i>	Yes: 23	No: 5	Maybe: 5
<i>Are there any barriers to you being involved with KOVE?</i>	Yes: 5	No: 22	Maybe: 0
<i>If 'Yes', what are they:</i> One member mentioned mobility			
<i>Do you feel more involved in your local community through KOVE:</i>	Yes: 23	No: 3	Maybe: 6
<i>Do you feel that you have more influence in your local community through KOVE:</i>	Yes: 20	No: 2	Maybe: 9

<i>How long have you been involved with KOVE:</i>	
Less than 1 year:	4
1 to 5 years:	22
Over 5 years:	7



The British Museum Outreach team ran an object handling session for the Kilburn & West Hampstead Pensioners.

KOVE goes bench marking

A wet, wintery day on Kilburn High Road – perhaps not the best time to have a KOVE walkabout to survey the Brent side of Kilburn’s lengthy shopping area to consider where to install our new community seating. KOVE was awarded Brent Council CIL funds in 2018 to install four new benches – primarily with older people in mind to have a rest when shopping, exercising, getting out for a break etc.

Like KOVE member Pran Handa who has a favourite walking route cutting into Grange Park. He testifies to the good it’s done him over the years. Phyllis Young joined in; a veteran KOVE member who helped audit existing benches in Kilburn area to make up our *Bench to Bench* walks. Norman Mitchell MBE from Brent gave us his Caribbean sparkle and community wisdom as we carefully wound along Kilburn High Road – Brent side that for so long has not had a single community bench.



A winning day! Deborah Knight got everyone to help by collecting their comments and Lynda Stuart collared a passer-by to take a group photo. Brent Carers befrienders Rachel Odimah and Patricia Asuquo offered their feedback and asked why benches hadn’t been installed here before now?

As I write this (August 2019) our job is incomplete, but hopefully we are nearing a resolution. It’s been a complex business as KOVE have involved other stakeholders and negotiated permissions: Kilburn Safer Neighbourhood police, Community Safety Team, Brent Councillors, Brent AGE UK Befrienders project, Brent Social Isolation project and Brent Council’s Kilburn Neighbourhood manager and Kilburn Town Centre manager.

We consulted local businesses and negotiation was also important over highway and pedestrian safety. Public opinion is often divided over benches. The threat of anti-social behaviour and street drinking versus a much needed public facility for all, but older people can be socially isolated at home and the prospect of a chat with someone on a bench may well relieve the tedium. KOVE also arranged a demonstration for KOVE members of our new anti-vandal seating from Amberol manufacturers direct from Derbyshire!

We have agreed four locations, but paradoxically at the moment things are on hold as Brent and Camden Councils are revealing plans and consultation for a bigger restructuring of Kilburn High Road that includes widening and de-cluttering pavements, trees to be planted and new seating! All this for Brent Borough of Culture celebrations planned for 2020. But where does this leave KOVE’s existing seats on the Camden side of Kilburn High Road and our new seating? We hope this wider initiative will improve the area and that it will be compatible with KOVE’s benches project. Meanwhile on the Camden side we have been given the go ahead for a new community bench on Shoot-Up-Hill!

Finally, during the summer KOVE presented its community seating initiative to the Voluntary Action Historical Society’s annual conference held at Kings College, Bush House. Our work was very well received and the active participation of KOVE members was admired.

Mel Wright
KOVE Volunteer

Photo: The group who checked out Kilburn High Road for bench sites.

Stroke Freedom Support Group

The Stroke Freedom Support Group came into existence in 2016 with the aim of providing support for stroke survivors. The group has grown slowly but steadily. In 2018–19 there were 14 members with between six to nine attending meetings regularly.

Four to five meetings a year are held when a speaker is invited to discuss subjects relating directly to causes of stroke. Much appreciated was the excellent talk given by Ellen Bernstein, a Speech and Language Therapist, in relation to Stroke and Dementia. Although fundamentally a stroke support group, a wider range of subjects which have proven to be successful for members, examples being diabetes, nutrition, armchair exercise, audiology, reflexology and simple first aid have been well received.

The group also has a regular opportunity for a social day known as an 'open day' which is always well attended. Those attending discuss any subject of their choice which does not require to be a health matter particularly. Other open days have included two excellent talks given by local historian and author, Dick Weindling regarding the history of Kilburn and extended to the wider community in the area. Many thanks to Dick.

The Stroke Freedom Support Group meetings are held on the last **Friday of every month except for holiday periods at Sidings Community Centre 150 Brassey Road London NW6 2BA from 1pm to 2.15pm.**

We welcome new members, including their carers.

For more information about the Stroke Freedom Support Group please contact KOVE (see back cover for details)

Alan Shaw & Suzanne Pawaroo
Co-ordinators - Stroke Freedom Support Group

Arthritis Forum

The Arthritis Forum met monthly at Sycamore Community Hall. We had a good variety of speakers, some directly relating to Arthritis, others on more general topics. The best attended meeting was on Diet and Arthritis in March, when Martin Lau from Arthritis Action spoke. We had to hold the meeting at Kingsgate Community Centre, as our usual venue had building work. The room was packed, including several new people. Other topics with a more medical theme included the Linkage project, an Introduction to Diabetes and Chinese Medicine. We had a talk from a local pharmacist on the role of pharmacists in supporting people with Arthritis. Our other topics included North London Cares on their work; Camden Disability Action on their campaign to raise the profile of disability issues; exercise for older people and how to engage with the Council.

The group now has a core membership, and the meetings are fairly informal, allowing everyone to join in and ask questions. Arthritis is a condition that many older people have, and it is important for us to continue to offer a forum for people to receive new information and hear about opportunities for activities that could be beneficial for them. We would like to thank all the speakers who came to our meetings, and Bernie O'Hara for her hospitality at Sycamore Court.

Peter Lush

Activities for 2018–19

April

- 4 Ainsworth Forum
- 5 Reel Local Film Club
- 11 ABC monitoring meeting
Walk
- 12 Steering Group
- 19 Kilburn & West Hampstead Pensioners
- 25 Walk
- 26 Arthritis Forum
- 27 Stroke Freedom Support Group
Sidings Forum

May

- 2 Ainsworth Forum
- 9 Walk
- 11 Meeting at Marchmont Community
Centre
- 16 Steering Group (policies)
- 17 Kilburn & West Hampstead Pensioners
- 23 Walk
- 24 Arthritis Forum
- 25 Stroke Freedom Support Group
Sidings Forum
- 31 Community Development Worker panel
Sheltered housing tenants meeting

June

- 6 Ainsworth Forum
- 7 Reel Local Film Club
- 13 Walk
- 14 Steering Group
- 20 Community Development Worker
interviews
- 21 Kilburn & West Hampstead Pensioners
- 27 Walk
- 28 Arthritis Forum
- 29 Stroke Freedom Support Group
Sidings Forum

July

- 4 Ainsworth Forum
Camden Transport Forum
- 5 Reel Local Film Club
- 7 Jester Festival
- 11 Walk
- 18 Camden Transport meeting
- 19 ABC monitoring meeting
Kilburn & West Hampstead Pensioners
- 26 Arthritis Forum
- 27 Stroke Freedom Support Group
Sidings Forum

August

- 8 Walk
- 22 Walk
- 23 Walk

September

- 5 Ainsworth Forum
- 6 Reel Local Film Club
- 12 Walk
- 13 Steering Group
- 19 ABC Age Friendly City event
- 20 Kilburn & West Hampstead Pensioners
- 26 Walk
- 27 Arthritis Forum
- 28 Stroke Freedom Support Group
Sidings Forum

October

- 3 Ainsworth Forum
- 4 Reel Local Film Club
- 10 Walk
- 11 Annual General Meeting
- 17 ABC monitoring meeting
- 18 Kilburn & West Hampstead Pensioners
- 24 Walk
- 25 Arthritis Forum
- 26 Stroke Freedom Support Group

November

- 1 Film Club
- 7 Ainsworth Forum
- 14 Walk
- 15 Concert
- 22 Arthritis Forum
- 28 Walk
- 29 Kilburn High Road Benches Survey
Steering Group
- 30 Stroke Freedom Support Group
Sidings Forum

December

- 5 Ainsworth Forum Christmas Tea
- 6 Belsize Community Library event
Reel Local Film Club
- 12 Walk & Christmas Tea
- 13 Kilburn & West Hampstead Pensioners
- 14 Stroke Freedom Support Group
Sidings Forum
- 21 Kilburn & West Hampstead Pensioners
- 14 Belsize Community Library event

January		22	Stroke Freedom Support Group
9	Ainsworth Forum	26	Camden Healthy Streets Scrutiny meeting
16	ABC Delivery Agencies meeting	27	Walk
	Walk	28	Arthritis Forum
17	Kilburn & West Hampstead Pensioners		
23	ABC monitoring meeting	March	
24	Arthritis Forum	6	Ainsworth Forum
25	Stroke Freedom Support Group		Bingo & Boccia at Vivian Court
30	Walk	7	Reel Local Film Club
31	Steering Group	13	Walk
February		16	Diabetes forum with South Sudan Women's Development
6	Ainsworth Forum	21	Kilburn & West Hampstead Pensioners
	Bingo & Boccia at Vivian Court	27	Walk
7	Reel Local Film Club	28	Belsize Community Library event
8	Bench event at West Hampstead Thameslink station		Arthritis Forum
13	Walk	29	Stroke freedom Support Group

Intergenerational lunches at Belsize Community Library

KOVE's participation in wider networks has built links with organisations and venues outside our area. The Mad Hatters Tea Party in Camden Intergenerational Week in October 2017 established a link with Belsize Community Library.

In May 2018, KOVE member Eleanor Burke, who has a visual impairment, praised the support and skills of a Metro Bank volunteer taking part in a 'Tea and tech session' organised by the Co-ordinator of the Library's Friends group. The library is managed by The Winch whose Build the Village coordinator Page Victor runs the Connecting Parents group there. Through KOVE member Myra Newman, Mel Wright and I met Page to discuss a pilot 'intergenerational lunch' to follow a KOVE walk. Volunteers from the St John's Wood Women's Group provided food and a highly enjoyable informal session with eight KOVE members involved took place on 10 May.

There were further lunches in September, December, February, March and June 2019. They are quite short. We sit at tables in mixed-age groups to talk and eat. Toddlers are busy in the room and there is always a short, playful activity – connected to events like Valentine's Day – so everyone can take part. Almost all of the mothers, many of whom live in a local hostel, are from different parts of the world and several are lone parents. There is thus an element of cross-cultural exchange.

For some of the women contact with older people provides something they don't otherwise have in Britain, having left behind their wider families. I have discussed with The Winch the possibility of raising funds to set up a more demanding intergenerational learning project. For now, a group of KOVE members are happy to keep meeting on informal friendly terms.

In January, I led a short discussion group to review the opportunities for KOVE to develop work with people of different age-groups. Lynda Stuart who has helped develop some of the Belsize Library activities has followed this up on Webheath. Camden & Islington Public Health have recently taken an interest in this strand of our work.

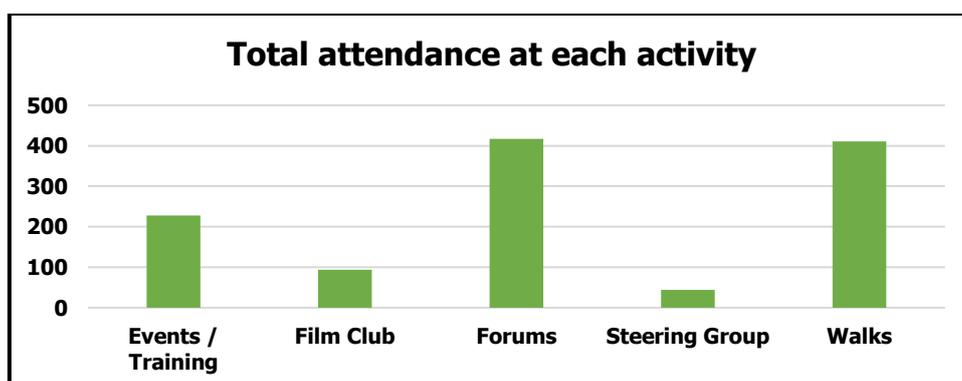
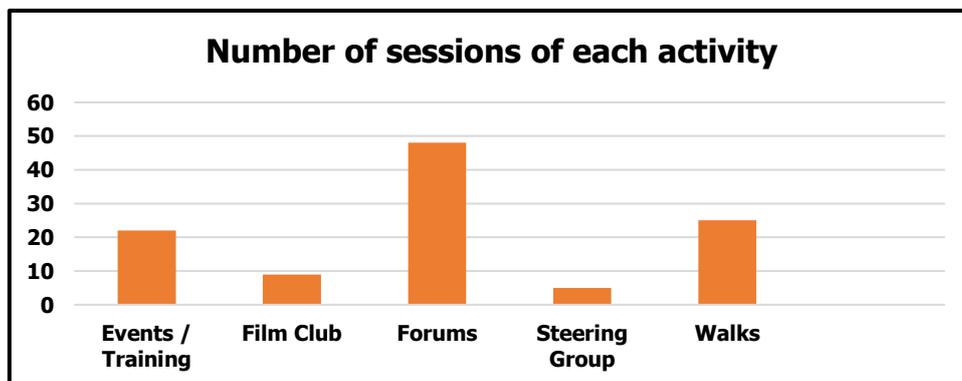
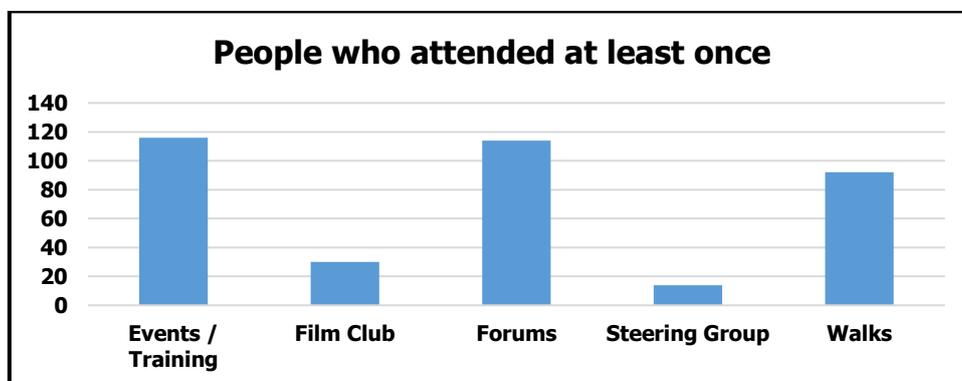
John Miles (Chair of the Camden Intergenerational Network)

Ageing Better in Camden

April 2018 to March 2019

Ageing Better in Camden is the major part of our work. We recruited 59 new people to KOVE and Ageing Better in Camden during the year. We also recruited 13 new volunteers, and our volunteers overall contributed 689 hours to support us. Last year's figures are in brackets. The number of people involved in our activities and the total attendance is higher than in 2017–18. The number of sessions has fallen because the Adult Colouring Group stopped. The volunteer running it could no longer be involved due to other commitments.

Activity	People who attended at least once	Number of sessions	Total attendance
Events / Training	116 (109)	22 (44)	228 (270)
Film Club	30 (41)	9 (12)	94 (152)
Forums	114 (78)	48 (45)	417 (378)
Steering Group	14 (15)	5 (5)	44 (42)
Walks	92 (55)	25 (26)	411 (296)
Overall total	366 (298)	109 (132)	1194 (1138)



Treasurer's Report

My work with KOVE ties in with the work I do with the Webheath estate Tenants & Residents Association campaigning for improvements to the estate and keeping abreast of Camden initiatives. A grant through the Community Infrastructure Levy (CIL) has promoted a communal



garden on a neglected part of the estate with a contribution from Veolia matched through donations. Our District Management Committee bid resulted in railings being repaired and repainted on three blocks – further stages ahead.

We have established a link in the Netherwood Family Centre and sustained the outdoors coffee & cake get togethers. We filmed our second funday and 50th birthday celebrations. Thanks to those interviewed for the Health & Wellbeing assembly which is focused on our area and all the support shown by Ageing Better in Camden.

In July 2019 we welcomed a KOVE Bench-to-Bench walk to the estate, so KOVE members could see some of the work that has been done, and the new murals. The walk also called into the Netherwood Family Centre, and members were very impressed with the facilities there, including the garden.

Finance

Our finances continue to be stable, as we have a regular income from Ageing Better in Camden, and are able to manage with the budget we set from that income. We also received grants from West Hampstead Community Association – Keeping Active Together (KAT) and from the Waitrose Community Fund.

Our income did increase from £26,461 in 2017–18 to £34,598 in 2018–19. This was due to our successful bids for CIL funding from Brent and Camden Councils for new benches. Most of that funding will be spent on the actual benches, which we hope will happen in 2019–20. There is some provision in the funding for KOVE's costs in the projects.

Our expenditure fell slightly from £29,144 to £24,946. One of the main reasons for this was that we made a film in 2017–18, which we did not do in 2018–19.

Another change has been the introduction of internet banking. We have authorisation controls for payments, and this move has saved considerable staff time. The bookkeeping continues to be done by our Co-ordinator, Peter Lush, and I receive regular reports from him. The Steering Group meetings also receive regular financial reports. In 2019–20, we are looking to start a new separate reserve fund, and finally close the small Santander account.

The full Financial Statements are available on request from KOVE, 54-56 Phoenix Road, London NW1 1ES.

Lynda Stuart
KOVE Treasurer & Trustee

Photo: The KOVE members who visited the Webheath Estate in July 2019 and visited the Netherwood Family Centre, where this photo was taken.

Get involved! Join KOVE for:

- Bench-to-bench walks
- Film Club
- Forums
- Events and training
- Campaigns for better facilities for older people



Feedback from our members:

"I have made new friends through KOVE"

"I learn about the history of the streets we visit. We visit places that I haven't been to for years ... We learn in a group, and I like the tea and coffee at the end of the walks."

"KOVE takes care of the people who come on the walks and makes sure that all participants feel comfortable and are supported."

For more information, visit our website: www.kove.org.uk

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