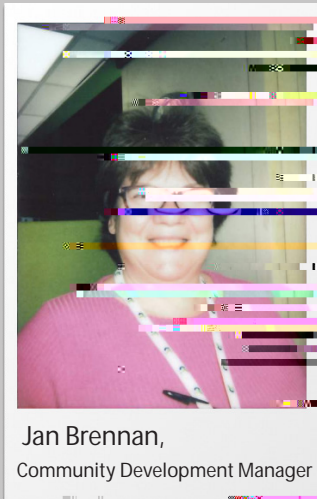
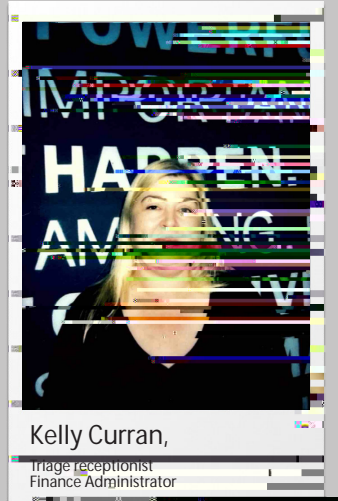
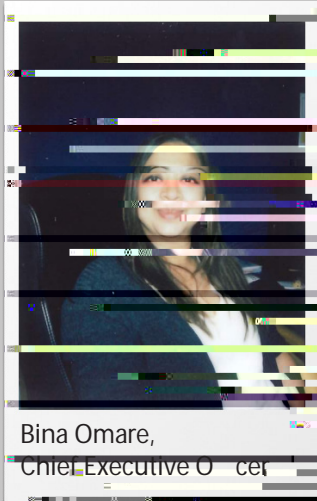






Who is the CCT?



Introduction

To Celebrate the CCT's 10-year anniversary, we are publishing this special issue magazine collated during my stay as 'an academic in residence' between January and September 2023.

I had the unique opportunity to be based at the CCT during a period of research leave in order to assess the work being done in regards to Social Value. Based in the Old Library, the CCT manage the Community Hub and provide support and services in a number of areas including employment as well as views and opinions from the people who attend the activities

The magazine was created to accompany my research report which showed the importance of the type of Social Value generated at the CCT drawing on their local knowledge and trust as well as versatile expertise.





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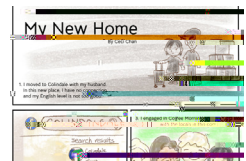
The Colindale Communities Trust contribute to social interaction enhancing community belonging and addressing physical and mental health.



On July 11th, a group of Grahame Park residents created body maps in a storytelling activity, revealing health challenges of community support in their area.



Ceci's Comic -making home in London with the support of the CCT..



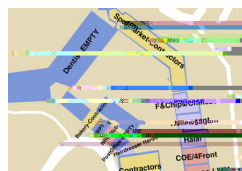
Young people at the F.U.S.E club captured the Grahame Park Estate in photos..



Co-creation of a walking tour about Grahame Park and its people for the 2023 London festival of Architecture.



changing landscape.



'I always enjoy coming to CCT drop ins on Tuesdays to have a friendly chat, support each other, hopefully listen to an interesting talk, and have a fun game of Bingo.'

'Make use of my time, at the same time socializing, meeting new people, making new friends. Talking things with people.'

'Best part is bingo; I also enjoy the group because I can relax and chat with the ladies and gents of the group- get a cup of tea.'

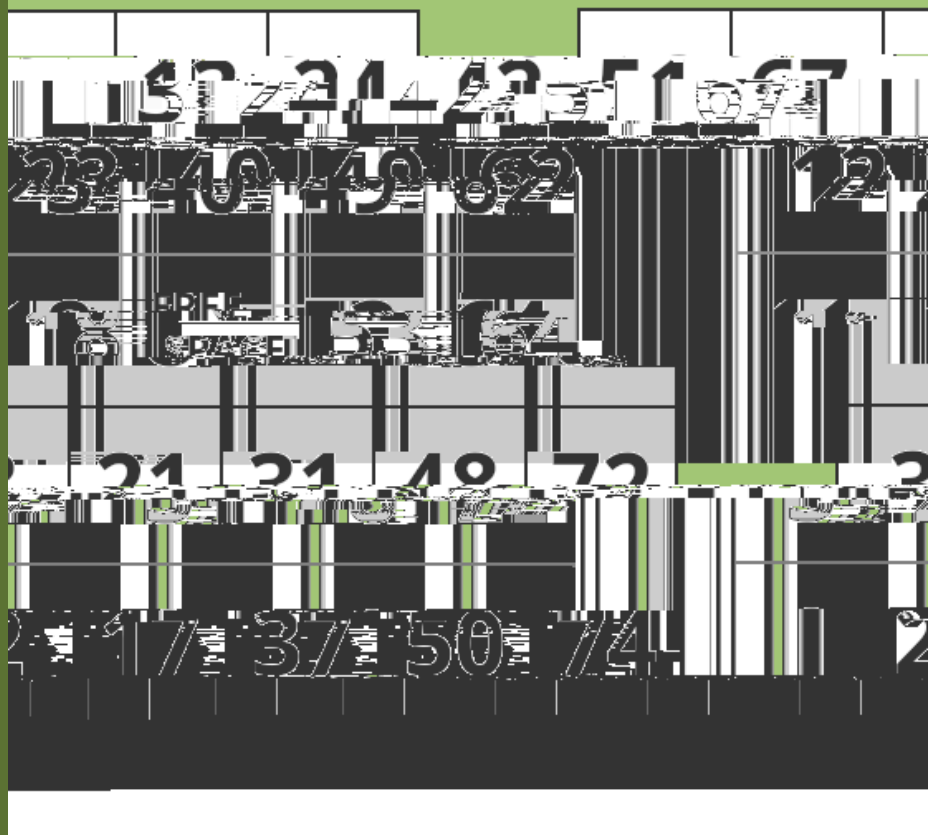
'This group is one of the best things that's happened for me in a while. I get

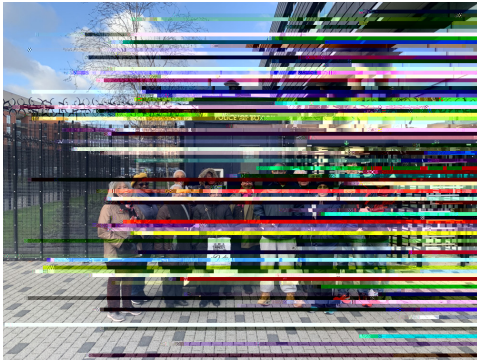
'I love coming to the Health and Wellbeing group because I love playing bingo and winning prizes.'

'CCT group is important because I come and meet people my age and for two hours I spend time talking and playing games – bingo is a special time. I hope there were more places to go and have an enjoyable time like that – Thank you.'

'it gets me out of the house and meet a lot of nice people and have a laugh and it makes me feel good and active.'

BINGO





Some of the CCT's main efforts are aimed at supporting and improving the health and well-being of residents through various scheduled activities and services such as the Health and Well-Being group which runs on Tuesday afternoons and the Walking group which runs on Friday mornings. Besides the obvious benefits of attending these groups, it was also evident from the feedback that being part of a group, the camaraderie and the friendship were central to the participants' health and well-being as you can read in the quotes collected during these groups as they were asked what it meant to them to attend the health and well-being group or



Going at your own pace. It is not rushed. It is leisurely. Leisurely and pleisurely!

The company and the benefits of the walking group has had on my health overall especially thanks to Jan's support.

It feels better afterwards.

Walking is more enjoyable with the group and especially since you can still walk at your own pace.

Always look forward to my days. I would not miss it! I try not to.

You can go at your own pace. It is not rushed. It is leisurely. Leisurely and pleisurely! As well as educational learning about the place but also about plants and flowers.

Cheer each other up

Seeing things not seen before and did not know existed as Jan knows a lot about the area.

It is nice to walk with other people. It motivates you.

The people in the group are friendly.

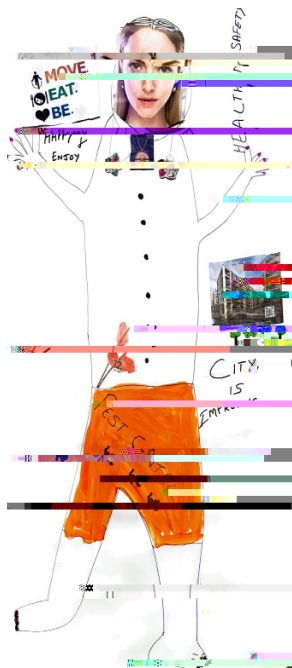
As well as educational learning about the place but also about plants and flowers.

It's encouraging. It's natural exercise. There is freedom and laughter. You can stop and start and share what's around you. And it costs nothing. Takes me back to going on school trips.

It gives you energy to do other things.

The Body-map Story Telling

To explore further questions of health and well-being, on the 11th of July, a group Grahame Park residents agreed to take part in a body-map story telling activity which is a creative method particularly useful to discuss issues of health and well-being. In a lively moment of art and craft, the participants produced some powerfully evocative body maps about their experience of health of well-being highlighting many of the challenges of living on the estate especially in regards to the environment and housing conditions which often take their strain on people's health especially on their mental health. In the discussions, 'togetherness' (family and friends) was however seen to be an important element of good health.





FROM STRANG
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In this vivid comic, Ceci Chan put her graphic designer skills at work to tell us an insightful story about her experience of attending the CCT showing us the importance of their role as a local anchor as she settled into a new country.

The comic strip captures the different ways in which the CCT supported Ceci learning a new language, gaining confidence, getting trained.

An initial online research led her to the CCT as the community hub initiating a new life chapter full of enriching experiences, vividly depicted in the comic.

She dived into CCT's local network attending coffee mornings and history-rich walks. Her unfolding journey is captured in the comic's engaging frames.

Joining CCT's ESOL course, her English proficiency flourishes, forming new friendships. Further embracing creativity, she joins an art class, taking pride in her displayed artworks.

She also learned about business skills for personal growth and development.

This story is a powerful illustration of the multi-purpose approach offered by the CCT in the way they provide Social Value in a holistic fashion.

My New Home

By **Grace Chan**



1. I moved to Colindale with my husband. In this new place, I have no contacts, and my English level is not that good.



COLINDALE

search results



Communities Trust

2. I looked up on the internet and discovered CCT and the vast range of activities it offers;

I am engaged in CCT and had introduced into my life with the locals in this community.



4. I joined the walking group to realize the beauty, resources and environment of my new home.



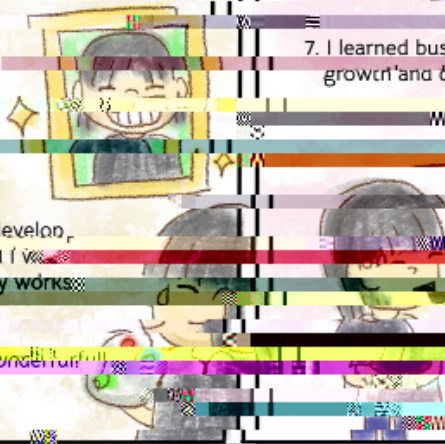
5. I benefited on the CCT to further improve my English. My classmates show how vibrant our community is: I made new friends and tried new food, and embraced the colourful cultural background in class.



7. I learned business skills for personal growth and development in CCT.

6. I joined an art class to develop my drawing abilities, and I was very excited to have my works displayed in CCT.

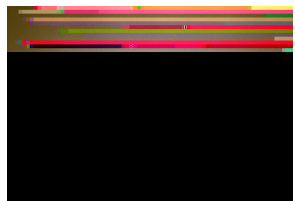
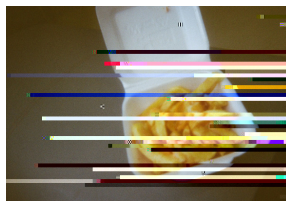
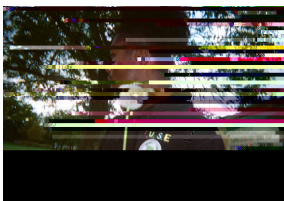
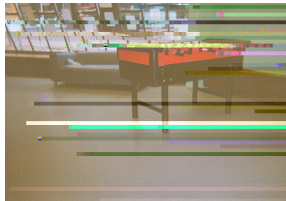
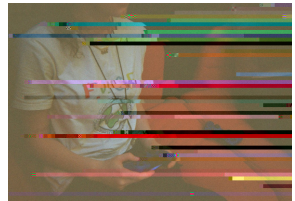
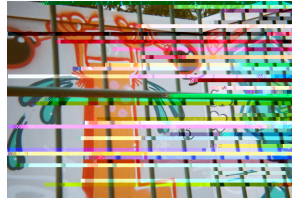
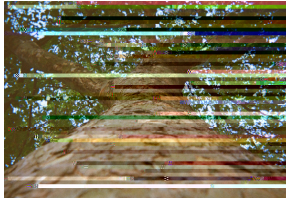
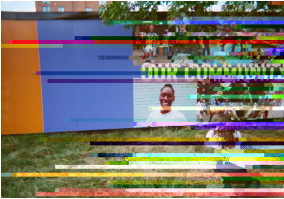
The experience was wonderful!



8. Thank you CCT for the support and guidance in joining my new work.



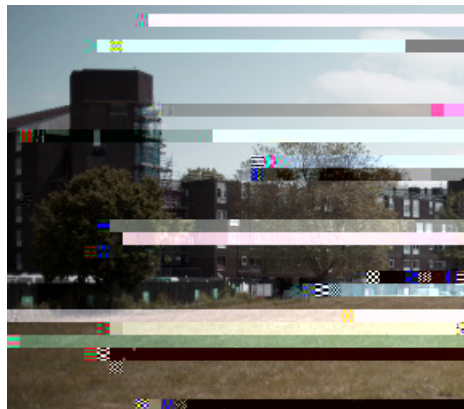
Seeing the Estate through the Eyes of Young People



The CCT with Notting Hill Genesis, the Museum of Domestic Design and Architecture (MoDA) and Brunel University collaborated on an animated walking tour which was part of the 2023 London Festival of Architecture. It highlighted the artwork of sculptor Brian Yale as a feature of the estate and explored the legacy of Hendon aerodrome on the built heritage of Grahame Park. The tour was built around a series of interviews recorded in-situ with residents (past and present) of Grahame Park. You can explore more of these interviews via the Geotourist application but here are a few snippets that already tell us more about Grahame Park, its heritage and its many different facets: a place that continues to defy the stigmas that it sometimes gets tainted with. Many of the interviews highlighted the municipal dreams that was the reality of the Grahame Park's past as well as the enduring resiliency of its community.

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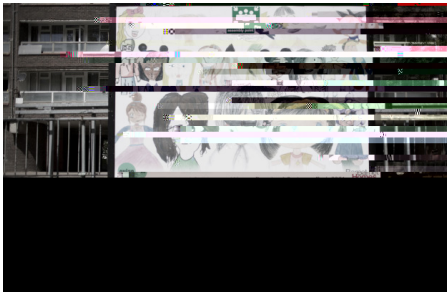
It's as you get older and you are more on your own that you start realising that there is a community here and it's a great friendly supportive community I found and although I no longer live on the estate I live on the edge of the estate I am still connected to the



the front door, when you meet people here they're just like everybody else.'

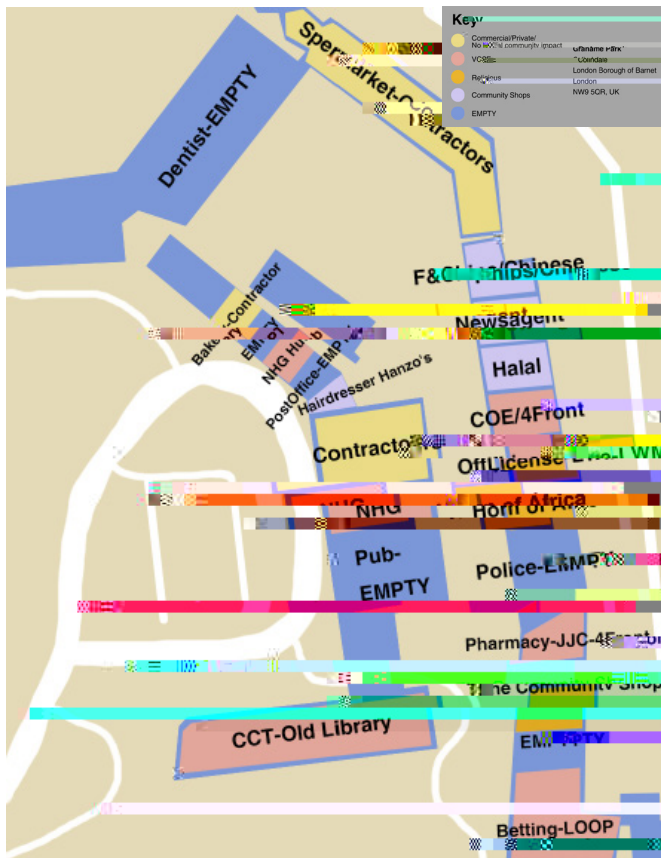
'... I love the community in Grahame Park ... and when people leave this they miss the community.'

'But you know I have lots of memories of the Estate most of it, isn't here anymore unfortunately, the youth club, the swimming pool, the school,... the swimming pool was part of the school but it was open to the locals as well at the weekends so you could go swimming at the weekend if you wanted to. It was just such a great place and every









As I wait for my order at New Ocean (sh and chips shop/Chinese restaurant) for the weekly Team lunch at the CCT, I am sitting on one of the two chairs remaining in the dining area of the restaurant. The restaurant, as one of the last bastions of what used to be a vibrant retail landscape on the concourse of the Grahame Park estate, only does take away nowadays (I strongly recommend the Chicken Noodles) and the empty dining room is testimony of busier times. Most shops have closed but residents remember the times when they could have everything on their doorstep: a baker, a butcher, a grocer, a hardware store, a pub, a post office, a shoe shop... all of this retail that not only provided the community with what

'So here we are standing outside what is today or was Grahame Park post-office even that's been shut down now. This is where I spent many hours and days many years ago back in the 70s when it was a shoe shop that I ran with my husband.... There was such a variety of shops and services here... it was a new community, so we were all new sort of young mothers or young people. Actually there was a quite a mix but it was families, and so we thought what they haven't got here is a shoe shop and my husband thought we could do a repair service.... And he actually fitted out the whole shop himself... and a bit posh we called it the Shoe Tree...'

'But you know I have lots of memories of the Estate most of it, isn't here anymore unfortunately,

GPISCO HAWA
and United Mosque

The Everglade
Medical Practice



