



ENFIELD VOLUNTARY ACTION

Impact report

2021-22



EVA staff

Jo Ikhelef chief executive

Jenny Budden administrative and finance officer

Renata Petrivalska administrative assistant

Sakeel Toraub community accountant

Helen Price social prescribing manager

Chris Scutt projects and partnerships manager

Fred Adams-Montantin development and funding advice manager

Meera Vasudevan manager, Volunteer Centre Enfield

Tash Shifrin communications officer

Trustees

Tim Fellows chair

Stephanie Collins

Margaret Thorli

Norma MacFarlane

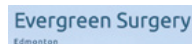
Jaspal Dhani

Alok Agrawal

Nusrath Jaku

Bevin Betton

Thank you to our funders



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Cover:
Healthy Hearts
event organised
by Enfield
Wellbeing
Network

Photo:
Helena Masters

Enfield Voluntary Action

Community House, 311 Fore Street,
London N9 0PZ | enfieldva.org.uk

admin@enfieldva.org.uk | 020 8373 6268

Company No. 3755382 | Charity No. 1077857



Introduction

Welcome to Enfield Voluntary Action's *Impact Report 2021-22*. I hope it offers an insight into how our work has made a difference in what was a particularly challenging year for everyone in Enfield and across the country.

In these pages, you can find out how we have supported local voluntary and community groups with development and funding advice, training and workshops.

You can also read about our grants programmes, which distributed many thousands of pounds to local organisations to fund their own projects.

Some of the funding EVA has secured this year (see page 5, opposite) will be spent in future years, ensuring that projects can run over a longer timespan.

This report also outlines the work of the projects run directly by EVA.

And it describes the achievements of Volunteer Centre Enfield, which is run by EVA, and helped more than 1,600 Enfield residents take up volunteer roles in 2021-22.

This includes the vital volunteers who helped to support vulnerable people and keep Enfield going during the worst of the coronavirus pandemic.

EVA's work would mean nothing without the hundreds of local voluntary and community organisations that contribute so much to our borough.

Enfield has a particularly varied and vibrant voluntary sector, with groups active among all the borough's diverse communities and working with everyone from older people to children.

Our local community and voluntary groups range from disabled people's organisations, faith groups and foodbank charities to cricket clubs and friends of parks groups – there isn't space to name them all.

I would like to say a huge thank you to all our local community and voluntary organisations, their staff, trustees and volunteers. The difference you make to people's lives and the wider environment of Enfield is so important.

I would also like to thank EVA's funders (see page 2) for enabling us to continue our work.

Thanks are also due to the many partner organisations we work with, including Enfield

Council and local NHS bodies. We are looking forward to continuing our work together in the year ahead.

We are proud of the role we played in supporting Enfield's voluntary and community groups during the height of the Covid pandemic.

Now, as Enfield residents face increasing poverty and inequality amid the cost of living crisis, the work we do to increase the resources coming into the community and to support local voluntary organisations is as vital as ever.

Jo Ikhelef
Chief executive



About us

Enfield Voluntary Action supports and develops local voluntary and community organisations so they can make life better for people in Enfield.

Every year we bring money into the community by winning grants and partnership funding – and supporting local groups to gain funding themselves – for a huge range of projects and initiatives.

This allows Enfield's vibrant voluntary sector to take positive social action in the community –

everything from improving health or providing foodbanks to promoting child safety or sports activities.

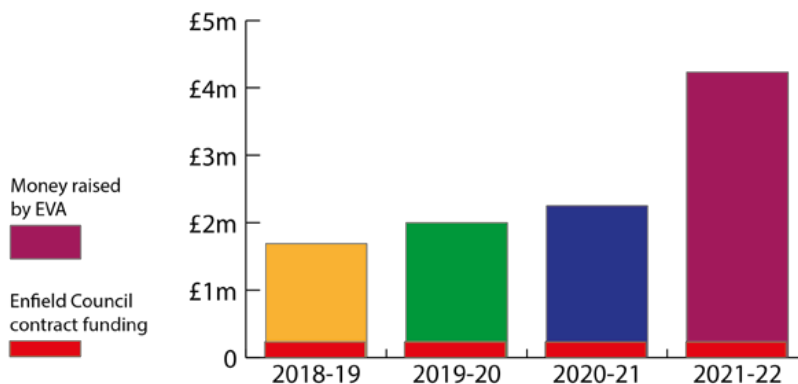
The support we provide to local groups helps to ensure they are strong, well run and resilient organisations that can really make a difference. We also represent the voluntary sector on a host of local strategic and partnership bodies.

EVA also runs Volunteer Centre Enfield, which finds hundreds of volunteering placements for the borough's residents every year.

£4.23m
raised by EVA in 2021-22

£10.17m
raised by EVA in
the past four years

Raising funds for the community



EVA raised £4.23m for community work in Enfield in 2021-22. That is nearly £25 raised for every £1 of our annual £170,000 contract funding from Enfield Council.

We have brought a total of £10.17m into the community in the past four years. The 2021-22 figure includes £2.03m secured by local voluntary and community organisations with EVA support and £2.21m secured directly by EVA for projects run by ourselves and partners or to distribute to local groups in grants.

Some of this money will be spent in future years.



Get connected:
a Meet the
Funder event

Making links with funders

52
representatives
from Enfield
voluntary and
community
groups came
to Meet the
Funder events

We organise Meet the Funder events bringing together Enfield voluntary and community groups with major funding organisations.

This gives local groups a better idea of what grants are available, the criteria for funding and what sort of projects funders would support.

These events help Enfield voluntary

organisations initiate and build relationships with funding bodies. This in turn helps them to produce better applications for grants with more chance of success.

The events usually include presentations by the funding bodies and one-to-one advice sessions with each local voluntary or community group.

In 2021-22, we organised Meet the Funder sessions with the National Lottery Community Fund, Trust for London, Garfield Weston and City Bridge Trust.

The events included a specially tailored meeting bringing together people from Enfield's Friends of Parks Network with representatives from the National Lottery Heritage Fund.

Supporting local groups

EVA provides development and funding advice and support to help local voluntary and community groups ensure they are on a sound, well run and sustainable footing.

This means they are better prepared to fulfil their aims and objectives and bring a boost to the wider Enfield community.

We offer training, one-to-one advice and other support, tailored to the needs and stage of development of each group. We have decades of experience of the issues affecting Enfield's voluntary sector. Our support includes:

- Helping groups decide on their aims and objectives

- Supporting groups to draw up the key governance documents and put in place the legal structures they need
- Ensuring that a board of trustees is in place to run the organisation
- Providing model policies and procedures that groups can use to manage important areas such as equality, safeguarding, health and safety, and data protection
- Providing advice and guidance on fundraising and financial management to ensure that groups are able to keep their accounts properly and are in a good position to raise the

money they need to carry out their work and grow.

We help groups identify appropriate funding sources, and arrange Meet the Funder sessions, advice sessions and grants workshops so they can make better funding bids.

This development work happens "behind the scenes" and is often invisible to the people who benefit from the services and activities run by Enfield's voluntary and community groups.

But this support is important to ensure local groups are well run, fit for purpose and can keep going in hard times. The feedback we receive shows how highly our support is valued.

"[EVA development and funding advice manager] Fred has been an invaluable asset to Grassroots. Our network of food banks and pantries welcome his encouraging and constructive feedback that has helped to secure a number of grants from both Enfield Council and other funders."

– **Dionne John**
Grassroots

"We really appreciated your feedback and comments on our National Lottery 'Reaching Communities' funding application, which helped us to strengthen the application and to succeed in receiving funding at last from the National Lottery Community Fund."

– **Sue Halawa**
Skills Training Network

"Your professionalism and guidance has supported Anthro Vision to grow. We appreciate your investment in supporting community businesses with knowledge and dedication to make sure we are on the right path. Always available to answer questions, helping us build on our aspirations."

– **Lea**
Anthro Vision CIC

289
development
advice and
support
sessions

127
different Enfield
voluntary and
community
groups
supported

68
organisations
led by people
from black,
Asian or
minority ethnic
communities
supported

50
groups
supported with
development
and funding
advice for the
first time in
2021-22

Case study: Online Safety Network

6
safeguarding
training
sessions

EVA brings training, networking opportunities and development support together to help local voluntary and community groups with key issues or areas of work.

Our Online Safety Network shows how we use this approach not only to increase skills and improve the safeguarding of children but also to help local groups grow and develop services that offer wider support for young people.

In 2021-22, EVA ran six meetings and training sessions for local groups on safeguarding issues, with 74 people receiving training.

We also set up the Online Safety Network, bringing together local groups to share experience and good practice in protecting children and young people online.

This involved 40 groups that have established trust with young people at risk from these dangers. A total of 59 representatives from these groups attended six meetings with workshops, which covered online safety, critical thinking, hate crime, conspiracies, extremism and mentoring skills.

EVA's development and funding advice manager also gave support

to individual groups with projects addressing the network's objectives.

This support helps the groups make better bids for funding and develop projects aimed at providing a wide range of support for children and young people – everything from boosting confidence through the arts, or improving mental health, to helping parents talk to their children about online activities and safety.

This development work helps local groups to keep children safe and supported and to make a difference to young people's lives in the longer term.

6
Online Safety
Network
meetings with
workshops

40
local groups
involved in the
network

74
individuals
received
safeguarding
training

59
representatives
from local
groups
attended
network
meetings and
workshops

Developing youth projects

EVA's development support helps local groups make better funding bids – although of course we can't guarantee bids will succeed. Here are some of the groups EVA supported in line with the aims of the Online Safety Network.

ENACT – supported with advice on plans for a project aimed at parents of young people aged 10-19, to make them more confident

and aware of the issues when discussing online activities with their children.

Focus – supported with advice on a funding bid for physical and mental wellbeing activities for African-Caribbean girls aged 10-14.

Platinum Performing Arts – supported with advice on a Meridian Water funding application

for a project to help young people aged 16-25 who live in Edmonton to develop skills in the creative and performing arts industry.

Success Club – supported with a Meridian Water funding application for a programme for disadvantaged young people from diverse ethnic communities in Edmonton, to improve their mental wellbeing. Also supported



“With the knowledge from the session, I am able to approach situations with caution and care when dealing with vulnerable people. This safeguarding training has reminded me of the sensitivity needed when in the education sector and has given me confidence in my approach to difficult situations.”

– **Training participant**
Introduction to safeguarding children and young people

“I hope I won’t need to, but if a child is being abused I feel better equipped to pick up on it.”

– **Training participant**
Introduction to safeguarding children and young people

with advice on applying for funding from other sources.

Made Leaders – supported with a Fun To Be Young funding application for media and public speaking masterclasses for young people aged 13-19.

Legacy Gala CIC – supported with advice on funding applications for activities to boost financial

literacy and practical skills, to reduce inequality among young people from black, Asian and minority ethnic communities.

Julian Campbell Foundation – advice on meeting funding guidelines and applying for funding to support children and young people with undiagnosed mental health issues such as stress, anxiety or depression.

Edmonton Community Partnership – advice on a project to help families with access to and awareness in using online school, benefits and health portals.

Enfield Racial Equality Council – drafted plans on increasing awareness among black, Asian and minority ethnic residents of conspiracy theories and radicalisation.

10
Online Safety Network member groups given support with project development and funding bids

What they said...

“Training courses are inclusive and excellent quality.”

– EVA survey

“Staff are lovely. Events such as mental health first aid training, and I’ve been on a couple of panels for funding, have been superb. They have a grasp of what the community needs and wants.”

– EVA survey

“We will spend more time with our service users to better understand their needs and also apply some of the learning to reach out to people who we struggle to engage.”

– Participant, EVA training

“This is useful for encouraging volunteers and also considering how to fundraise to provide services that are actually needed, rather than what we think is needed.”

– Participant, EVA training

“It was great to meet the funders and very helpful to learn about their funding application processes. Please repeat this session in the future, so people who were unable to join today can have another opportunity.”

– Participant, Meet the Funder event

“EVA are always helpful and provide good support.”

– EVA survey

“Thank you for chairing the Youth Activities Forum which I found to be very professional and productive.”

– Member, Youth Activities Forum

“EVA is very visible and a true community support organisation.”

– EVA survey



Financial advice and skills

EVA's Community Accountancy Service helps Enfield voluntary and community groups to manage and control their finances efficiently, effectively and economically.

Our service provides training and advice on budgets and costings, bookkeeping and accounts, financial policies and procedures, dealing with tax and pensions and general financial management.

This support helps ensure local groups are well run and meet legal and regulatory requirements for pension regulators, HMRC, Companies House and the Charity Commission.

It also helps local groups show funders that they are well managed and keeping to the regulations.



In 2021-22, EVA's Community Accountancy Service provided 144 one-to-one advice and support sessions to 45 local community and voluntary organisations. It also provided two training courses – on

understanding annual accounts and budgets – with representatives from 28 groups attending, along with specially tailored in-house payroll training for two organisations.

144

individual finance advice sessions for representatives of local voluntary and community groups

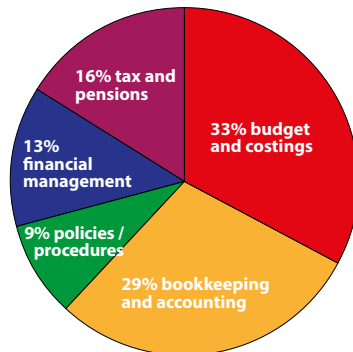
45

local groups supported with finance advice

28

local groups given training on understanding accounts or budgeting

Finance advice by topic



“We would like to thank EVA, and particularly [EVA community accountant] Sakeel Toraub, for the patient, thorough and extremely helpful support in completing our accounts. We are a volunteer group with lots of skills, but accounting detail is not one of them so we could not be more grateful for the time and expert help from Sakeel.”

– *Däna Palmers Green Action Team*

“Sakeel has been invaluable in his knowledge and support for Parents Engagement Network trustees as a new charity. Guidance and support in areas that were new to us have increased our confidence and ability to focus on projects suitable for our volunteers’ skills.”

– *Krasimira Kudinova Parents Engagement Network*

Training and workshops

170

organisations
took part in
EVA training or
workshops

EVA provides training and workshops to strengthen local voluntary groups by giving them the skills and knowledge they need to develop and improve their work.

In 2021-22, our training courses and workshops were attended by representatives of 170 different local groups. They covered:

- Being a Health Champion (accredited by the Royal Society of Public Health)
- Mental health first aid (accredited)
- Health inequalities and debt funding
- Homelessness and housing
- LocalMotion joint funding
- Meet the Funder sessions
- Grants application workshops
- Monitoring and evaluation
- Safeguarding
- Online safety
- Excel bitesize
- Budgets and costs
- Understanding annual accounts



On board: EVA trustee training

Who we trained

1note2notes Music Academy
21k Digital Media
3rd Age Project
ABC Parents Paediatric Outreach
A Class Tutors
Abundant Living with Autism
Acorns Chess Club
Active Enfield
African French Speaking Organisation
Age UK Enfield
Albanian Voice
All People All Places
Alpha Care Specialists
Anthro Vision CIC

Arberia
Arthur's Angels Community Organisation
Axis Educational Trust
Backup
Barnet Council
National Lottery Community Fund
Bountagu
BreadnButter
British Alevi Federation
Broomfield Ponds Swim Society
Build Achieve Support Empower (BASE)
Buzz Coding

Central African Youth of Enfield
Centre for Social Inclusion
Chase Side School
Chickenshed
Christian Action HA
Citizens Advice Enfield
Cockfosters and North Southgate Synagogue
COGS Enfield
Community Environment Project Office
Community Links Bromley
CONEL College
Cooking Champions CIC
Cornerstone CIC

Daisybeats	Family Fund BBC Children in Need	Nightingale Cancer Support Centre	Secca
Dalmar	Fisher Cheng	No1 Fitness Education Academy CIC	Sen Den
Doodle Designs	Focus CIC	North Enfield Foodbank	Shaolin Temple Martial Arts
DWP	Friends of Broomfield Park	North London Credit Union	Shpresa Programme
Dujardin Mews Residents Association	Friends of Bush Hill Park	North Star Trust	Skills and Training Network
Edmonton Community Partnership	Friends of Oakwood Park	Northside Youth and Community Connexions	Solace Women's Aid
Edmonton Parents Get-Together	Friends of Pymmes Park	Oakthorpe Primary School	Songololo Feet
Elevation Profile CIC	Godwin Lawson Foundation	Oakthorpe Turkish School	Southgate Progressive Synagogue
ENACT	Gospel Temple Apostolic Church	Oasis Hadley	Southgate Squash Club
Enfield Asian Welfare Association	Grassroots	One-to-One Enfield	Southgate Symphony Orchestra
Enfield Bangladesh Welfare Association	Hazelwood Schools	Ordnance Unity Centre Library	SRTV Media
Enfield Borough Over 50s Forum	Heartfelt Hands Therapies	Our Voice	St Andrews Church Southgate
Enfield Carers Centre	Hearts and Helpers	Palmers Green Action Team	Stand in the Gap
Enfield Clubhouse	Holistic Education and Sport Support Services	Palmers Green URC	Starks Field Primary School
Enfield Council	Hope and Restoration	Parent Engagement Network	Success Club
Enfield Disability Action	International Children's Voices of Enfield	Perfecting Potential	Tamil Relief Centre
Enfield Grammar School	Inspire 2 Rise	Phoenix Family Support Services	The Essenelle Foundation
Enfield Methodist Circuit	Jazanne Arts	Platinum Performing Arts	The Gifted
Enfield Racial Equality Council	Julian Campbell Foundation	Ponders End Community Development Trust	The M6:8 Project
Enfield Saheli	Kimbanguist Hope of the World	Poverty Concern	The Shane Project
Enfield Sea Cadets	Learning Through the Arts	Precious Counselling	The Wellbeing Company
Enfield Town Football Club CSD	Legacy Foundation	Proud North London	TOCS
Enfield Town Schools Partnership	Life Youth Resource Centre	Pymmes Park Mural	Trinity at Bowes Methodist Church
Enfield Women's Centre	LocalMotion	Rami Services Ltd	Turkish Cypriot Media Platform UK
Enfield URC	London Film Foundation	Red Card Gambling Support Project	Turkish Youth of London
Enfield Vineyard	Meridian Water	Redefined Life	Un Matin Français
Enfield Vision	MHA	Relentless UK	Voice Out Woman
Enfield Voluntary Action	MLB Learning Solutions	Resolute to Change	Walker Children's Centre
Every Parent and Child	My Future in Focus	Restore Community Research	Wellbeing Connect Services
Exodus Youth Worx	North Central London NHS Clinical Commissioning Group	Right Choice Care Services	Welwitschia Welfare Centre
Face Front Inclusive Theatre	New River Church	Rumi Mosque	Wilbury Enfield School
Family Based Solutions	Niburu	Ruth Winston Centre	Woodcroft Wildspace
	Nigerian Catholic Community		Yeni Bogazici FC
			Young and Prolific

Volunteering

EVA runs Volunteer Centre Enfield, encouraging local residents to donate their time and skills to make a difference in their community.

We compile a quarterly volunteering opportunities booklet, advertising the huge range of different roles on offer – from staffing foodbanks or helping children with their reading skills to helping at museums.

We hold a volunteer recruitment fair so local voluntary and community organisations can talk to potential volunteers directly.

To help people get involved in volunteering, we run Introduction to Volunteering workshops and give one-to-one guidance to identify the right opportunity

for each volunteer. This means they can contribute their skills, experience and enthusiasm where it is needed most.

It also helps the volunteers find roles that match their interests and provide valuable experience that can help with finding paid employment or gaining new skills.

We also organise bespoke volunteering opportunities for staff at companies based in Enfield.

In 2021-22, we continued to recruit and place many volunteers in crucial roles helping local people through the coronavirus crisis and supporting the NHS's mass vaccination programme.

We are hugely proud of our volunteers' contribution.



Photo: Crown Worldwide

Digging deep: volunteers from local employer Crown Worldwide plant trees in Broomfield Park, Palmers Green, on a placement organised by Volunteer Centre Enfield

1,610

local residents took up confirmed volunteering placements after support from Volunteer Centre Enfield in 2021-22

138

volunteer marshals were recruited to support the North Central London NHS mass Covid-19 vaccination centre

426

new volunteering opportunities were registered on behalf of local voluntary and community groups

150

one-to-one guidance sessions for local residents

54

people came to Introduction to Volunteering courses

50

residents came to online "cafes" run by volunteer "Cuppa Champions" fortnightly from February to June 2021, reducing isolation and increasing digital skills

19

volunteers with good IT and communication skills helped residents fill in census forms, supporting Enfield Council's work on Census 2021

121

Enfield volunteers were nominated for awards for their work during the Covid pandemic

“Carole has given exceptional service to the community since the beginning of the pandemic. She leads a group of enthusiastic volunteers who work tirelessly to improve the park by maintaining five garden areas, holding regular litter picks and encouraging positive activity in the park. Her pride and joy is the wildlife garden, which she has turned into an educational wild space

providing a peaceful haven for the community, particularly those without their own gardens. She is leading on establishing a sensory area in partnership with two local schools.”

– **Friends of Bush Hill Park**
citation for volunteer Carole

“Michelle has been nominated for her exceptional work during the pandemic in delivering

fresh fruit and vegetables to the most vulnerable families in Enfield – parents of children with disabilities and life limiting conditions. At one stage, Michelle was giving up over four hours a week delivering to 24 families, even through ice and snow.”

– **Zebras Children and Adults Charity**
citation for volunteer Michelle



119

Enfield residents attended the November 2021 Volunteer Recruitment Fair (photo, left)

35

organisations from Enfield and beyond had stalls at the event

Grants programmes

EVA brings large sums of money into the local community by securing money from major funders and distributing it as grants to local voluntary groups.

The funding bodies usually set an overall theme for the grants programme, such as improving wellbeing. The money funds projects that make a real difference to people in Enfield.

EVA's grants programmes are often aimed at areas where residents face greater poverty and disadvantage, such as Ponders End (photo, right).

We have also run workshops to help local groups apply for grants from Meridian Water and the Enfield Neighbourhood Fund.



Rising high:
Ponders End

Photo: Diamond Geezer

How grant money is allocated

When EVA has secured funding for a new grants programme, we provide grants workshops, advice and support to help local voluntary and community groups make good applications.

The local groups have their own ideas for projects that can make life better in Enfield and they can

bid for funds to put their plans into practice.

But decisions on where the money goes are made by an independent panel made up of representatives of Enfield voluntary groups and the funding bodies. We organise training for the panel with an independent trainer to ensure that

they can make decisions fairly in line with set criteria.

Although EVA staff provide advice to the panels and record their decisions, they do not play any part in deciding who receives a grant or the amount of money to be awarded. The decisions are independent of EVA.

Tackling Poverty and Inequality

£164,000

total funding for programme

6,396

disadvantaged Enfield residents supported by the projects

8,300

indirect beneficiaries

77.5%

of beneficiaries were in black, Asian or minority ethnic groups

20%

of beneficiaries were disabled

2.5%

of beneficiaries were LGBT+

The 24 grants made under this programme delivered projects that directly supported 6,396 disadvantaged beneficiaries from a range of communities across Enfield, with an estimated 8,300 people benefiting indirectly.

This grants programme reached places and communities that are often considered “cold spots” of unmet need, such as the north east of Enfield or clients of a new LGBT+ service in the Turkish community. The funded projects offered:

- Black, Asian and minority ethnic-led foodbank and recipe meal kits

- A project to address isolation for minority ethnic LGBT+ communities
- Cancer awareness for black, Asian and minority ethnic communities
- Digital inclusion for older people, families and younger people
- advice sessions for black, Asian and minority ethnic lone parents and grandparents
- Debt advice
- Domestic abuse services for women from black, Asian and minority ethnic communities
- Interactive drama for children and young people
- Black, Asian and minority ethnic youth mentoring
- Gambling awareness
- Employability, enterprise and personal development programmes for black, Asian and minority ethnic communities
- Support for people with multiple sclerosis, especially black people
- Support to challenge stigma about mental health and racial inequality and to tackle the marginalisation of black, Asian and minority ethnic young people
- Befriending and activities for older asylum seekers and refugees.



Organisations that delivered projects

Age UK Enfield • Anatolian Muslim Society • BreadnButter • British Alevi Federation • Citizens Advice Enfield • Enfield Children and Young Persons' Services • ENACT • Enfield Carers Centre • Enfield Caribbean Association • Enfield LGBT Network • Enfield Saheli • Hearts and Helpers • Hope and Restoration • Julian Campbell Foundation • London Cycling Club • Nigerian Catholic Community • Northside Youth & Community Connexions • Ponders End Community Development Trust • Perfecting Potential • Red Card Gambling Support Project • Rumi Mosque • Skills and Training Network • Tamil Relief Centre • The Shane Project • The Success Club

£68,000

total funding for programme

The Wellbeing Enfield Fund, totalling £68,000, was distributed to projects aiming to tackle health inequalities in the borough.

Some of these projects were more directly health-related, focusing on areas such as obesity, heart conditions and diabetes.

Others aimed to tackle the poverty that is linked to poor health. They included:

- Improving children's physical and mental health with physical and mindfulness activities in local green spaces and parks
- Healthy eating awareness-raising with school children
- Cooking lessons for children and parents, covering healthy recipes,



Health check: the Wellbeing Enfield Fund aims to reduce health inequalities

Wellbeing Enfield Fund

Organisations that delivered projects

Enfield Women's Centre • African French Speaking Organisation • Cooking Champions CIC • Age UK Enfield • Nigerian Catholic Community • BreadnButter • North Star Community Trust • One-to-One Enfield • Poverty Concern • Centre for Social Inclusion • The Shane Project • Parent Engagement Network • The Success Club

using affordable ingredients, particularly those that are available via foodbanks

- Empowering and educating inactive young people to adopt and maintain healthy lifestyles
- Providing advice to people from black, Asian and minority ethnic communities about the finance system, money management, budgeting and benefits
- Supporting people with learning disabilities and/or who are on the autistic spectrum to

improve their understanding and confidence in managing money

- Supporting older people and carers on low incomes or suffering from ill health to explore healthy eating through a weekly breakfast club
- Weekly street dance classes for children and parents
- Identifying factors that affect prevention, diagnosis and outcomes of heart failure and diabetes through a workshop and survey

13
new health, wellbeing, money management and advice projects



£20,000
total funding

Active Youth Enfield

EVA's London Sport grants programme provided small projects aimed at encouraging physical activity for children and young people to improve their wellbeing.

- Martial arts for young people with special educational needs or disabilities
- Squash sessions.

The project funded these activities:

- Online fitness sessions
- Football for boys and girls
- Boxing and circuit training for young people from black, Asian and minority ethnic communities
- Athletics sessions
- Fitness for young people with learning difficulties

Organisations that delivered projects

Christian Action Housing • Dalmar • Edmonton Community Partnership • Enfield Town Football Club Community Sports Development • Every Parent and Child • Legacy Gala Ltd • Perfecting Potential • Southgate Squash Club

- Reducing the levels and risk of obesity and type 2 diabetes among children from black, Asian and minority ethnic communities through culturally accessible healthy eating workshops and exercise
- Supporting people with multiple sclerosis with counselling, information and training on healthy eating, wellbeing and daily exercise, plus help with applying for benefits online
- Addressing the non-medical, social factors associated with the development of heart disease and diabetes in the areas of Enfield most affected by poverty.



Photo: Daniel Kucin Jr. Illustrative only

Long road:
our long Covid
projects offer
support for
physical and
social activities



Photo: Ben Sutherland

£126,000
total funding

9
long Covid projects

10
digital exclusion projects

Long Covid and digital exclusion

This programme emerged from the coronavirus crisis, which brought to the fore two major areas of need.

One was the need for support to help people with long Covid deal with the physical and mental health, social and employment effects of the illness.

The second was tackling digital exclusion, which was highlighted by the pandemic, when lack of internet or computer facilities became critical for many people, making it hard to access everything from benefits to school work.

The funded projects include:

- A psychotherapist offering therapy for residents with long

Organisations delivering projects

Edmonton Community Partnership • Age UK • Express Tuition • Alpha Care • Enfield Carers Centre • ENACT • Enfield Women's Centre • Citizens Advice Enfield • Enfield Saheli • Centre for Social Inclusion

- Covid or their family members
- One-to-one befriending support
- Long Covid training and awareness sessions led by a qualified nurse
- A long Covid health and wellbeing information pack
- Turkish to English translation and

interpreting support to help with starting remote employment

- Women's sports and exercise at Southgate Leisure Centre (see photo)
- Training for care assistants
- Advice and case work to reduce the financial hardship of people whose income or employment is affected by long Covid
- Lunch club to help people isolated by Covid to socialise
- An information officer to help older Enfield residents apply for welfare benefits online
- One-to-one support to help residents with getting online
- Online extended learning support for children from school year 3 to GCSE level.

Health Champions Health Inequalities Fund

13
projects

The Health Champions Health Inequalities Fund was set up as a partnership between EVA and organisations with an EVA-trained Health Champion (see page 26) rather than a grants programme.

The 13 funded projects provided:

- Activities and wellbeing sessions for people aged 70+ whose first language is not English
- A community hub for Edmonton residents, mainly from black, Asian and minority ethnic communities, with health and wellbeing services and healthy food
- Activities to cut obesity, type 2 diabetes and high blood pressure in the Somali community, particularly for women and girls

- Promoting health and wellbeing for people from black, Asian and minority ethnic communities in areas with greater poverty, such as Edmonton (pictured below)
- An outreach project for older people and an online social hub for those who are housebound
- Training volunteer toenail cutters in recognising undiagnosed or out of control diabetes
- Increasing the use of social prescribing to improve the health of Enfield residents aged over 50
- Promoting healthy lifestyles for parents and children together, with fun physical activities and healthy eating on a budget
- Working with young black women who are not in education or

Organisations delivering projects

Alpha Care Specialists • Dalmar, Diversity Living Services • Enfield Asian Welfare Association • Enfield Borough Over 50s Forum • Enfield LGBT Network • Focus CIC • Lancaster Footcare • Starks Field Primary School • Third Age Challenge Organisation • BreadnButter • One-to-One Enfield • The Success Club

- work to support mental health, a balanced diet and physical activity
- Providing scooter riding and physical activity sessions for 242 children, plus healthy eating sessions and meal kits for families
- Wellbeing activities to reduce the risk of obesity for disadvantaged children
- Exercise classes, walking tours and talking groups to create awareness of healthy eating issues.

Evening light:
in Edmonton

Photo: Nico Hogg

£65,000
total funding



EVA networks

EVA organises networks of local voluntary and community organisations, bringing together groups and individuals with shared interests or similar roles.

We know local organisations value the opportunity to meet, share good practice and experience or organise joint work.

During 2021-22 we continued to run online network meetings. These had succeeded in keeping the links between local groups strong during the Covid-19 crisis. Networks meet every two or three months.

Network members also benefit from regular guest speakers and bespoke training sessions. EVA also organises dedicated Meet the Funder sessions for networks so local groups can make links with funders relevant to their needs.

68
groups were represented at Youth Activities Forum meetings

22
groups sent representatives to the Enfield Volunteer Organisers' Network



Meeting of minds: time to share ideas is important

2021-22 networks

Enfield Volunteer Organisers' Network (EVON)

For those responsible for recruiting and organising volunteers

Long Covid and Digital Exclusion Network

Health Champions Network

For EVA-trained Health Champions

Friends of Parks Network

Bringing together Enfield's friends of parks groups

Enfield Wellbeing Network

Housing and Homelessness Network

Aimed broadly at groups whose clients are homeless or could be at risk of homelessness through poverty or other factors

Youth Activities Forum

EVA projects

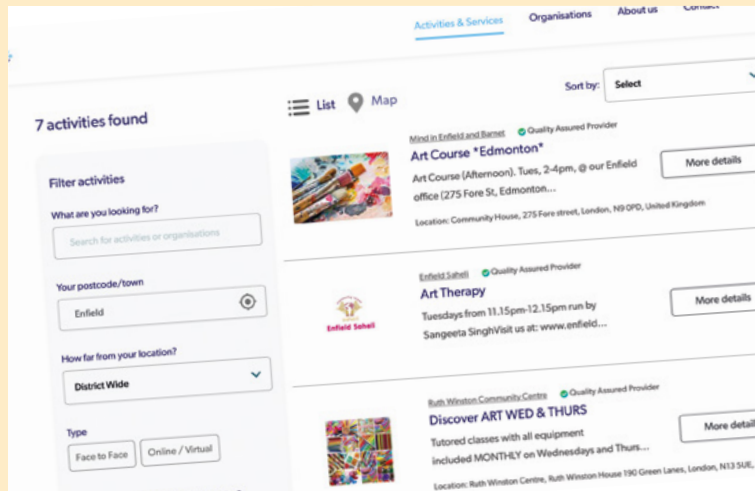
Social Prescribing

Social prescribing is the term used to describe healthcare professionals referring people to non-clinical services, such as social activities, to improve their health and wellbeing.

EVA's Social Prescribing project employed and trained link workers to take the patients referred by local GP surgeries and, through discussion of their needs, put them in touch with suitable activities and support provided by Enfield voluntary and community groups, using the Simply Connect Enfield database.

A health and wellbeing coach was also employed to run group pre-diabetes information and action planning sessions for residents at risk of developing diabetes.

110 referrals to the social prescribing service
237 residents attended pre-diabetes information or action sessions



76 Simply Connect Enfield

groups added to the database

509 activities added

Simply Connect Enfield is a database of social and wellbeing activities, and local advice services provided by EVA members.

EVA maintains the listings, which were used by our social prescribing team and can also be searched directly by Enfield residents.

In 2021-22, a total of 76 groups providing activities were added to the directory, with 509 activities listed.

EVA's development workers assess each provider against six quality indicators to help ensure they are well run.

Through our knowledge of local groups, we also seek to identify gaps in services in the directory and encourage relevant groups to join.

We check regularly with the groups to ensure the database is up to date.

Job Club

EVA manages the Enfield Over-50s Job Club, in partnership with Enfield Over-50s Forum.

The Job Club supports older people with limited IT skills to find their way through the Universal Credit system and develop CVs that give them a better chance of getting a job.

We recruited volunteers who work with a freelance facilitator to support Job Club attendees.

In 2021-22, the Job Club, which had been moved online during the Covid lockdown period, was reopened as a face-to-face club based in Enfield libraries.

323
support sessions were provided to over-50s

92
Job Club members completed CVs



Park life:
friends groups help make Enfield's parks more accessible

EVA's project brings together Enfield's 24 separate friends of parks groups and provides them with development support to ensure they are on a solid and sustainable footing.

This work has also allowed six new or dormant friends of parks groups to get up and running again.

We have brought together traditional friends of parks groups and other local voluntary groups involved

Active Through Football

147
residents surveyed on community football activities

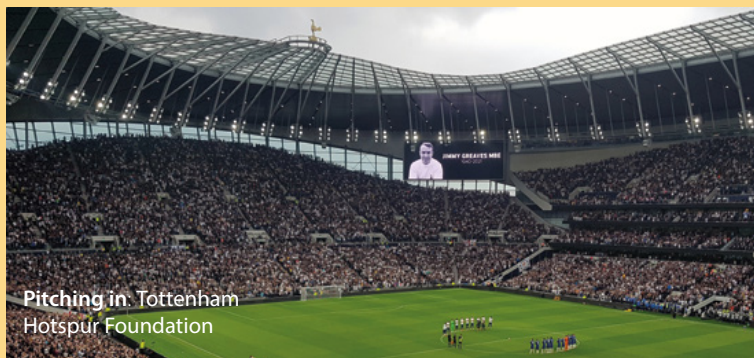
EVA has been part of an Enfield Council-led Active Through Football consortium that included Tottenham Hotspur Foundation and non-league football club Enfield Town.

to find out what sort of football activities they would like to see, targeting under-represented groups, such as women and people with long-term health conditions.

We carried out a survey of 147 residents and community engagement with 14 local groups

EVA's work contributed to the council securing more than £400,000 funding over five years.

14
community groups with less access to football contributed ideas and views



Pitching in: Tottenham Hotspur Foundation



Friends of Parks

in litter-picking, maintaining Enfield's waterways and other environmental improvements into a single network. This gives them opportunities to share good practice and experience, and potentially make joint funding bids.

EVA has helped the groups to improve their governance arrangements and introduced

them to funding organisations at specially tailored Meet the Funder events to help them make better applications for grants.

This support has helped our friends of parks groups ensure they can continue the work that makes Enfield's parks and open spaces more accessible and enjoyable for everyone in the community.

24
friends of parks groups supported

6
new or dormant groups set up or revived with EVA support

67
one-to-one development support and advice sessions

Enfield Wellbeing Network

Enfield Wellbeing Network was launched in January 2022, to help residents manage long-term health conditions and prevent new ones.

EVA is the lead partner in the project and holds its money.

Health and wellbeing practitioners assess each person's individual needs and work with clients to support them for up to 12 weeks.

30
clients given help in the first three months of the project

Organisations in the network

Age UK Enfield • Enfield Carers Centre • Mind in Enfield and Barnet • Alpha Care Specialists • Citizens Advice Enfield

Youth Alive

EVA has recruited Youth Champions to link 135 young people with opportunities to increase physical activity and social connections.

It is a "light touch" project to support mental wellbeing.

3
champions, from Chickenshed Theatre, Focus CIC and Oasis Academy Hadley



All smiles: at one of the Enfield stay and play groups

Discover and Share

EVA's Discover and Share project offers training to parents of young children to enable them to lead local "stay and play" groups. Each group then provides support for other local families and activities for their children.

The project entered its fourth and final year in 2021-22, with 12 new parents completing their 12-week accredited training courses in Facilitating Stay and Play Leadership (Level 2 and 3).

This year's cohort brought the total number of trained and accredited parents to 101. In 2021, the stay and play groups (see photo above) supported over 200 Enfield families with young children.

Juliet Demetriou, an outreach worker for the project, won a silver award at the prestigious Pearson National Teaching Awards for this work.

She said: "Out of all the projects I have run, the stay and play group has been the most rewarding. Most courses see parents move on, but on this course, everyone comes back to contribute to the school and the community."

12
parents completed accredited training

200+
families supported by stay and play groups

Health Champions

17
people completed accredited Health Champion training

The Health Champions programme aims to put community groups at the heart of health and social care service planning and delivery, and make a positive impact on health inequalities.

A total of 54 Enfield voluntary and community groups now have Health Champions. In 2021-22, a new cohort of 17 champions completed accredited training with the Royal Society for Public Health.

54
Enfield groups now have Health Champions

A total of 28 Health Champions also completed accredited training in mental health first aid.

LocalMotion Enfield

15
local organisations brought together in a new core group

LocalMotion brings together six funding bodies and six places across the country to tackle social issues in new ways.

EVA coordinates LocalMotion Enfield and holds its resources. We have established a core group of 15 local organisations, which has identified priorities for spending – mental health and isolation, and bridging Enfield's "east-west divide".

Keep in touch with EVA

Enfield Voluntary Action

Community House
311 Fore Street
London N9 0PZ

Email admin@enfieldva.org.uk

Phone 020 8373 6268

Website enfieldva.org.uk

EVANEWS monthly email

enfieldva.org.uk/evanews

EVA training and events diary

enfieldva.org.uk/diary

Contact details for EVA services

Simply Connect Enfield, membership, training and event bookings and all general enquiries

Jenny Budden
admin@enfieldva.org.uk

Renata Petrivalska
r.petrivalska@enfieldva.org.uk

Community accountancy

Sakeel Toraub FCCA
s.toraub@enfieldva.org.uk

Projects and partnerships

Chris Scutt
c.scutt@enfieldva.org.uk

Development and funding advice

Fred Adams-Montantin
f.adams@enfieldva.org.uk

Volunteer Centre Enfield

Meera Vasudevan
volunteering@enfieldva.org.uk

Social prescribing

Helen Price
h.price@enfieldva.org.uk

EVANEWS and communications

Tash Shifrin
evanews@enfieldva.org.uk

