

(A short summary of useful information about Langworthy Cornerstone; what it does and the effect it has)

Who and what are we?

January 2017

Langworthy Cornerstone is a large multi-purpose community centre in Salford. The centre provides a range of health & wellbeing services including; Health activities, a GP surgery, a community cafe, children's centre and family support, educational activities, advice, one to one support, room hire and office accommodation. The building is owned & supported by the NHS, and it has been entirely locally managed by LCA for over ten years.

In numbers (& a few words)

****450,000 person visits in the last 5 years, that's 6 full houses at Old Trafford***

****60,000 healthy home cooked meals provided in our cafe including FareShare produce to reduce food waste***

****Over 4,000 people of all ages attending more than 60 different activities and services every year***

****Over 1600 group sessions per year from Healthy Cookery to History and from Active Seniors to Zumba Fitness***

****Participants come from a diverse range of backgrounds, with 75% living locally, an area of severe health disadvantage***

****We develop new projects and partnerships to meet changing demand, but also sustain valued and popular activities year after year***

Change

Langworthy is becoming more diverse, so we carried out a project in partnership with Manchester Metropolitan University using trained community researchers from a wide variety of cultural & language backgrounds to investigate need in the newer Salford communities. The main finding was increasing and (largely) unmet demand to learn English. Since the report was published in September, we have attracted funds and formed good relationships with learning providers, so that from early 2017, there will be a range of opportunities to learn English here, including teacher training, volunteering opportunities and close links with other services and activities.

2016 Try Outs

- Men are less likely to use the centre than women, are becoming increasingly isolated and the local men's health outcomes are pretty grim. So we started the ManWeb Men's Health Project, adopting a Northern, light hearted, non clinical approach, and a year later we have had over 100 participants taking part in a variety of activities, including a residential, trips out, healthy cookery, local history group, NHS health checks, and a great deal of football. Feedback has been ace and we will continue to develop the project in 2017 and beyond.
- The Local economy is not strong, so in partnership with the Banana Enterprise Network we started Langworthy Business School providing a package of introductory business courses, book keeping, confidence building, social media and one to one support. The project has had over 100 participants, with a third progressing on to starting their own business or moving on to further training, so obviously, we are continuing this one as well.

Salford Locality Plan

The Salford Locality Plan provides a good framework for thinking about what we do and who benefits, so using the broad headings;

Start Well: Children will have the best start in life and continue to develop well during their early years

Parent craft classes help to give children the best start in life as well as crucial information for soon to be parents. Over 70 children take part in activities such as Stage school, Street dance, Family cookery, Karate, Spanishtastic & Zumba as well as a Surestart Children's Centre providing a whole range of services, activities and support for parents and 0-5's.

Live Well: Citizens will achieve and maintain a sense of wellbeing by leading a healthy lifestyle supported by resilient communities:

The Cornerstone strives hard to maintain a friendly and supportive atmosphere whilst at the same time ensuring that we are professional and effective at delivery. In 2017 we will be directly involving a much larger group of local people in the management of the centre by developing a general membership, linked to volunteering and new activities. We work with partners to provide:

Health, Wellbeing, Learning and Social activities: Zumba, Salsa, Tai Chi, Yoga, Fitness classes, Reiki, Karate, Kurling, Meditation, IT classes, Arts & Crafts, Knitting & Crochet, Community Cafe, Theatre Group, Healthy Cookery, GP Surgery, ManWeb Men's Health, Business School, Alcohol Outreach Team, Early Intervention HIV Clinic, Carers

Support groups. Health advice & quizzes, plus community health & social events. Many of the participants in the Kurling Club and DIY Theatre Group have a range of physical & mental disabilities and learning needs.

One to One services, Support, Economy, Advice and Outreach: Men's Health Worker, Being Well Coach, Smoking Cessation Worker, Volunteering & placement worker, (all staff & volunteers are involved in engagement basically) plus Citizen's Advice, Job Club, Business School, Credit Union. We are a Salford living wage employer and most of our staff live locally.

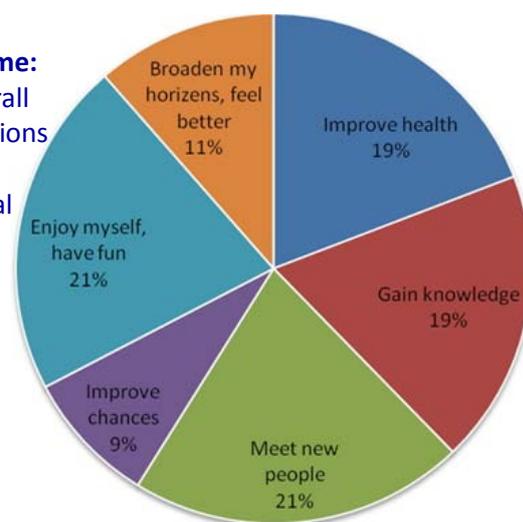
Engagement, signposting & Promotion: With our very active Facebook page (over 900 followers), together with our website, increasing use of social media, leaflets, posters, Triage system on reception, plus good old fashioned talking to people (still the best) we cover as many bases as we can.

Age Well: Older people will maintain wellbeing and can access high quality health and care, using it appropriately: Senior Salfordians participate and make a great contribution to many of the above activities and the 'Average Cornerstoner' is older than the Salford average. Specific activities include: Active Seniors, Tea & Tech, Snapshots, Crafts & Chat and more. All staff have received Dementia Awareness training and we are a Dementia Friendly organisation.

Effects

We conduct regular research to see what difference we are making over time:

88% of our regular participants report significant improvements in their overall health & wellbeing and 90% agree strongly or very strongly that their aspirations for attending the centre have been met. We have also tried to measure the feelings of wellbeing of our participants as compared to statistics for the local area from the Office for National Statistics. We found that the 'Cornerstone Effect' was more than bridging the gap between the low scores for the local area in general and the national average, and in terms of happiness and 'worthwhileness', participants reported higher wellbeing scores than the national average. This all has beneficial effects for longer term health.



The things people say

Comments made on healthy lifestyle changes: My feelings about myself changed for the better. I lost 6kg so I look amazing and am so happy.

Please keep going and help others. The Cornerstone made me join other things. Encouraged me to do more and join other groups in the community - bowling etc.. I have made some friends on the weekend away I don't have a lot of friends so I normally sit in the house now I have friends I can meet up with again. " If this is how happy you are after one weekend away I will pay for the whole lot of you to go every weekend, I feel like I've finally got my husband back " Wife of a man suffering from PTSD.



Comments made on learning and knowledge: Doing course because I've had a stroke and I want to keep skills up to date so I can work again. Had fun and learned new skills. I take what I have learned from Rob the Chef, about healthy food, budgeting, and getting the L2 Food Hygiene Certificate and pass it on to others. Want to do Bistro course.

General comments: People are friendly. Very good instructor. Also do meditation class now. Would like to volunteer. Cornerstone is a big part of my life, I also contribute to Cornerstone. I do a lot of voluntary work with the homeless and other charities and organisations. What the Cornerstone is doing is marvellous.

Smallprint

All the information in this report is summarised from our ongoing research and in some cases is an informed guess where for example we only have partial information. We have a wealth of information now, and we would be very pleased to send you the documents we worked from and refer you to many others we have.

Please visit our website at: www.langworthycornerstone.co.uk, or find us on Facebook

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Special thanks to the LCA Board, Staff and volunteers, and especially Anne-Marie Lowe for the research efforts.

PS: We would love to be able to relate what we do to likely savings to the NHS in the future, but we're not sure how.