



CCT



Anniversary Special Issue
2023/2024

Social Value at the Heart of the Community

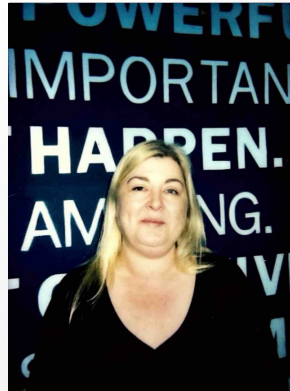
From meanwhile resilience to community sustainability on the
Grahame Park Estate in Colindale, Barnet.



Who is the CCT?



Bina Omare,
Chief Executive Officer



Kelly Curran,
Triage receptionist
Finance Administrator



Jan Brennan,
Community Development Manager



Fanta Sheriff,
Early Intervention
Prevention Caseworker

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 health and well-being. In this magazine, you will find stories, views and opinions from the people who attend the activities and services offered at the CCT.

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.

Thank you to everyone who has contributed and shared their voices and experiences.

And thank you to Jiacheng Zhang for creatively putting this special issue together.

Dr Magali Peyrefitte (Brunel University, London).



06 Health & Well-being

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



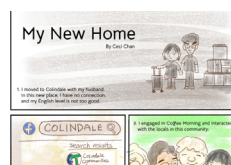
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On July 11th, a group of Grahame Park residents created body maps in a storytelling activity, revealing health challenges but also the benefits of community support in their area.



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



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



22 Retail on the Estate

Some final reflections on a 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 to meet new people and with the word search, bingo etc that we do it helps activate my brain. I've been home for a while recovering from a total knee replacement. Being home all day can really do one's head in.'

'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.'



B I N G O

13	24	42	51	67
12	23	40	49	62
11	18	FREE SPACE	53	64
3	21	31	48	72
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13th of January 2023

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 the walking group.

The previous page presents feedback from the Tuesday group and this page of the CCT Walking Group which is a supportive, inclusive community that encourages socialization, physical fitness, learning, and enjoyment of nature, providing motivation and camaraderie for its members.

“

Oh god you can see how happy I am! I just love it! And the group that we have is beautiful! I always look forward to Fridays and Tuesdays!

I alw
to Fr
mi

Through this group I have learnt about other groups and this has made my week busy.

The camaraderie and the possibility to make new friends as new people join the group.

to belong to a group, to socialise and be happy.

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.

ways look forward
idays. I would not
ss it! I try not to.

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

You can go at your own
pace. It is not rushed. It
is leisurely. Leisurely and
pleisurely! As well as edu-
cational 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.

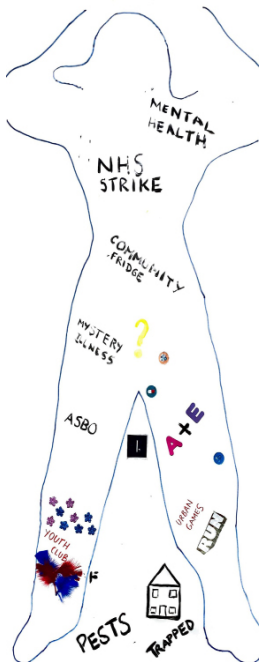
As well as educational learning
about the place but also about
plants and flowers.

It gives you energy to
do other things.

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

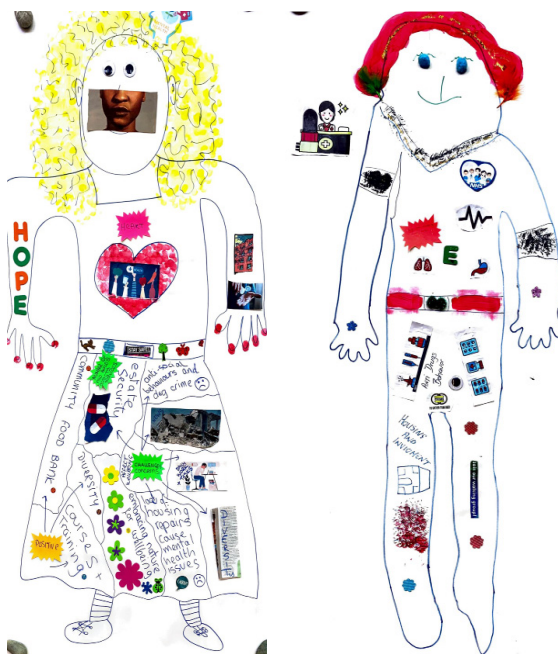
The Body-map Story Telling

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.





The strength of being part of a diverse community where people helped each other was indeed highlighted as a key positive contributor of good health and well-being. The participants agreed with one another that this was supported by the various activities and services offered by the CCT and more widely on the estate (See last pp22-23). The body maps showed the 'good and the bad' as one of the participants said - the hope in the regeneration and the strength of the 'community spirit' but at the same time how this 'community spirit' could be challenged by the prospect of displacement for some, and the strain of a large scale new built development on the current infrastructures and the provision of key services. Overall, the discussions provided an essential account of resilience and how it is supported in times of change.



FROM STRANG TO COMMUNIT AN IMMIGRANT JOURNEY OF ADAPTATION A GROWTH IN COLINDALE

ERS

Y:

T'S

AND

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 Ceci Chan



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



COLINDALE



search results



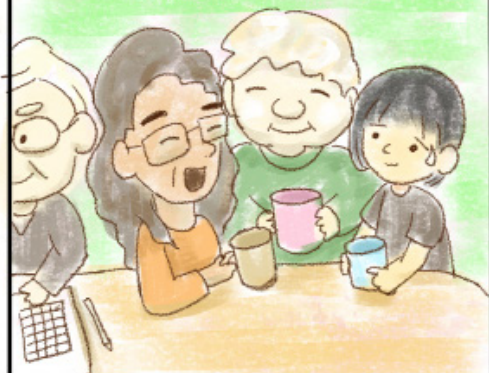
Colindale
Communities
Trust



click
click

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

3. I engaged in Coffee Morning and interacted
with the locals in this community;



4. I joined the walking group to learn more about the history and environment of my new home;



5. I enrolled on the ESOL class in 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.

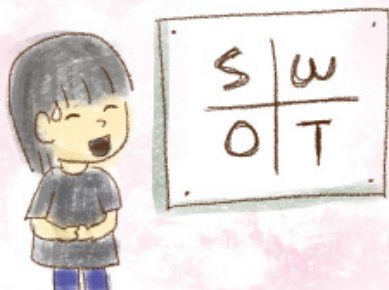


6. I joined an art class to develop
my drawing abilities, and I was
very excited to have my works
displayed in CCT.

The experience was wonderful



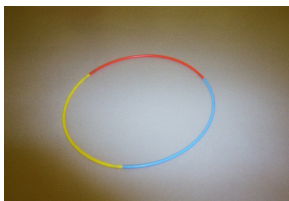
7. I learned business skills for personal
growth and development in CCT.

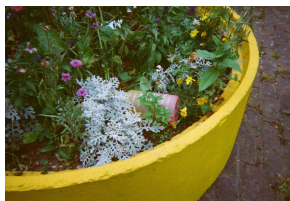


8. Thank you CCT for the support and guidance in adjusting to my new life.



Seeing the Estate through the Eyes of Young People





Some of the young people who attend the F.U.S.E youth club on Grahame Park recently photographed the Estate as part of a creative activity using disposable cameras. After a brief introduction to the cameras, they playfully unleashed their creativity and produced a very artistic series of photographs capturing the area with originality and showing us what matters in their surrounding including the importance of shops, of nature as well as of artful displays as in the graffitis and the murals especially the messages in the murals highlighting the importance of the community.

The F.U.S.E Youth Project organises clubs for young people living on Grahame Park, West Hendon and Stonegrove estates in Barnet. Through its various activities and exciting offsite trips, it aims to promote wellbeing and teach useful life skills.

Past, Present & Future – Grahame Park & Its 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.

“

‘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 estate and happy to be so! ... people make a place and there’s always been lovely people on Grahame Park and you notice that, I think when you join community groups.’

“I think the most important thing I love to bring to the table is the multicultural society or community that we had here in Grahame Park. We had people from all kinds of backgrounds and we all got along. What was important to me was the freedom that we had. We could play out all day long.

I think there’s definitely a community spirit here. I think people like to get involved. Some people say it was better in the old days. I don’t know I think it’s very much still that spirit. I think it is very important to not judge something by the way it looks. People can have opinions, but you knock on



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 everybody knew everybody. We had the pond. It used to be like a big paddling pool and it was great in the winter because it would ice over and you know many broken bones and there were great fun.'

'I have lived on this Estate for so many years and it's been quite good.

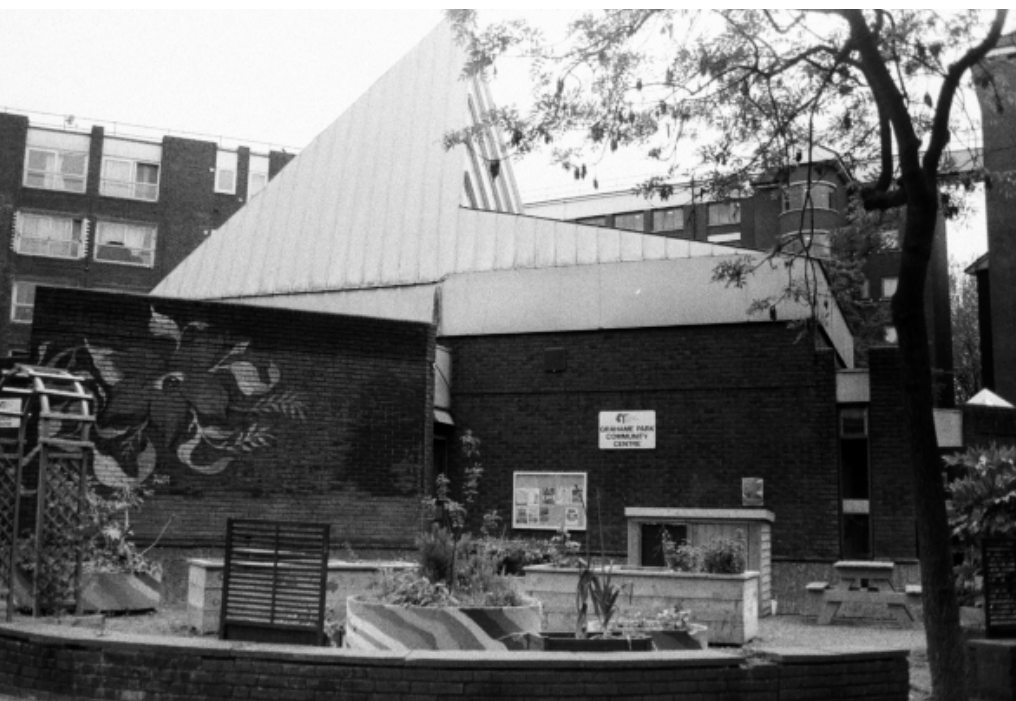
The community comes together and there are lots of fun days on this estate, in the summer and it's just the time when the all estate comes together because it's had its, bad things happened on this estate but the estate pulls back and comes together really and there's a real community spirit there.'

It has quite a strong activity involvement by the people.... There was a bit of a stigma attached to a council estate but looking back not deserved.

'My memory of this block was that it was very nice and quiet, mainly older people living in ...We helped one another and we had the pub downstairs and it was a very happy place to live in...'

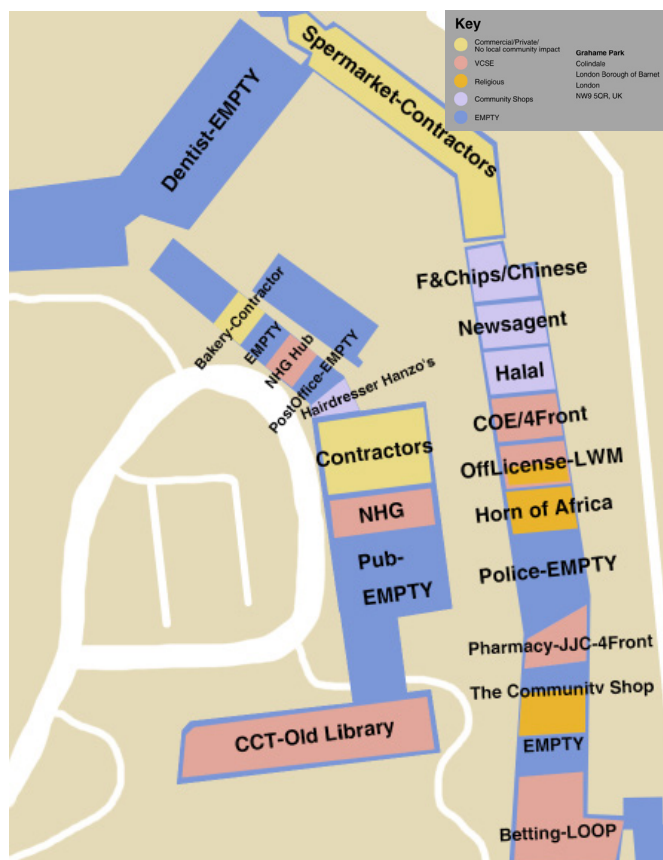







Retail on the Estate

- final reflections.



As I wait for my order at New Ocean (fish 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 they needed but also places where people could meet each other. Many of the units are now empty, and even though some have now been replaced by organisations that are also important to the community in providing key services (See current map of the Concourse), the convenience and the conviviality of these shops are missed and it does regularly come up in the conversations that we have had as part of data collection for the 'People and Buildings of Grahame Park' animated walking tour as (See extracts here) as well as during the Body map story telling workshop.

Magali Peyrefitte



'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, 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 everybody knew everybody. We had the pond. It used to be like a big paddling pool and it was great in the winter because it would ice over and you know many broken bones and there were great fun.'

It (the concourse) was just a place that you could come to and you could get everything you need. It was like a little high street in the middle of an estate. It was fantastic!

The concourse was just full of little high street shops. It was brilliant. We had a little clothes shop, a little shoe shop, hairdressers, launderette, hardware store, John the Green, the greengrocer. We had the butchers. And there were all places you could hang out. I am talking now, I am going back now to being a child and how much fun it was to sort of like, and the sense of freedom because there was no road.

One of the things that I do say to a lot of people it's because that we had everything here, so we had dentists, we had doctors, we had our own butchers, our own post office, we had a supermarket. I didn't, we didn't need to come off it and it's only when I was about 15 or something that I started to explore and started to understand London a bit more. But pretty much everything was here. A lot of people didn't need to come off the estate. It's really, really bizarre to say that now but it was so self-maintained. You had your own pub, you know what I mean!...The hairdresser was there.

What else was there? You had a bakery. Everyone needs to remember Gordon's bakery. I remember the original Gordon who was a Jamaican man and that was inspiring for us as well because I had never seen anyone black own a shop you know what I mean... Gordon bakery is quintessential Grahame Park alongside the original Chinese takeaway. Those two places were very important along side the post office as well because the chap called Viny and his mum and dad used to run it. An important part of our community. Yeah really really good people.

... when I first moved here we had a greengrocer, we had the butchers and even further up we even had a shoe shop. So this was much more a retail based centre. And then bit by bit I think because of lack of custom, people dropped off. It's a strange design the estate because this is right in the middle and you can't see it from the outside. It's all looking inwards so I think overtime the retail went. We still got few left and some of it is more community groups which is fine but it is a shame in a way that the retail side disappeared because you didn't have to go off to tesco or whatever you could just nip up here and do your shopping but yeah.

It has changed quite a lot. We had the launderette there, we had the chemist there. We had the betting shop which was where the Loop is at the moment. We had a DIY shop, we had a couple of food shops down the bottom we had the off licence, we had the butcher shop so it was a really nice community. We never had to go too far for anything. We used sit down by the pub we had benches out here. We used to be sociable down here but you can see now everything has changed. And it would be nice if we could have this kind of environment again.



Brunel
University
London