



**Empowering Communities:
Impact and Insights from the
Community Champion Program**



OVERVIEW OF COMMUNITY CHAMPION OUTPUT/ACTIVITY



Improved health outcomes & reduced inequalities among minoritised youth & their families in communities by creating awareness.



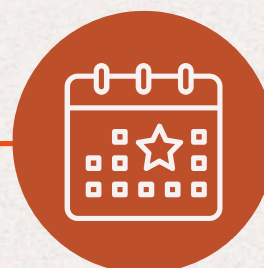
Collaborated with health & care organisations offering local insights on health-related topics by meeting regularly with public health leaders



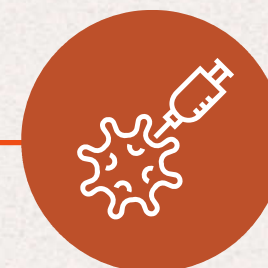
Promoted health & well-being by conveying health messages & raising awareness about services, overcoming barriers (Limited internet access, language, cultural sensitivities)



Actively engaged with Charedi community members, building trusted relationships with hard-to-reach & marginalised individuals & underserved groups, through our support line



Organised Events & Campaigns to promote Covid- 19 vaccine intake, plasma donation and awareness on staying healthy and safe



Provided Rapid flow lateral test kit to young people. We also gave them 1 on 1 support on how to use the test kit

SUPPORT PROVIDED TO SPECIFIC GROUPS AND COMMUNITIES



COMMUNITY CHAMPION SUPPORT

- Facilitated easy COVID-19 vaccination access
- Primary source of information during the pandemic
- Facilitated hassle free covid 19 vaccines access via our events
- Supported young people to donate plasma
- We ran the food drive for low income people
- Hospital liaison support



MENTORSHIP PROGRAM

- Provided free therapy with licensed therapist to 50 young people
- We ran a big brother program



SUPPORT FOR YOUNG PEOPLE

- Intense support provided to over 250 young people during COVID-19
- Included emotional and physical assistance
- Referrals to medical and mental health services through collaborations



HELPLINE FOR VULNERABLE YOUTH

- Operated a helpline to assist vulnerable young community members
- Tailored awareness to their needs and first language support (Yiddish)
- We were a point of contact for any advice



SYNAGOGUE VACCINATION DRIVES

- Conducted COVID-19 vaccination drives in local synagogues
- Ensured safe access for the Charedi community members



PROGRAMS FOR ADOLESCENT BOYS

- Support for adolescent boys facing poverty and learning disabilities
- Includes physical activity programs, mental health support, awareness events, focus groups, therapy, and an active helpline



COST OF LIVING SUPPORT

- Offered information on entitlements, support resources, and guidance on benefit applications
- We ran food drives and young people delivered food parcels to those in isolation



YOUTH ENGAGEMENT AND CAREER SUPPORT

- Actively engaged young people in organisational decision-making
- Collected feedback through surveys
- Helped them discover and pursue productive careers
- Improved their mental health and overall well-being

COMPREHENSIVE COMMUNITY HEALTH ENGAGEMENT



We have been **flexible and responsive to the changing needs of our local Charedi communities** during this challenging time. For instance, we adapted from sharing important Covid-19 information to a wider variety of health topics, including Mental Health & Wellbeing.



We **raised awareness of cost of living support** for residents by sharing the cost of living guide, information, and advice on local services.



We **continued to promote the Covid-19 vaccine, as well as flu vaccines and childhood immunisations**, including the polio booster, ensuring communities are well informed and safe. We raised awareness of diabetes and IBD prevention, diabetes/stroke/IBD management, and referral pathways through community-based outreach events in collaboration with VCH and in partnership with Homerton Hospital and Royal London Hospital.



We **offered warm spaces** for local residents and **provided access to food banks. The impact of the support we are providing is evident**, such as our methods of engaging with communities via effective conversation, drawing on MECC principles, summarising and translating communication materials into local languages, or offering digital support to enable access to vital information and services.



We **shared knowledge and insights**, such as accessing long covid services and attitudes towards polio vaccinations and wider childhood immunisations.



We **worked hard to ensure we are equipped with relevant skills and knowledge** in support of our role. For example, we attended MECC/Mental Health First Aid training, forums, and community champions peer support sessions.

OUR COMMUNITY CHAMPIONS IMPACT



Provided food and
basic supplies



Reduced
inequalities



Reduced the
digital divide



Reduced
isolation and
loneliness



Supported
vulnerable people
remotely



Made a positive
difference to young
people's wellbeing



Helped young vulnerable
people recuperate and
remain safe at home



Provided public health
information to communities
disproportionately affected
by the pandemic



Helped young people
living with mental
health issues



Supported vaccination
events and provided
outreach to reduce
vaccination inequity

EXAMPLES OF THE IMPACT MADE TO SPECIFIC INDIVIDUAL/GROUPS OF RESIDENTS



CASE STUDY OF YOUNG PEOPLE



Introduction:

In early 2020, the world was grappling with the COVID-19 pandemic, and many individuals were facing unprecedented challenges. Amidst this backdrop, a 17-year-old boy named Joel, who had already been dealing with personal struggles, found himself at the brink of despair. This case study sheds light on Joel's remarkable journey from the depths of despair to becoming a successful entrepreneur, thanks to the timely intervention and support provided by Kol Bonaich / Kids in Pain.

Background:

Joel had a history of mental health issues, including previous suicidal thoughts. Recognising the severity of his situation, Kol Bonaich had previously intervened, offering professional help and support. However, Joel's battle with his inner demons continued to haunt him.





The Critical Moment: One fateful night, at 2:00 AM, Joel's mother made an urgent call to Kol Bonaich, expressing her concern. She reported that Joel had left a heart-wrenching suicidal note on his bed and was acting extremely suspicious. The situation was dire, and immediate action was imperative.

Kol Bonaich acted swiftly, contacting social services and the police. With their professional expertise, they were able to locate Joel on a bridge overlooking the River Lea near Springfield Park. He was on the precipice of ending his life.

Intervention and Negotiation: As Joel saw Kol Bonaich professionals approaching, he disclosed his suicidal thoughts. The situation was intense and highly sensitive, requiring immediate action to prevent a tragic outcome.

Working in coordination with the police, Kol Bonaich's team engaged Joel, using professional tactics and empathy to persuade him to step away from the edge.

Joel agreed to come off the bridge but made a crucial condition - he would do so only if he received help to resolve his family issues. Kol Bonaich assured him of their commitment to providing assistance and support.



Path to Recovery: Recognising the severity of Joel's distress, it was decided that he should be sectioned and monitored for an extended period to ensure his safety and mental well-being. Kol Bonaich collaborated with a private welfare home, covering the expenses for Joel's care and treatment. This marked the beginning of Joel's transformative journey.

Over the course of 7 months, Joel received comprehensive therapy, counselling, and mentoring from Kol Bonaich's dedicated teams. His deeply rooted issues, which had been neglected for far too long, were addressed with care and professionalism.



The Transformation:

By November 2023, Joel had emerged as a renewed and empowered individual. No longer burdened by the weight of his past struggles, he had not only overcome his trauma but had also developed new skills and a positive outlook on life. Joel's remarkable transformation was a testament to the unwavering support and dedication of Kol Bonaich / Kids in Pain.

Success Story: Joel's story took an inspiring turn. Today, he is a successful entrepreneur with a thriving Amazon business. Not only is he earning a living, but he is also actively contributing to society by volunteering to help young people suffering from mental health. This remarkable turnaround in his life serves as a poignant reminder of the impact that timely intervention and professional support can have on a young person's life.



Conclusion: Joel's journey from the depths of despair to success is a shining example of the life-changing work undertaken by Kol Bonaich / Kids in Pain. Their swift and professional response in Joel's darkest hour saved his life and gave him the opportunity to fulfil his potential. Joel's story is a testament to the power of hope, resilience, and the importance of mental health support for our youth.

PARTNERSHIPS OR COLLABORATIONS MADE AS A RESULT OF ENGAGING WITH THE PROGRAMME



Forged Beneficial Connections through Active Participation

The Community Champion actively participated in Regular PHCC forums, effectively established valuable connections with local organisations. These connections played a pivotal role in enhancing support for beneficiaries.

Collaborative Success in Guiding Youth

Through these collaborations, the organisation gained the ability to guide and refer young people to the most appropriate sources of support. This collaborative approach has been instrumental in effectively curbing suicide rates and preventing the escalation of antisocial behavior and mental health issues among the vulnerable youth.

A Journey of Professional Growth and Expertise

Engaging with the project propelled the Community Champion into the realm of professional training organisations. This included engagement with prestigious institutions like MHFA England (Youth Mental Health First Aid). Furthermore, we actively participated in various forums and initiatives related to youth mental health, faith, public health, and social issues, culminating in the achievement of MHFA certification, as well as trained on the Five to Thrive model with MIND.'



REFLECTIONS AND LESSONS LEARNT FROM BEING INVOLVED IN THE COMMUNITY CHAMPIONS PROGRAMME AND HOW THE GRANT HAS SUPPORTED US IN OUR ROLE

Recognition of Need for Assistance

Reflecting on our involvement in the Community Champions program, we have recognised the profound need for assistance within our marginalised and low-income young population. This understanding has driven our mission to provide vital support and essential services.

Overcoming of Accessibility Challenges

Lessons learnt from our participation highlight the unique challenge of reaching hard-to-access individuals. Despite these obstacles, we've discovered that regular updates, especially related to health and financial support, are essential in helping them navigate daily challenges effectively.

Empowering of Youth Voices

Through our involvement, we've learned the importance of recognising the untapped potential and talent among young people. Our aim is to give them a voice and empower them to maximise their abilities, realising the positive impact they can have on their communities.

Grant-Enabled Caregiver Awareness

The grant has been instrumental in enabling our organisation to host highly effective awareness events for caregivers of at-risk teenagers within the Charedi community. This has positioned us as a primary point of contact for inquiries related to the needs of young people, fostering stronger connections and support.

Expansion of Service Capacity and Collaboration

The Community Champions program, coupled with grant support, has allowed us to expand our service capacity significantly. We've learnt the value of collaborating with larger, trusted organisations, which has led to building stronger community trust. This, in turn, will ensure continuous support to keep the Charedi community safe, secure, healthy, and well-informed.



GOOD NEWS STORIES & FEEDBACK



"Hi Yossi have no words to thank you my mother never had such a smile on her face the professional way it was delivered by a Swifty driver she has no clue it's you but I know it's from you as seen on your status she didn't have a penny for shopping and it came in from the byn'n Hashem should give you lots of nachas from your kids And keep up your grt work"

גיט יום טוב

"I felt so good helping the community in delivering food parcels and it was a real privilege to meet Philip Glanville. - Ben"

"After participating in the program, I noticed a significant shift in my community. Many more people not only understood the COVID-19 virus, rules, and guidance but actually followed them. It's like a collective light bulb moment, and I believe this program played a key role in changing opinions and behaviors for the better."

- Mrs C. Rapaport, COMMUNITY CHAMPION





THE LONDON FAITH & BELIEF COMMUNITY AWARDS 2022

Kol Bonaich

Recognised for services to and for
faith and belief communities
in Greater London

The community swimming program made me feel relieved, I got a boost of adrenaline to continue my studies. - Aaron



"Being part of this community has been a transformative experience. The sense of belonging to a larger network of like-minded individuals has not only expanded my professional opportunities but has also enriched my personal life. The support and camaraderie within the community create an environment where everyone thrives together."

