



Saint Pancras
Community
Association



IMPACT REPORT 2022/2023



About us

Saint Pancras Community Association is a charity delivering high quality services, uniquely serving the local area around St Pancras and Somers Town since 1999 with an accessible and welcoming community space that provides services for all ages. With a range of community services on offer, providing both indoor and outdoor activities, the whole family can access activities to meet their needs.



Our Values

Improve health outcomes
Reduce isolation amongst
older people aged 60+
Give young families a
better start in life
Support community pride





Our Services

Community Kitchen and Warm Space

Our Community Kitchen and Warm Space launched in November 2022. Operating on 2 evenings a week, on average, we host 40-50 members of the community per session and we provide hot drinks, healthy meals and children's activities.

The project is so much more than a hot meal and free drink in a warm welcoming environment. It's a place where both adults and children have made friends and it connects the community to alleviate loneliness. It's also a space where people feel safe to talk and can be signposted to further advice and help if they need it including referrals to The Little Village, calls to Housing Authorities and Health Visitors, as well as Food Bank Vouchers.

Some of the feedback includes:

'This is the first time I've felt full in a long time'

'The cost of living means I'm not switching on the heating, here I'm warm, fed and I have made loads of friends on the way'

I live on my own, I feel really isolated, but my week is much easier knowing that 2 evenings a week I'm somewhere I feel welcome, and somewhere that's close to home.'



"I don't feel lonely anymore"



Community Garden

This year, supported by National Lottery Awards for All, we have been working with Kentish Town City Farm and more than 25 volunteers to develop our community garden into a welcoming space for outdoor activities.

The garden is used by all generations, from Early Years in our Nursery and the Stay and Play sessions, as well as being used by our Community Kitchen and Golden Years and as a space for community events such as our Xmas Fayre and Fundraising Events.

Our next objective, subject to further funding support, is to create more interactive and inclusive gardening events for the whole community, including workshops to help people learn, create connections and also improve their overall wellbeing.

Some of the feedback includes:

'We don't have our own garden, we think of the SPCA Garden as our own'

'It's a really safe space for my children to play outside without having to worry about what they are doing'

'It's great to have some outside space for the kids to play in whilst I spend time in the garden with my friends'.



“We don't have our own garden, we think of the SPCA Garden as our own“



Golden Years Programme

Golden Years is a fun, low cost activity programme for people aged 60+, providing a varied programme of weekly and one-off activities that help them stay connected and live happy health lives.

48+
activities
per month

- Coffee & Cake
- Singing
- Walks
- Sunday pub lunch
- Day trips
- Book Club
- Art and crafts
- Inter-generational projects
- Tai Chi
- Yoga
- Bingo
- Annual holiday
- Chair Exercise
- Tea parties
- Outings

Just a few of the many outcomes for our members include:

- Increased levels of activity leading to improved physical and wellbeing
- Reduced loneliness and isolation leading to improved emotional wellbeing
- Improved resilience and ability to cope leading to better mental health
- Improved friendship networks and access to support leading to greater independence

Some of the feedback includes:

“I enjoy coming to the centre because the staff are very nice and polite”

“The centre itself is welcoming and colourful, it’s a place to relax and meet people whilst attending all the different activities.”

“I love coming here – people are so welcoming, and the classes are great, especially Joe’s drawing class.”

“I would highly recommend this centre, since joining from the first time I was to feel comfortable and welcome, greeted with a smile. I love the place.”



**90+
participants
every week**

**400+ hours of
community
activities**

**4400+
hours of
sport
activities**

***“Sandra's class is
fantastic for women,
your strengthen,
mobility improves,
less pain in the body,
great for all ages”***

Wellbeing Programme

Our wellbeing programme continues to encourage healthy lifestyles among local people who would not otherwise take regular exercise, eat healthily, or manage their mental or physical health. Free classes offered include:

- Fencefit for children
- Women's Fitness Fusion
- Reggae Aerobics for the whole family
- Childrens 8+ football
- Over 30s Men Boxercise
- Adult Taekwondo

Community activities and events

To ensure we support local community access to our outdoor sports facilities we offer affordable hire to encourage physical activity for all ages. Seven community groups provide a range of weekly opportunities including regular Netball, Tennis and Football.

We also offer affordable community hire of our indoor spaces for parties, talks, presentations, workshops, yoga and community events and host a number of parties and workshops throughout the year to encourage community access.

- Curry and Comedy Fundraising Night
- Christmas Fayre
- Salsa Fundraising Night
- Free Legal Housing Workshop
- Free Legal Immigration Workshop
- Free Start your Own Business Workshops



Little St Pancras Nursery

Open Tuesday, Wednesday and Thursday between 9:30am – 2:30pm for children from 2 years.

We provide a safe and stimulating environment for learning and children's development socially, emotionally as well as physically. We aim to give every child an equal opportunity to participate and contribute, regardless of their differences, and encourage them to develop to their full potential.

This year the needs of the children included autism, deafness, extreme non-verbal behaviour with eating difficulties, speech and language with few words and poor pronunciation, as well as English as an additional language.

Our staff are passionate, enthusiastic and committed to ensure every child in our care explores different ways of learning that work best for them. To achieve this we work in partnership with others to give every child the best care and support:

- Camden Inclusive Intervention Team (IIT)
- Highly Specialist Speech and Language Therapist - Service for Children who are Deaf Whittington Health NHS
- Frank Barnes School for Deaf Children
- Camden Early Intervention and Prevention

Some of the feedback includes:

"I want to say thanks for not just inspiring my son, but me too, to come out of our shells and move forward"

'Thank you for being such amazing teachers! My daughter has enjoyed her time at SPCA nursery and will miss it a lot'.

16 children in nursery

7 with additional needs



"My child's nursery is amazing. The caregivers are dedicated and create a loving environment where children feel happy, learn, and make lasting memories"

Our Impact



Using SPCA services has...

..helped me feel less
anxious or stressed.

94%

..helped me feel more
optimistic about life.

97%

..improved my
feelings of personal
health and wellbeing.

91%

.. helped make me feel
more confident and
better able to cope
and deal with day to
day problems.

96%

..helped me feel less
isolated and more
connected to others in
the community.

96%

..helped make me
access other services
when I need them.

90%

..helped me feel
safer in my
community..

97%

Our Impact



Staff and volunteers have...

..made me feel welcomed

100%

..understood my needs and issues

97%

..been responsive to my requests and enquiries.

100%

..been well informed and knowledgeable

97%

Would you recommend activities at SPCA to others in the community?

100%



**Saint Pancras
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