



IMPACT REPORT

April '22 - March '23

Creating positive spaces and opportunities for resident empowerment and wellbeing.

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WELCOME

Thames Life Community Development Trust, previously Thames Ward Community Project (TWCP), was created in 2017 following the award of a £311K grant from the National Lottery Community Fund. The project was a response to the real divisions and lack of social infrastructure in the then Thames View and Riverside wards; which is the site of one of the largest housing developments in Europe, in a borough experiencing one of the highest levels of poverty in London, and in some cases the UK.

This year in particular, we have rebranded to be as vibrant as the community we serve and the core team has grown, bringing in new skillsets, expertise as well as more residents joining our staff team than ever before. This has really helped to further stand out and embed us within the community in an authentic way, as our vision remains to see residents driving change. This annual report shares the impact and stories of our projects across the 2022 - 2023 financial year. We hope you gain an insight into the people behind the work we do and how we focus on solutions to the challenges residents have identified and their hopes for the future of their community.

This report will help you understand what our work looks like in practice, whether this is how we champion resident voice across all our projects, including The RiverView, the achievements of the Young Citizen Action Group (YCAG), the impact of the Barking Food Forest and Ripple Effect Group, or the connections made with our health programmes.

For more information about any of our work, please visit our website or contact our team for a chat!

Zahra Awani

Communications and Marketing Officer (Mat Leave Cover)

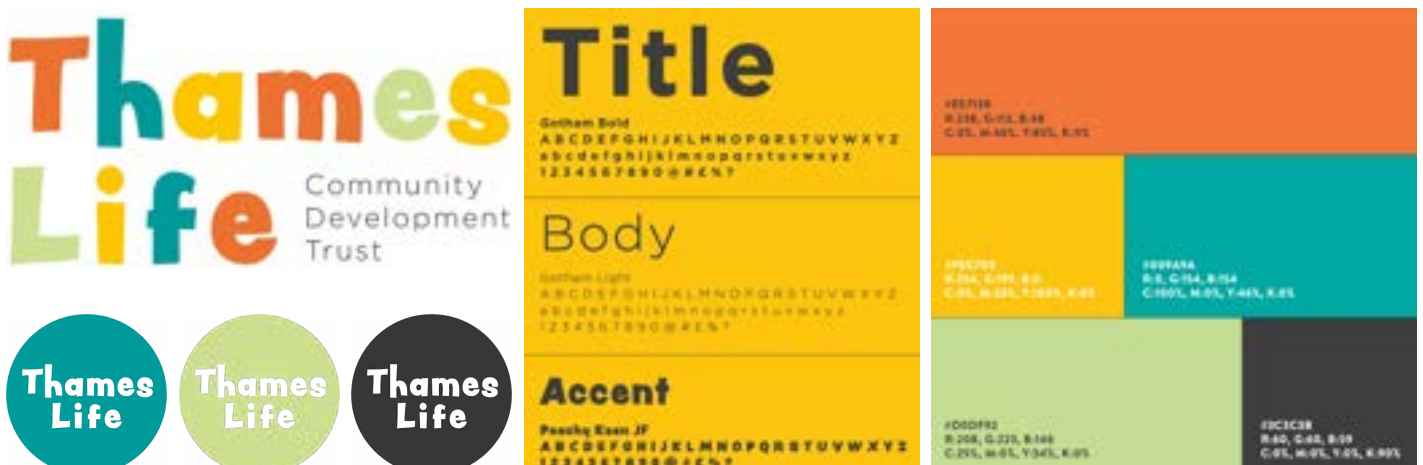
OUR NEW LOOK

This time last year, we were known as Thames Ward Community Project (TWCP), our name for the past 6 years. However, there were a couple of considerations we needed to take into account with our name this year:

1. A project suggests a more short-term existence, when in actuality we see ourselves serving the community for as long as there is work to do across the borough. Therefore changing our name to truly reflect who we are and what we do in the community was a necessity.
2. We wanted to have a name, look and feel that reflected the vibrant, diverse community we work within. Barking & Dagenham, and specifically the then ward we worked within, doesn't have the best statistics when it comes to health, wealth and wellbeing, yet working here there are so many different people who have a real sense of community and passion, that we felt our previous branding was dark and flat in comparison. We needed more vibrancy to reflect our community but also to be seen as more approachable by residents.
3. The boundaries of the ward previously known as Thames Ward, would be split into two different wards and no longer exist, so having Thames Ward in our name would no longer make sense.

All these things led to us having a number of workshops with our Trustees to look at how we were perceived as TWCP vs. how we wanted to be perceived, as well as a name that would encapsulate that. After many workshops with our Trustees and knowing what we wanted to portray, we landed on Thames Life Community Development Trust. We then briefed our local designer (who also works on The RiverView paper with us) to create branding that was welcoming, vibrant and friendly. We got to a great colour palette and logos that really stand out across all touchpoints we have created since.

A massive thank you to Zainab, Rah Studios, Soyebo Digital and all our Trustees that led to us landing on our new branding and website:



ABOUT US

VISION

A diverse and vibrant community where residents are driving change.

MISSION

To create positive spaces and opportunities for resident empowerment and wellbeing.

OUR AIM IS TO:

- **Develop Leaders:** by offering increased skills development, training and volunteering opportunities for residents.
- **Nurture Relationships:** by creating impactful relationships between residents and partnerships with the local authority, developers, NHS, schools and others.
- **Exert Influence:** by connecting residents with decision makers to seek positive change for their community.
- **Support Enterprise:** by growing a network of community projects and businesses led by residents to address local need.

OUR TRUSTEES



Allan Thacker

Retired engineer with 44 years of experience



Amina Hussein

PA, HR, Payroll & Youth Work experience



Anna Pollard
Co-Chair

Church Leader, experience with community engagement projects



Delwar Hussain



Elizabeth Macauley



Hafizur Rahman

College lecturer, Trustee of Thames View Muslim Association



Jean Songa



Josiah Oyekunle
Co-Chair

International Wedding & Events DJ, Musician, Producer and MC



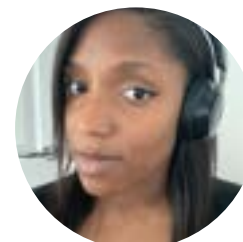
Lai Ogunsola

Project Officer in the Health Team at the GLA



Natalie Ogene

Civil Servant



Zahra Awani

Comms Lead at Church At Barking Riverside & experience in corporate marketing



OUR STAFF



Matt Scott
CEO



Jamie Kesten
Deputy CEO



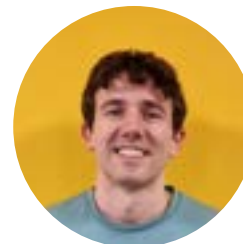
Margarida Lopes
Governance Manager



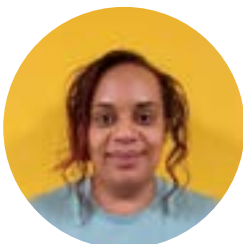
Nia Lopez
Administrative Officer



Almu
Freelance Health
Outreach



Alex Anthony
Community Organiser



Lucy Lee
Health Outreach
Officer



Vishal Narayan
Health Strategy
Officer



Zainab Jalloh
Comms & Outreach
Officer



A WORD FROM OUR CO-CHAIRS

This past year has been another full of growth and change. Not least demonstrated in our new name and fresh brand that saw us evolve from Thames Ward Community Project to Thames Life Community Development Trust in the autumn. This fresh look and name was significant on various levels, initially triggered by the growth in our community which meant Thames Ward multiplied into 2 new wards (Thames View & Barking Riverside) at the local elections in May 22. It has also marked the moment where we are no longer an emerging project hosted by a local school, but a fully-fledged, resident led charity. Significantly completing the transition of finances and staff employment from Riverside School to Thames Life in September.

Special thanks to Zainab for all her tireless work on the rebrand and congratulations on her new arrival, we look forward to welcoming her back after maternity leave. We are deeply grateful to Riverside School for hosting us through the early years and enabling us to grow to this point, also too for continuing to allow us to use office space and partner with them. Without Riverside School and the vision of the original Founders and Guardians we wouldn't have got to where we are today. Our first 2 team members, Matt and Jamie, and original Resident Steering Group members, have driven us to this point with real passion and commitment, so that we are now an established charity that will continue to grow with the community and enable residents to drive positive change.

We have welcomed a number of new people into the team, many of whom are local residents, Margarida, Lucy, Vish and Zahra. The dedication of staff and residents continues to be inspiring and a source of hope for the future. Last summer our work with Almu (Nice Bunch) tackling obesity was the start of further expansion of our health related work. Becoming Locality Lead for the south of the borough has been a real highlight and means we start this year full of excitement about what we will be writing about next year!

Anna Pollard & Josiah Oyekunle
Co-Chairs



A WORD FROM OUR CEO

Thames Life CDT is a people business. What we do is all about residents and partner organisations, who also support residents; the Police, Council, NHS, housing associations and developers, colleges etc.

We definitely have a reputation, some people love us, others are more wary. I'd be wary of a group saying it was about resident-led change. Working all my life as a community worker, I'd be deeply sceptical about anyone claiming to do that, as I know how hard it is and how frequently we fall short. How much it hurts when we fall short, but also how thrilling it is when the community starts to move; people find their voice and step into their greatness. I can honestly say I've seen more of those amazing moments whilst working at Thames Life than in any other organisation. And I'm increasingly ancient, so we're talking several decades.

Over the last year, our charity has found its feet; having negotiated TUPE, moving from Riverside School being our employer, to having a board of resident trustees. Shout out to all our trustees who have been on that journey. Drawn equally from both wards, our trustees know their community like no one else, combined with a host of creativity and entrepreneurship. Also, our staff, a majority of whom are local to either ward or generally connected to the borough, give a level of commitment that goes beyond the basics of any job description. My deepest thanks to all staff for going above and beyond.

The wider voluntary sector has also been a feature of our work, connecting with BD Collective, BD Giving and the BDCVS has been increasingly exciting and we feel part of the whole borough, rather than an island adrift of the A13. Sincere thanks to the Council, Barking Riverside Ltd and NHS; their willingness to listen and support, through pressures of delivery during austerity, pandemic and now a cost-of-living crisis, is central to any success we can hope for in our communities.

Lastly, I want to end with appreciation to everyone who has supported, challenged and helped us along the way.

Matt Scott
CEO

KEY SUCCESSSES

£349,984.26 funding raised across all projects
17,314 residents engaged across all projects

Rebrand & relaunch



Gaining the key to the Ripple Nature Reserve



GROW Festival at Barking Food Forest



Ongoing BRL funding secured for The RiverView



1 of 5 organisations helping to shape health policy in LBBD 10.

**'22/'23
FOCUS**

**1
BARKING
FOOD
FOREST
(BFF)**

**2
RIPPLE
NATURE
RESERVE
GROUP
(RNR)**

**3
RIPPLE
EFFECT
GROUP**

**4
YOUNG
CITIZEN
ACTION
GROUP
(YCAG)**

**5
THE
RIVERVIEW**

**6
LONDON
MARATHON
CHARITABLE
TRUST**

BARKING FOOD FOREST

Barking Food Forest (BFF) is a quarter acre site sub-leased since September 2021 to Thames Life by Riverside School, via Barking Riverside Ltd. Situated on Fielders Crescent, near Northgate, it is our very own community garden site - a community food growing space set within a multi-functional garden that provides beauty, play, therapeutic and wellbeing value and community meeting points. Another aspect is the use of the site by the nursery, special needs, primary and secondary school pupils.

This year (2023) is our second growing year. Much of our planned developments are dependent on further planning permission but nonetheless, residents, supported by our former trustee and permaculture expert, Nikhil Rathore, have continued to activate the space.

From April 2022 we made our own games from donated reclaimed wood, we built lots of planters, received deliveries of compost, grew vegetables, planted grapevines and fruit trees. We shared plants with the community at our events to encourage residents to grow plants in their own homes. We also built a polytunnel for Riverside Bridge School as part of a joint project and look to do the same at BFF soon.

With funding from OHID (Office for Health Improvement and Disparities) we engaged children and families with food growing and healthy eating activities. This work continued with our partnership with Creative Barking & Dagenham's Grow Festival which included interactive art projects, with a range of different artists every week over August. We created a wildflower meadow mural and woven magpie sculpture.

Other highlights in the year were our Easter Egg Hunt and Pumpkin Parties at the beginning and end of the growing season always so well loved and attended! The Food Forest is a much-loved site for residents of all ages to learn about food, nature and gardening, in an area where many may not have access to their own gardens.





**Funding Secured:
£15,518**



**Total Attendees:
Children: 450
Adults: 237**

RIPPLE NATURE RESERVE

For the last year, residents of Thames View and Riverside have been meeting up monthly to share community power in trying to open the Ripple Nature Reserve (RNR). In total, there are 47 residents who are part of the group, and have all attended at different times of the year as time permits them to. 13 of the most enthusiastic contributors have formed a committee and manage the Steering Group's activities. There have also been a number of supporting stakeholders who have given their support to residents including academics and students from the UCL School of Bartlett, The University of Dublin through the Novel Eco Environmental Justice project and UEL's Sustainability Research Institute. Residents took part in a series of workshops and a focus group session to think through what could be and needs to be done in the RNR. Thames Life secured access to the key for the RNR to undertake resident-led organised group activities with support from the London Borough of Barking and Dagenham (LBBD) Parks Team.

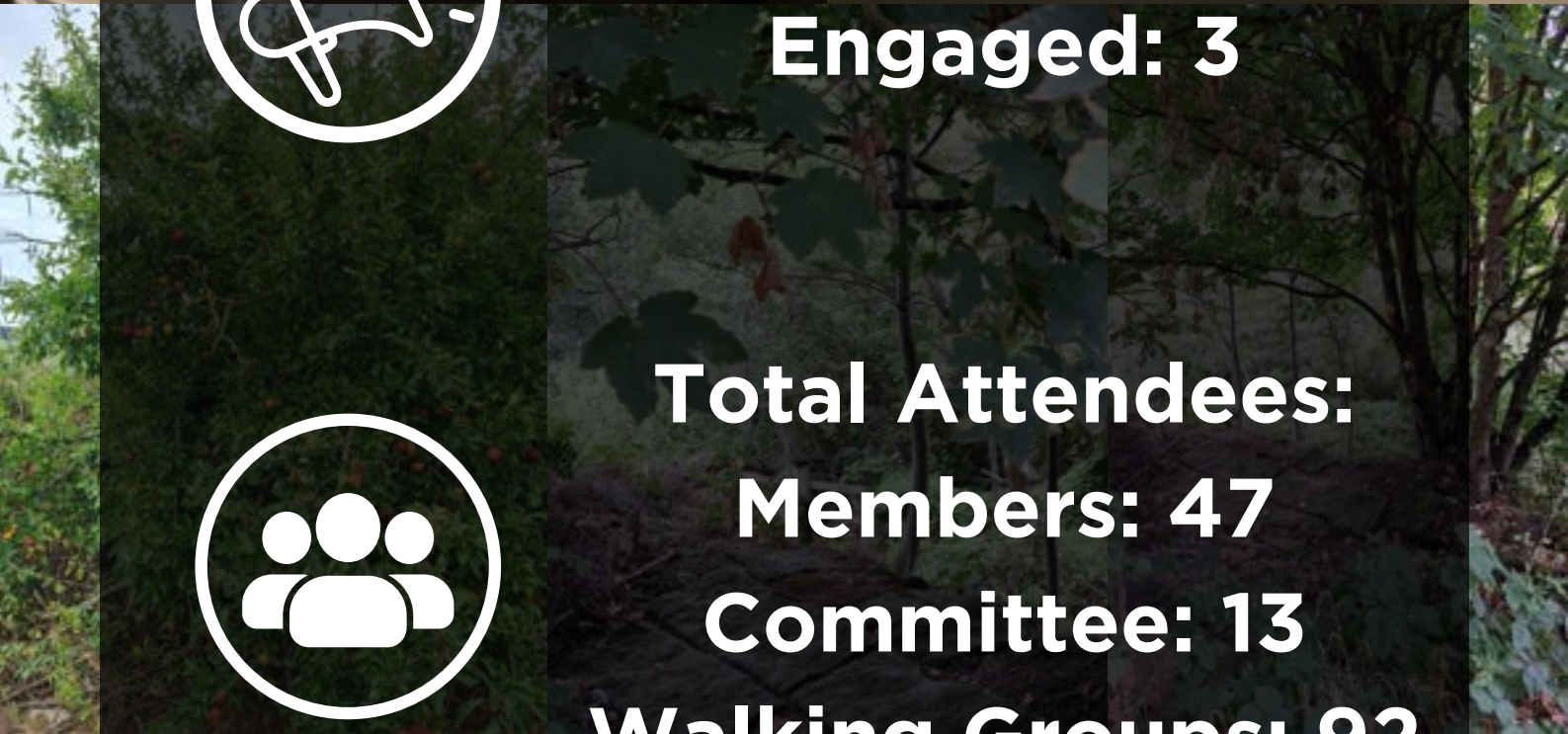
Shortly after securing the key in mid-2022, residents working together with Roding Rubbish cleared a significant amount of rubbish in an organised litter pick. Later on in 2022, Barking Riverside Limited (BRL) offered £10,000 which was match funded by LBBD, to support a landscape architect in providing site plans to run alongside a resident management plan in order for the RNR to be made accessible to the public once again. BRL then agreed to find an additional £80,000 from the Community Infrastructure Levy for practical works in landscaping and path building. This built momentum for residents, who supported another litter pick, this time of a larger scale; sponsored by The Northface and Nandos, led by Roding Rubbish and Are You Mad Plastics. It got residents in the RNR again for a litter pick inviting people from outside LBBD to take part. A meeting was convened by Matt Carpen, Chair of BRL, to organise a project management team with residents, LBBD, UKPN and other stakeholders towards the end of 2022.

Time and infrastructure challenges towards the reopening of the RNR arose in early 2023 when National Grid and UKPN told the resident steering group and BRL that they would need to dig up an area of the RNR to replace underground cabling. This led to magnetic resonance testing and soil contamination testing (it was previously a dumping ground for pulverised fuel ash from the now extant coal-fired power station). Some trees need to be felled in order to carry out the works. This, as well as delays in the architect landscape tendering, has resulted in resident activity being limited to small walking groups. Residents have been supported by Thames Life in questioning planning permissions for the southside of the RNR, in which a substation has been built by National Grid and another area where works look like they are taking place. This question, as well as others surrounding governance (in terms of parks management after re-opening), health and safety, planning and strategy are asked in a monthly meeting chaired by BRL with all stakeholders including residents and the RNR group chair in order to keep the prospect of the RNR's reopening focused and moving.



Stakeholders

Engaged: 3



Total Attendees:

Members: 47

Committee: 13

Walking Groups: 92



RIPPLE EFFECT GROUP

The Ripple Effect Group started December 2022 as a resident effort address issues of local importance. Conversations around parking, rubbish, safety & Crime and traffic bubbled to the surface as residents mused on creative solutions to pull in community reciprocity from neighbours and the Council. Residents and Thames Life staff were excited to support Samina Khalid's Keep Your Kool anti-knife-violence event, which had over 200 adults and young people at the Everyone's warehouse. It was wonderful to see fifteen, sometimes forty residents, giving up their evenings on a weekly basis to foster some good-old-fashioned community spirit.

Sadly, around the end of 2022 Everyone Everyday had been informed by Barking & Dagenham Council that their funding would not continue, and that as the building's landlord, the Council required Everyone's Warehouse be returned and added to their commercial portfolio - the same building residents had been meeting in for months. Makers of the warehouse presented this sad news to the group and began a dialogue about how it might be saved. From then onwards residents hurdled through challenges and obstacles for their cause: lobbying Margaret Hodge MP at her surgery, writing letters to Councilors, launching an online petition and creating their own website and social media accounts. The group reached out to other makers spaces across London to gather professional advice and compiled their own business case. They submitted an application to register the building as a community asset, and apply for help from the GLA cultural and community spaces at Risk Team. They submitted articles to local and regional press for publication, and secured BBC TV and Radio coverage for four town hall protests. Many nervous residents braved regional airwaves for the first time to speak up for a space that they saw as 'life saving'.

Since then, residents have continued to campaign hard to make the case for more free community spaces. Residents spoke of the life-affirming impact of seeing some of the shyest residents, some as young as five, take to the mic and speak their truth to an audience of millions of Londoners. The group sees the need for free-access buildings where residents can learn, play, gain respite and meet neighbours as greater than ever, and are seeking collaboration with wider partners and local groups to bring this into reality.





Key Campaigns:

4



Total Attendees:

Members: 48

Committee: 10

YOUNG CITIZENS ACTION GROUP

The school year began with students campaigning for food waste recycling inside their school. They secured a meeting with Rebecca Johnson, Director of Public Realm to discuss the borough's complex arrangements for food recycling and put forward some pragmatic proposals to council and schools.

The YCAG then worked on listening to their peers and attempting to recruit more members by presenting to hundreds of their peers at year assemblies. By collecting listening campaign responses from pupils the YCAG identified cycle safety as a key priority.

Efforts were made to widen collaboration across the secondary school by submitting a lesson plan for a persuasive writing exercise about cycle safety, exposing young people across the student body to the issue affecting their immediate local community. Thames Life also submitted a lesson plan to the Civics department where students would practice individually and as groups dissecting arguments from the perspective of different community interest groups. However, the school was unable to go ahead.

Students widened their campaign to invite Riverside Primary to get involved by delivering a presentation to its Eco-committee. Secondary and Primary students grabbed their clipboards and put on their raincoats to undertake safety inspections to the roads linking the school to the wider borough. Students discovered Renwick & Choats Road had serious concerns: naming potholes, flooding, rubble and speeding traffic as hazards for any pupils hoping to commute to school by bike. To make sure parents got a say the YCAG distributed feedback flyers with QR codes via parental mail networks.

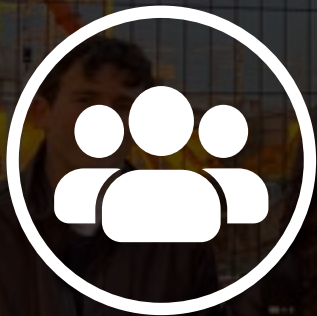
The young people proudly presented their findings to Lucy Foreman & Tim Thomas from Be First transport who listened to the student's testimony and agreed to continue dialogue.

YOUNG CITIZENS ACTION GROUP





**Key Campaigns:
Recycling in school &
cycle lanes across the
estate**



**Active YCAG
members:
4**



**Young people
listened to:
250**

THE RIVERVIEW

Since the Spring issue of 2022, the local newspaper was rebranded and relaunched as The RiverView. The Resident Editorial Board (REB) always knew that the old name 'Riverside News' would need to change to reflect the fact that it is a newspaper by and for residents of both Riverside and Thames View Wards. This was the first issue the REB had to produce end to end, on their own with the support of Thames Life, having just finished training with Social Spider CIC. The central focus still remains: champion resident voice through the primary content featuring community groups, opinion pieces and local updates.

Originally made up of 4 local residents, Emmanuel Oreyeni, Venilia Amorim, and Zahra Awani, and Zainab Jalloh (TWCP staff), the team lost Emmanuel as he was off to university, but brought on a new local resident from Thames View, Hafizur Rahman. The RiverView is now distributed to 6000 homes across Thames View, Barking Riverside and Scrattons Farm, which is the biggest print distribution in the borough. This year, with the growing population of Barking Riverside, the team managed to secure £2,000 in advertising income, having not had a dedicated salesperson on the team, and the ads coming in organically. The largest advertiser was Tandem, the site managing company for Barking Riverside.

The REB have secured another year of funding from Barking Riverside Limited to continue, which included an increased amount taking into consideration inflation and increased distribution. In addition to securing funding for the print side of things, the REB were also awarded a small pot of £1,000 to create a website for the publication to engage with a younger audience (www.theriverview.org.uk). This coming year, we look forward to reaching more homes as more properties go live on Barking Riverside and more people with a new online presence. The paper still hopes to secure more funding from diverse sources and looks to increase ad spend with the paper.

The
RiverView

Barking Food Forest helped me open up to people



Funding Secured: £18,000



REB Members: 4



Print: 6,500 copies per issue



Readership: Approx. 15,000



Unique Voices: 71%



Ad Revenue: £2,500

TWCP relaunches as

Thames

Community Development

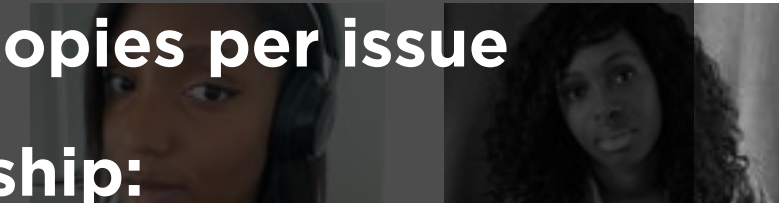
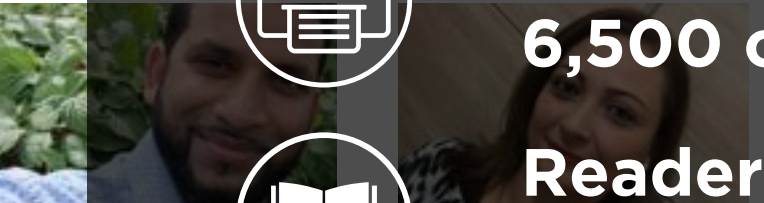
"We're here for the residents because we want residents to lead what we do, and know that together, not only do we create friendships, but we mobilise our power to shape the change we want to see."

By Zohair Jafar, Lead member of the Community at Thames View

It's great to be physical and mental. On a physical level, if I don't move I'm done. The more I move the stronger I get.

...

...



The RiverView

Barking Riverside, Scrattons Farm and Thames View

The RiverView

Barking Riverside, Scrattons Farm and Thames View

Barking Riverside Presents: Emerge East

"A new parkland scheduled for completion, Emerge East takes you on a journey of discovery"

Riverside School rated Outstanding

"The school's motto 'Excellence for All' reflects the ethos and ambition that leaders have for the school community"

Eat Drink Do

...

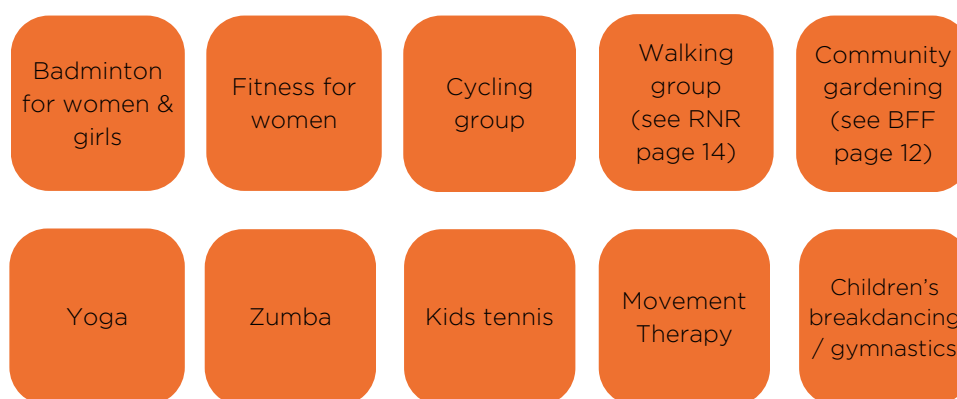
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Overall effectiveness	Outstanding
Quality of education	Outstanding
Progress and attainment	Outstanding
Behaviour and conduct	Outstanding
Leadership and management	Outstanding
Financial performance	Good

21.

LONDON MARATHON CHARITABLE TRUST

The London Marathon Trust: Consists of eight resident-led sports activities that take place in local spaces, available to all residents of Thames View and Barking Riverside. The activities all took place at different times throughout the week, including:



We provided these activities with the aim to engage residents that might not usually participate in group fitness sessions. The knock-on effect of Covid left many residents and their families feeling isolated, therefore encouraging residents with a fitness background enabled outreach to be more effective. Offering a range of low- to high-intensity activities for all ages and specifically for women, proved highly successful, building relationships between neighbouring families and encouraged consistency in attendance. The aims of the programme were to:



To celebrate the extension of the programme, families, friends and neighbours of all ages from all around Thames View & Barking Riverside gathered together for a sports day event, filled with fun and fitness activities at The Warehouse on Thames Road. The day kicked off with a taster session of the children's breakdancing, before everyone refuelled with healthy snacks, followed by traditional sports day games. After which there were taster sessions of all the other activities allowing new attendees to sign up for future classes in 2023/2024. Overall, the sports day was a huge success and we so appreciate the amazing support from our incredible residents. Everyone had a great time, and Thame Life looks forward to planning many, many more fun events in the future.

**BARKING
FOOD
FOREST**

Trust



**Funding Secured:
£34,000**



**Activities Held:
10 sports & wellbeing**



**Sessions Delivered:
181**



**Unique Attendees:
1413**



**Feedback:
30% gave 9 or 10 out
of 10 for the activities
attended**



OTHER PROJECTS

OHID: Due to the rise in childhood obesity in Barking and Dagenham, Public Health England commissioned Thames Life to carry out an 8-week weight management program involving 200 children. The aim was to intervene and encourage healthier eating habits and motivate families to engage in physical exercise to support a healthier weight and promote longevity.

Thames Life launched the Healthy Living Club; a programme that gave children aged 5-12 and their families the option of choosing two free classes per week, one focusing on hands-on cooking lessons to encourage healthy eating habits and the other involving physical activity such as Zumba or cricket. School nurses and the social prescribing team also participated in this initiative offering occasional referrals when needed and increasing the reach to children and families who needed the service the most.

The final part of the OHID project was a fun filled community event. Participants provided their last measurements with a wonderful community nurse and spent the rest of the event creating art prints from vegetables, taking part in Breakdancing and Zumba, and then enjoyed a healthy meal. Each attendee was gifted a goodie bag which contained a children's healthy recipe book, cooking utensils, a food planner, sporting toy and a £10 Amazon voucher.

Feedback from residents was extremely positive, with specific references to the cooking classes and how wonderful it was to cook together alongside such a cheerful and very helpful cook.

LOCALITY LEAD: The locality leads Project started in September 2022 and was created in order to tackle health inequalities and the cost-of-living crisis across the 6 localities within the London borough of Barking and Dagenham. Thames Life is the South/West locality lead which covers, Barking Riverside, Thames View & Gascoigne. Together with the five other leads we work in partnership with BD Collective, The NHS and Barking & Dagenham Council to create new ways of tackling the above issues on a population level, whilst building agency among residents via trust, connection and belonging. We have started working towards this in the following ways:

- Continuing to develop new ways to triage residents on the cost-of-living crisis.
- Capturing resident experiences during this time of crisis
- Mapping local business and community groups to connect residents with local support
- Supporting residents with the creation of design groups & prototypes
- Gather data on the health inequalities being experienced by residents via our sporting activities

Residents
Triage:
100

Networks
created:
9

Design
Groups:
5

Prototypes:
4

WELLBEING NAVIGATORS: Wellbeing Navigators started in September 2021, commissioned by LBBD public health and delivered by Thames Ward Community Project (Thames Life) to deal with rising rates of social isolation following the pandemic. We started by recruiting twenty resident volunteers and forming a self-supporting network of residents. We reached out to social prescribing projects across the UK; gathering learning from projects in Southampton, Liverpool, Newcastle West London and consulted the Bromley By Bow Centre. We contacted an astounding 5000 householders – every home in the ward – with door knocking and flyering and recruiting further volunteers and resident clients.

Following on-the-ground feedback we were made aware of the challenges confronting our volunteers in attracting new clients who were understandably feeling shy about accessing support. To overcome this barrier, we bid for £10k from the Connect Fund and used the money to employ local people to run wellness, nature, yoga, walking and art workshops to help us attract even more local people – recruiting 120 clients! As a big ‘thank you!’, volunteers were given a range of health and wellbeing training to improve their employability – including 1-2-1 motivational interviewing training. A year on, despite having to come to a close, project participants told us of the strong bonds of friendship and community that had come to fruition. Some of the most inspiring stories came from unexpected corners – such as residents discovering their social business and event management acumen after delivering the pilot’s community workshops.

PLANNING FORUM: London is changing and growing, but the question is: will that change be for the good of local people? To understand this, we have to understand the planning system. Switching off? So do most people at first but understanding it can open our eyes to a far more fascinating and colourful tapestry of life in our capital than one might think. By fathoming how planning works us ordinary Londoners can grasp the keys to the future for our communities. The Resident Planning Forum (RPF) aims to address these matters by demystifying the language and processes of planning. Nowhere is this more important than our corner of Barking Riverside and Thames View: ‘the biggest housing development site in western Europe’.

With the help of Planning Aid For London, our group began in April 2021 and has gone from strength to strength: starting with large online zoom meetings during the pandemic and shifting to hybrid/in person meetings in the Thames Community Hub with hundreds of residents engaged over the course of meetings. We have heard building development updates from Barking Riverside Limited (BRL) and Be First (LBBD), as well as hearing tales of action and campaigning from across the capital from groups such as Just Space, Waterloo Community Development Group and Save Warren Farm. We have run workshops where we map out our public realm, identified needs and brainstormed constructive solutions. We have looked at Be First’s planning portal; breaking down the process of consultation into bitesize steps and empowering residents to give their own individualized feedback on upcoming developments.

As we head into 2023/24 residents will watch the new stages of Barking Riverside rise above our shoreline from their windows. The bustle of commuters grows around our new station with the welcome addition of food outlets and Uber boat ferry service set against the glistening Thames River. There are so many opportunities for learning and engagement before those residents who chose to step up, become the leaders of tomorrow. With the help of the RPF, we can turn those opportunities into the bricks and mortar that shape this community for generations to come.

PARTNER FEEDBACK

"I have really enjoyed working as a senior practitioner from a local practice with Thames Life. We have been able to foster some of the reviews and concerns that our patients and residents are having accessing health care at GP surgeries and some of the issues they are suffering with."

- Dr. Jagan John, Aurora Medicare

"British Red Cross has a longstanding relationship with Thames Life, partnering on a range of community resilience building activities. Barking & Dagenham has been chosen as a priority place for us, and so we want to deepen our relationships with communities, working with them to find solutions to tackle health inequalities, provide support for migrants and continue to strengthen community resilience."

- Zack Ahmed, British Red Cross

"In terms of what we find most valuable, I'd say (in no particular order): (1) being an anchor organisation for a specific area of the borough (2) the support you provide to residents and local organisations to get involved in the borough; (3) delivering "p/Political education"; (4) having similar/overlapping values around resident participation, devolved power, and challenging power structures."

- Cameron Bray - BD Giving

"The work that Thames Life do in terms of community development and responding to work with and understand the needs and wants of local residents in a considered, collaborative and meaningful way is in our view at BDCVS exemplary."

- Pip Salvador-Jones - BD CVS

"I think your community garden project is simply brilliant - bringing families together, getting residents to grow their own, using it to improve the wellbeing of residents, the benefits to participants seem endless. The health clinics also appear to be doing very well. You also collaborate with the British Red Cross and other smaller organisations looking at community resilience."

- Wunmi Oyewole - Radiant Ambitions

"22/23 has been another year of impactful partnership working between BRL and Thames Life. Successes have included joint projects like The Riverview and the funding of the Health Outreach worker. The Thames Life team are incredibly dedicated to the residents and community members that they serve, with an approach that is full of energy and passion. We look forward to 23/24!"

- Sarah McCready - Barking Riverside Limited

"The food forest is a great opportunity for the nursery to extend the children's nursery learning, particularly as it is so close the setting itself. The children take a keen interest in the environment and sustainability. As we are a "Green Nursery" the food forest helps support out ethos"

- Tyler Morris - LEYF Barking Riverside

RESIDENT FEEDBACK

“The best things I encountered is the foraging walks and just normal walks. The drop-in surgery and when there were cycling group it was also good as helped with physical and mental health’.”

- David Townsend - resident

“Thanks for providing the means for me to meet-up with the amazing activists around here. A truly great wonderful ‘happening’. Thames Life are doing a great job in pulling together the various strands of activism into an effective force. The developers will move on, but the community will live with the legacy.”

- Kevin Hudson - Resident & Friends Of Footpath 47

“Thames Life are an absolute gem within our community, the team are tirelessly working to enhance the lives of those within their reach, through a range of community activities. From educational workshops for children to skill development sessions for adults, they cater to a wide spectrum of needs. They ensure that there is something for everyone. The group’s holistic approach to community betterment is evident in the variety and depth of their offerings.”

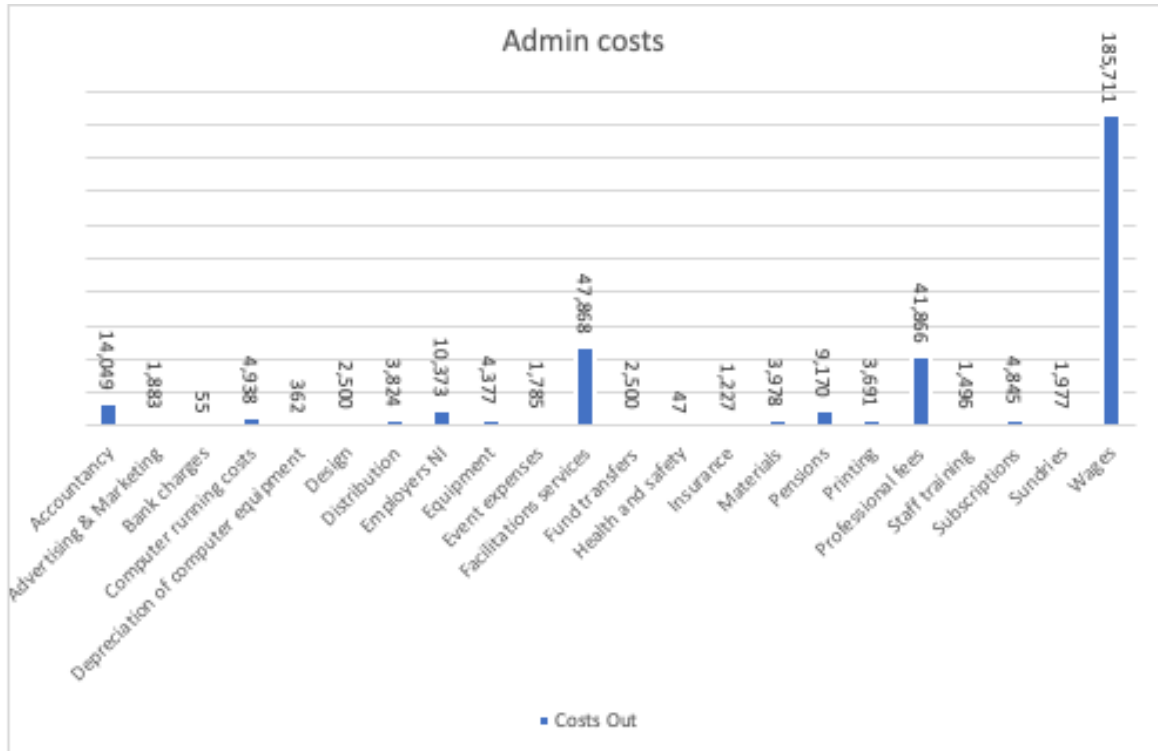
- Parissé Devaux - Resident & BD CVS

“Thames Life is very supportive to the community and community groups, in particular Roding Rubbish and the Food Forest. Encouraging residents to have a voice and get together. A lot of people have met each other through the events supported by Thames Life.”

- Marion Hull - Resident & Head of Roding Rubbish



FINANCES



Turnover



■ Turnover ■ Consultancy fee* ■ Donations* ■ Grants ■ Other income ■ SLA

Staff Costs



■ Employers NI ■ Pensions ■ Staff training ■ Wages

THANK YOU



SUPPORTED BY
MAYOR OF LONDON





PASSION LED US HERE

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