

BARTON COMMUNITY ASSOCIATION



Barton Community Association received £9,946 to support a programme of community-led health and wellbeing activities at the Barton Neighbourhood Centre.



The centre staff used their deep understanding of the local community to focus on meeting residents' needs and sparking their interests. The funding supported some of the centre's existing initiatives to continue and expand, as well as enabling them to put new activities in place.

A CAFE FOR THE COMMUNITY

“Food to enjoy plus the opportunity to meet up with friends in a nice relaxed space and while away the time. Pity not more places like this.”



The Eatwells Café, situated in the heart of the Barton Neighbourhood Centre, provides the local community with access to healthy and affordable meal options. The Café runs twice a week and provides a springboard for a wide range of wellbeing-focused activities that take place in other parts of the building.



BUILDING HEALTHY HABITS AND POSITIVE RELATIONSHIPS

The range of activities that the Neighbourhood Centre provides embodies the ethos that there is something for everyone. Low-cost activities include a variety of physical activity classes (including line-dancing, Zumba, and body toning), parent and child groups, and knitting and crochet classes. The ages of attendees range from young children alongside their parents at the 'Stay and Play' sessions to an intergenerational group, enjoying the 'Knitting and Crochet' group.



“These classes should be included in a prescription from your doctor. They are simply the best for dealing with mild depression or when you are just feeling a bit low. Everyone keeps talking about mental health crisis and mental wellbeing. The answer is simple - join one of the exercise classes and guaranteed you will feel so much better.

I started off joining one of the classes and now I go to three different ones each week. I'm no good at any of them! But that doesn't matter, it makes me feel better and that's what's important.”

