

CHESSTM on the Collingwood Estate: a C3 community investigation commissioned by Tower Hamlets Council as part of their flagship Communities Driving Change programme

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C3 Collaborating for Health

C3 Collaborating for Health (C3) is a small, global charity that counters the chronic non-communicable disease (NCD) epidemic by focusing on the three big risk factors: tobacco, poor diet and lack of physical activity. C3's vision is for a world where there are no premature or preventable deaths from chronic NCDs because people find it easier to live healthy lives.

C3's work with communities has demonstrated that engaging community members – who are experts in their own health needs – is the best way to break down the barriers to living a healthy life and generate sustainable change. The World Health Organization agrees. Its Global Action Plan on NCDs 2013-2020 stresses that 'empowerment of people and communities' is essential in addressing the NCD epidemic.

The key to achieving good health resides in our homes, schools, workplaces and communities. Too often, the focus is on convincing individuals to simply change unhealthy behaviours. This approach fails to recognise the immense influence that the environment has on people's daily choices and ability to easily choose the healthier option. Experts speak of 'obesogenic environments': environments that consciously or unconsciously encourage people to eat unhealthily and prevent them from participating in physical activity.

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This is particularly true for disadvantaged communities, where healthy food options and opportunities for physical activity may be inaccessible or non-existent.

C3 uses the CHESSTM (Community Health Engagement Survey Solutions) tool to collect quantitative data on certain aspects of the built environment (for example, streets, parks or shops) by engaging with often overlooked experts – the local community members. This evidence-based approach, when used in collaboration with community members, identifies the aspects of the environment that need to be improved and creates a space for local people to talk about the realities of living in their community. By listening to and recording the conversations of local people as we walk with them, we collect rich qualitative data that can be used to make the positive changes that communities want to see.

Tower Hamlets Communities Driving Change (CDC) programme

Tower Hamlets Council has commissioned their flagship 'Communities Driving Change' programme to support residents in improving their health and wellbeing at the local level.

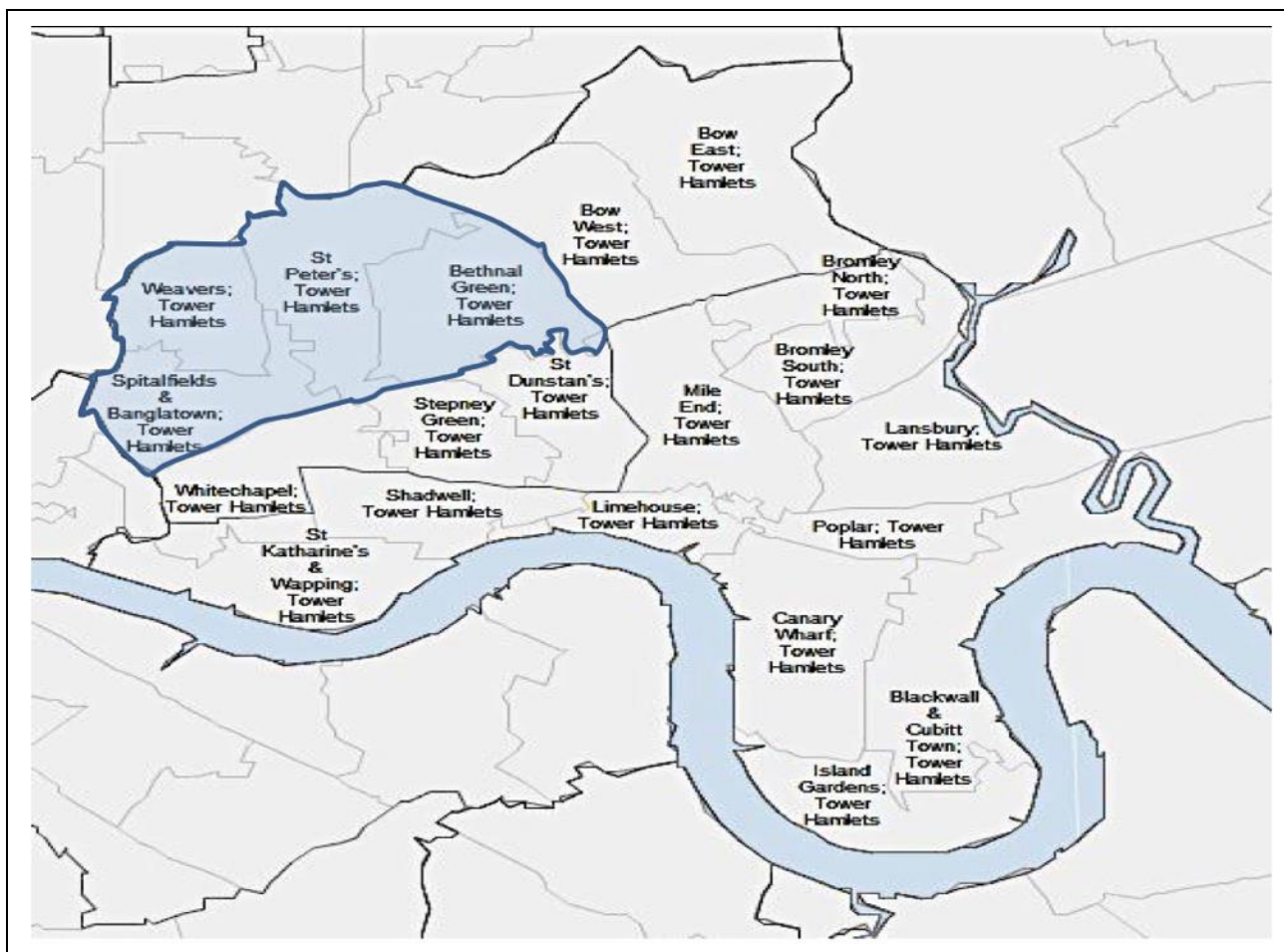
The programme puts local residents in the driving seat by asking them what the response to their health and wellbeing needs to look like. The approach brings together people from neighbourhoods to see what is working well and what is important, and to develop a plan that everybody – including services – can support to make a difference to people's lives.

Experience suggests we can expect to see a rise in volunteering, community led projects, community champions, employment, better use of community assets and more responsive services at the local level.

Four organisations – Bromley-by-Bow Centre, Poplar and Limehouse Health and Wellbeing Network, MyTime Active and The Young Foundation – and their partners are leading this approach across the borough.

C3 is working in lot four, in the north-west of Tower Hamlets, with lead organisation the Young Foundation and in partnership with Uscreates and Real. The Young Foundation tackles social challenges by working alongside communities; Uscreates uses a design-led approach to drive social transformation; and Real ensures that disabled people and those with long-term health conditions in Tower Hamlets are actively involved and engaged in the community.

The programme runs for three years and will involve multiple neighbourhoods, their residents and local organisations. Evaluation of the programme is supported by experts from the University of East London (UEL).



Lot four locality map modified by the Young Foundation illustrating the geographical boundaries of lot four. The original map has been produced by Tower Hamlets Health and Wellbeing Board for Tower Hamlets Health and Wellbeing Strategy 2017-2020.

The Communities Driving Change programme is being delivered in three stages:

- Stage one identifies areas of focus – these are the geographical areas that will benefit from the CDC programme.
- Stage two engages the community to identify the broad public health issues that they wish to address.
- Stage three is action planning and implementing the ideas that the community has identified as helping to improve their health and wellbeing.

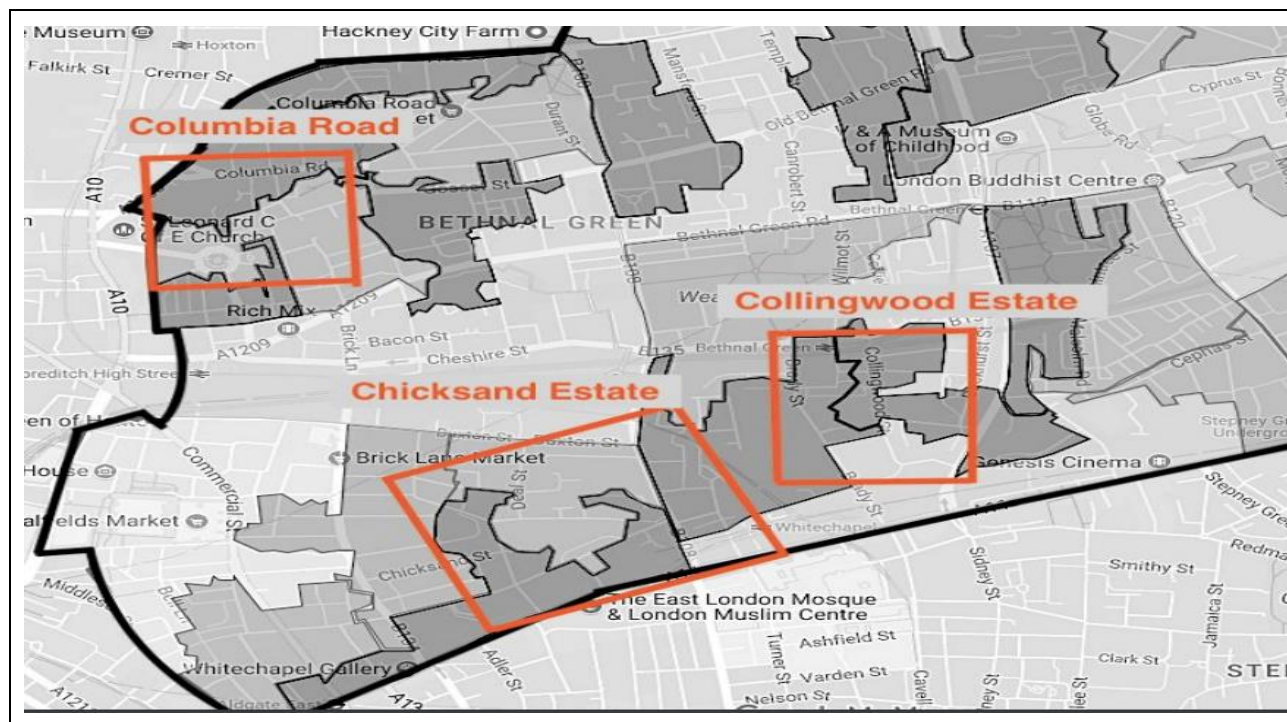
C3's role in the Communities Driving Change programme

C3 has implemented the CHESSTM process as part of stage two of the CDC programme – engaging the community – and has focused on one small area within lot four of Tower Hamlets – The Collingwood Estate.

The Collingwood Estate has been identified as one of the top three most challenging areas for health outcomes within the north-west area of Tower Hamlets (Columbia Road and the Chicksand Estate provided other potential sites). Research undertaken by the lot four project partners, which included desk research, stakeholder and steering group interviews and asset mapping, showed that the area of Collingwood is disconnected, struggles with anti-social behaviour and there is a prevalent perception that there are high-levels of crime committed by young people. The research identified the area as being home to an older Bangladeshi community for whom English is not their first language, which may be contributing to social isolation. Feedback received from community members strongly indicated that the community has been over-consulted in recent years with little tangible action to show for it.

Local assets on the Collingwood Estate include an active children's centre, a Tenants' Residents' Association (TRA); and a community hall. In the immediate areas surrounding the estate there are a number of primary and secondary schools. The estate is home to people who live, work and use the local schools and

supermarkets, and who play in the existing green spaces. The vibrant Whitechapel Road lies just to the south of the estate. The Collingwood Estate provides natural but permeable boundaries, and is typical of the sort of environment that lends itself well to the evidence-based, placed-based approach that CHES provides and which can ultimately lead to meaningful changes within a defined area. It was therefore chosen as the best site on which to conduct the CHES process.



CHES™ (Community Health Engagement Survey Solutions)

C3 utilises an innovative process to shift decision-making to local communities by engaging them in an investigation about their health in relation to their environment. Central to C3's community projects is CHES™ (Community Health Engagement Survey Solutions), an evidence-based mobile application for Android tablets. CHES™ equips community members to collect quantitative data on local assets, such as spaces for physical activity and places for food shopping or eating, such as supermarkets and restaurants, that make an area conducive to good health (or not!). C3 then leads community members in interpretation of this data during insight sessions.

Realising how hard it is to be healthy in their neighbourhood opens the possibility for community members to discuss who is responsible for creating good health – the individual or society? And how come accessing a healthy lifestyle is easier in some areas and more difficult in others (e.g. disadvantaged areas), and is this fair? Building on these questions C3 also collects personal stories from community members to provide vital context about social, economic and health inequalities. These quantitative and qualitative results inform evidence-based recommendations, guided by C3's public health expertise, for interventions that make it easier to be healthy.

CHES™ emerged out of an international research project in India, China, Mexico and the United States where the built environment in impoverished communities was examined. The researchers realised that involving local residents in collecting data on the built environment in their neighbourhood was a way to also ask them questions about what makes an area healthy or not, why some areas experience worse health than others and what might be done to change that. It gives community members the opportunity to discover for themselves that access or not to healthy foods, physical activity opportunities, tobacco and alcohol matters. It encourages them to think critically about what the health implications are of the built environment in their area and take action to improve it. In this way, CHES™ addresses not only the causes of chronic disease but also issues around social justice and equity.

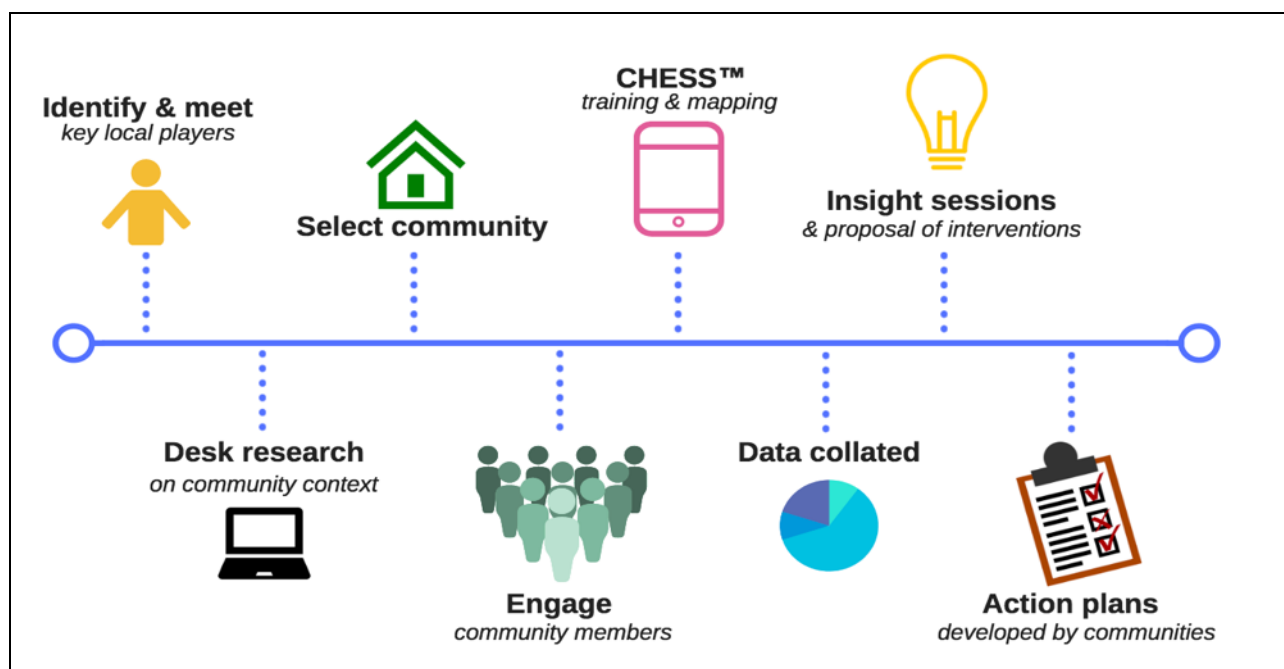
The CHES™ tool collects data by asking questions relating to existing community assets and prompts the user to answer mainly closed questions; the user cannot proceed until all questions have been answered.

The questions have been designed based on evidence in relation to factors that contribute to healthy communities. The tool engages community members in the various elements of their community – food and physical activity spaces being key factors to whether or not it is possible to live healthily.

Questions include:

- What condition is the footpath in?
 - The question offers the user a number of closed answers in order to rate the quality of the footpath and prompts further scrutiny such as ease of access for push-chairs or wheel-chairs. The evidence suggests a physical environment which is not conducive to easy access for its users will impact negatively on their physical activity and therefore their overall health.
- Indicate how many types of fruits and vegetables are available in each colour.
 - This question has been designed to demonstrate the variety of fresh produce by identifying the number of different colours that are available without the need to write or know the names of the produce. This simple analysis of variety gives an indication of availability of healthy choices in the local food environment.
- Are there signs encouraging use of physical activity facilities?
 - The user is asked to examine an environment such as a playground or caged court and look for either negative or positive signage. Negative messaging in or around areas for physical activity such as ‘no ball games’ can negatively influence activity.

The CHESSTM process



Implementing CHESSTM on the Collingwood Estate

Engaging the community

As a first step, a small number of key community members were identified and spoken to, based on their intimate knowledge of the local community and its members:

- A meeting was held with the chair and secretary of the Collingwood Tenants’ Residents’ Association (TRA).
- Representatives from C3 attended a TRA meeting to discuss the project and its aims.
- A representative from C3 met with the Home School Liaison Officer from the local primary school.

- A meeting was held with the Home School Liaison Officer from the local secondary school, to discuss current barriers to health with respect to young people, and opportunities for future projects.

During these meetings each of these key contacts was invited to share their experience of the local environment in relation to their ability, or not, to lead a healthy life; identify current challenges that they believe may impede healthy living for the community; and suggest possible opportunities and improvements that could be made in the area to encourage more healthful lives for local people.

There was strong consensus around three points:

- previous over-consultation and a subsequent lack of action had led to frustration and apathy among community members;
- it was well understood that change in the local Collingwood area was needed; and
- there was a willingness from these key contacts to participate in the project by helping to spread the word about CHESSTM to local people and to act in the critical role of advocates for the project.

Having established a willingness to work with us our key contacts created the links to local people who would come out walking with us. Without these vital links the project would not have legitimacy nor would it gain the trust of local people.

Community members who subsequently came walking included mothers of children from the local primary school (and one grandmother). This group was invited by Home School Liaison Officer, and members of the Collingwood Estate TRA. There were several participants for whom English was not their first language. The Home School Liaison Officer and the Engagement and Communications Worker from the disability organisation Real (one of our project partners) provided interpretation when necessary. In total 20 community members attended the CHESSTM walks.

Planning and preparation for CHESSTM walks

C3 analysed maps of the Collingwood Estate and visited the area to plan walking routes. The Collingwood Estate is largely residential, it sits just north of the busy Whitechapel Road, and the nearest supermarket is a large Sainsbury's that sits on the edge of the estate. The supermarket's undercover car park acts as a walk way for residents between the estate and the Whitechapel Road.

To capture the food environment accurately it was important to include a portion of the Whitechapel Road near the Collingwood Estate as this is the area where Collingwood residents are likely to purchase food. There are a number of market stalls selling a wide variety of fresh fruit, vegetables and fish. There are also a number of mainly independent restaurants and cafés on this busy road.

To capture the physical activity environment accurately it was important to include the Whitechapel Leisure Centre and the Idea Store. Both are located in close proximity to the Collingwood Estate and provide significant indoor activity spaces and programmes of activity that could be used by people living on the Collingwood Estate. It was arranged that at each indoor physical activity asset that the group visited they would be met by representatives from the facility who would speak with the group, offer information on access and about programmed activity and upcoming events. (See appendix 1 for maps of the Collingwood Estate, showing all the assets that were scanned.)

Prior to the CHESSTM walks participants were briefed on the wider project aims, issued with risk assessments and consent forms to participate (see appendix 2) and trained in how to use the CHESSTM tool.

A contact list of who's who in the Collingwood community was circulated to key stakeholders following the walks. This included the names and contact details of representatives at the physical activity spaces, members of the Collingwood Estate TRA and the home school liaison officers from the local schools.

CHESSTM data collection and collation

The CHESSTM tool collects quantitative data. While participants are walking their neighbourhood identifying the attributes of the space that make it conducive to a healthy life (or not!) the C3 team is talking to participants and recording their experiences of living in these spaces. This combination of quantitative and qualitative data collection is what makes the CHESSTM process such a useful technique for exposing the

irrefutable physical conditions on the ground, and using this focus to establish from the community what are the positive changes that they want to see in their neighbourhood.

Key quantitative findings from the CHESSTM mapping include:

- Collingwood Hall has working kitchen and toilet facilities. It is accessible for prams, wheelchairs etc. Community members are unclear as to how to use Collingwood Hall with respect to who to speak with about its use, what is already happening there or how much it costs to use the facility.
- All indoor spaces scanned offer non-physical activities.
- The Idea Store offers English classes.
- Collingwood Hall hosts a Muslim women's group.
- The Whitechapel Leisure Centre runs first aid and fire safety training.
- The outdoor physical activity spaces, which include St Bartholomew's Gardens, the caged courts outside Collingwood House and the play area outside Berry House, are minimally maintained for use.
- All outdoor physical activity spaces scanned are free to access and are easily accessible for wheelchair users, prams or disability aids etc.
- There are no signs encouraging physical activity in St Bartholomew's Gardens however it has a grassy area large enough for physical activity.
- Basketball hoops are available on the Collingwood Estate and are free to use, however there is signage saying 'no ball games' just outside the court and there are no signs encouraging use of the facilities.
- There are no notice boards or signage encouraging physical activity in any of the outdoor spaces.
- All shops offer a variety of produce.
- Unhealthy foods are available at the counter at most of the local shops, however, not at Sainsbury's.
- There is a limited amount of fresh fruit and veg available in Budgens.
- The market place vendors sell a large variety of fresh fruit, vegetables and fish. Twenty-two types of green fruit are available!

A full list of the findings from the quantitative data can be found in appendix 3.

The group stayed engaged throughout the walks and conversations naturally emerged relating to opportunities for physical activity and healthy eating and barriers to both of these for community members and their families. These barriers included:

- Cost of using the facilities at the Whitechapel Leisure Centre and the Idea Store.
- Timing of programmed activity e.g. the timing of the women's only session at the Whitechapel Leisure Centre (3-9pm Mondays) was not conducive to attendance of mums.
- Lack of facilities, or poor-quality play facilities for children on the Collingwood Estate.
- Many fast food restaurants on the Whitechapel Road selling foods high in fat and salt, some staying open until very late.
- Lack of knowledge about how to prepare or cook the fresh produce available at the market stalls.
- High visibility of the non-healthy foods in some of the shops, for example at the till.
- Less visible healthier options, for example, above eye-line of an average height person.



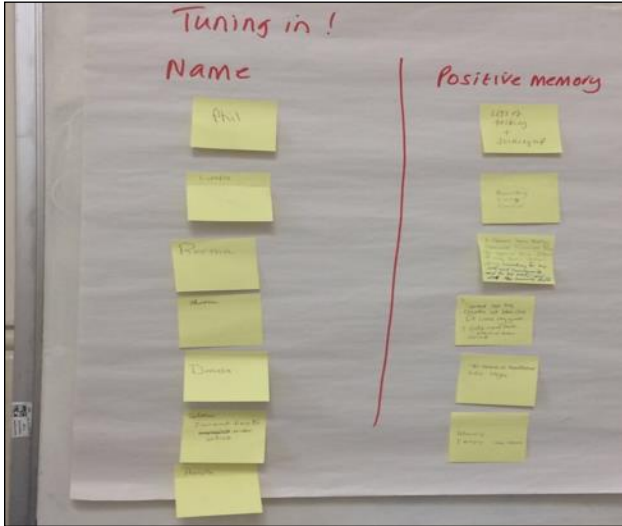
Community volunteers using tablets to analyse the local food environment



Community volunteers discussing physical activity opportunities with a representative from Whitechapel Leisure Centre

Insight session

Eleven community members attended an insight session held at the local primary school: seven of the original participants from the walks, two members of the TRA and two new members recruited through the home school liaison officer. Those who had attended the walks were encouraged to share their experience as a way of tuning back into the project and introducing those who didn't attend a walk.



Participants list positive memories from the CHES walks



Participants discuss emerging themes at the insight session

Following the walks, the quantitative data gathered from the CHES tool was combined with the qualitative data that had been collected from participants while on the walks. The group was presented with the combined data, which C3 had scrutinised, and identified seven broad themes. The group discussed these themes to confirm that they accurately reflected community members' opinions and experience of living on the Collingwood Estate before deciding on a smaller number of priority themes.

Theme 1: Communication: "we need to break down the invisible walls in our community"

Barriers	Opportunities	Possible actions
<p>There is a lack of interaction between key stakeholders within the Collingwood Estate Community. For example, there are no existing links between the Collingwood TRA and the local schools.</p> <p>There is variable attendance at TRA meetings and timings of meetings can mean it is difficult for local mums to attend.</p> <p>There is a lack of signage promoting community activity in the area.</p> <p>There is a presence of minority communities e.g. Bangladeshi, Somalian, Colombian, and integration between these communities can be limited.</p> <p>For many community members English isn't their first language, which can make communication challenging and lead to social isolation.</p>	<p>There is an existing women's group at Collingwood Hall and a table tennis session for teenage boys.</p> <p>The TRA is keen to increase the use of Collingwood Hall.</p> <p>All assets are clean, well-lit and well maintained with working toilet facilities.</p> <p>The TRA hosts regular meetings and would like greater attendance.</p> <p>There are existing community members who are keen to help organise community events.</p>	<p>Increase notice boards and positive signage in the local area.</p> <p>Reinstate weekly coffee mornings for mums at the local primary school.</p> <p>Consider frequent meetings of key community members such as the home school liaison officers from both local schools, the TRA, local faith leaders and youth workers.</p> <p>Find ways to encourage key community members across a range of social networks to speak to each other regularly and connect residents with health promoting activities.</p> <p>Consider training volunteer parents to play a local intelligence role, finding out what's going on and reporting back to their peers.</p>

Many community members do not know what is already happening at Collingwood Hall e.g. table tennis for teenage boys and a women's group.		Start a community social media platform to keep everyone informed e.g. a Collingwood Meetup group. Consider a small-scale community festival run by volunteers; cultural sharing events.
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Theme 2: A community hub: “we want somewhere we can sit and chat and mix”

Barriers	Opportunities	Possible actions
<p>There is no sense of a ‘hub’ in the community.</p> <p>People do not know where to go to find out what’s going on.</p> <p>TRA meeting attendance is not always possible for mums.</p>	<p>The Collingwood TRA is eager for Collingwood Hall to be utilised by community members.</p> <p>The fees to use Collingwood Hall are very low.</p> <p>There was a desire from one of the participants to create a women’s group. This member raised concerns about social isolation of community members, cultural segmentation between different cultural groups and the effects of this on mental health.</p> <p>There is enthusiasm among participants to have somewhere to go in order to meet people.</p>	<p>Identify needs and/or preferences of the community for a hub e.g. (Collingwood Hall or a pop-up community café).</p> <p>Create a ‘pop up café’ on Brady Street.</p> <p>Empower the community to find ways to fully utilise the assets closest to them, such as Collingwood Hall. These may include:</p> <ul style="list-style-type: none"> • Coffee mornings for parents, to include a crèche • Education: cooking skills for children, homework club and English classes • A ‘made in Collingwood’ brand of healthy fast food • Establish a women’s group and run regular programmes with an emphasis on women’s health and wellbeing.

Theme 3: Classes and programmes: “I want to do things and meet people doing the same thing”

Barriers	Opportunities	Possible actions
<p>The cost of Whitechapel Leisure Centre and the Idea Store are too high for many people.</p> <p>The women’s only session at Whitechapel Leisure Centre is not at a convenient time for most mums.</p> <p>Currently there are classes available for boys but not for girls at Collingwood Hall.</p> <p>People are unclear as to what can be done at the hall, how to utilise it and hall hire cost.</p>	<p>There are physical activity experts willing to provide classes in convenient community locations.</p> <p>Non-physical activities are already happening in the community; the Idea Store offers English and reading classes; Collingwood Hall hosts a Muslim women’s group which runs Qur’anic classes; and the Whitechapel Leisure Centre runs periodic first-aid and free fire safety training.</p> <p>Collingwood Hall is clean, well-lit and well maintained with working kitchen and toilet facilities.</p>	<p>Form a core group of volunteers to meet with other key community members</p> <p>Attend TRA meetings.</p> <p>Spread the word about existing groups.</p> <p>Co-produce a list of classes and activities community members would like to see implemented.</p> <p>Consider linking local schools with community volunteers, gardening clubs, cooking classes etc.</p>

Theme 4: Children and young people: “there isn’t anywhere to be active with my children”

Barriers	Opportunities	Possible actions
<p>Outside spaces are not inviting to young people.</p> <p>There is limited space encouraging intergenerational use/play.</p> <p>The homework club at the Idea Store isn’t working for many parents.</p> <p>There are no signs encouraging use of facilities aimed at young people, either for the play areas or the basketball courts.</p> <p>The existing play areas are functional but outdated.</p>	<p>Collingwood Hall is available to use at a low cost.</p> <p>The assets are easily accessible for wheelchair users, prams, disability aids etc.</p> <p>St Bartholomew’s Gardens has a grassy area large enough for physical activity.</p> <p>Basketball courts and hoops are available and free to use. However, there is signage in the area saying ‘no ball games’ just outside the court.</p> <p>There is an established table tennis club for boys at Collingwood Hall.</p> <p>A local TRA member has expressed interest in art projects (painting murals on walls) and participating in gardening projects.</p> <p>The Home School Liaison Officer at the local secondary school is keen to engage in community projects.</p> <p>One community member has offered to teach sewing classes.</p>	<p>Identify gaps in provision.</p> <p>Parents and young people co-produce a list of activities they would like to see implemented, either related to physical activity or educational activity.</p> <p>The first focus could be teenage girls and their apparent lack of engagement in community activities.</p> <p>Consider making the Collingwood Hall a hub for holiday activities.</p>

Theme 5: Buying, cooking and eating healthy food: “I don’t know what some of these fantastic vegetables are let alone what to do with them....it puts me off buying them”

Barriers	Opportunities	Possible actions
<p>Healthy snacks for children are expensive.</p> <p>Not all Collingwood Estate community members are aware of what to do with certain fresh foods that are available from market stalls.</p> <p>There are a large number of unhealthy take-away restaurants selling high-fat foods on the Whitechapel Road.</p> <p>The fresh fruit and veg in the markets goes off very quickly; it isn’t good for family bulk buying.</p>	<p>There are kitchen facilities available in Collingwood Hall.</p> <p>There are community members (including an active TRA member) willing to teach cooking classes to children during the school holidays.</p> <p>There are a large number of market stalls selling fresh produce, fruit and veg and fish on the Whitechapel Road.</p>	<p>Promote cooking skills and education. This could include training volunteers to run school holiday cooking classes or cooking with the fresh ingredients you can purchase on the Whitechapel Road.</p> <p>Create a community pop-up café that serves a healthy breakfast to children before school, at low cost.</p> <p>Link up with Sainsbury’s: there is a large space by the entrance to the supermarket. This could be used to offer periodic food and healthy eating events run by the community.</p> <p>Create a different type of market stall that tells people what to do with the vegetables and produce on sale, and offers recipe ideas.</p>

Theme 6: The local Collingwood environment: “activity sparks activity; if people see community members gardening or painting, they will stop, ask questions, know what is happening and activity will naturally grow”

Barriers	Opportunities	Possible actions
<p>Existing spaces do not encourage community activity.</p> <p>Existing play areas are outdated.</p> <p>There are no signs encouraging use of the outdoor spaces or physical activity.</p> <p>There is no space encouraging intergenerational use/play.</p> <p>There is no free exercise equipment for the public to use.</p> <p>There is a lack of correct food wastage disposal practice. One person reports frequent incorrect use of recycling and food waste disposal bins by community members.</p> <p>There is limited seating in the green spaces.</p> <p>There is some drug paraphernalia present in these spaces.</p>	<p>St Bartholomew’s Gardens has a grassy area large enough for physical activity.</p> <p>Basketball hoops and courts are available and free to use.</p> <p>There is flood lighting present at all assets.</p> <p>All assets are free to access.</p> <p>The outdoor spaces are easily accessible for wheelchair users, prams, disability aids etc.</p> <p>A TRA member who is a local resident has expressed interest in painting murals on walls and participating in gardening projects.</p>	<p>Consider how the existing spaces can be made more inviting for use e.g. painting murals, providing benches, designing a pop-up park, planting shrubs, and/or providing physical activity facilities.</p> <p>Invest in local gardening projects in under-used green space.</p> <p>Create a Collingwood community event in the summer, invite local physical activity experts and bring children along for sport and games.</p> <p>Increase signage around correct food and household rubbish disposal for recycling.</p>

Theme 7: Anti-social behaviour: “if people see a busy park, it might put off drug dealers”

Barriers	Opportunities	Possible actions
<p>There is a backdrop of anti-social behaviour on the Collingwood Estate, such as drug dealing.</p> <p>Some areas of the Collingwood Estate are unpleasant to walk through due to bad smells.</p> <p>There is some drug paraphernalia on some of the streets.</p>	<p>If outdoor spaces are better utilised this may reduce anti-social behaviour in these spaces.</p>	<p>Collate a list of all anti-social behaviour and key community areas to tidy and raise with the TRA and the Council.</p>

Identifying priority themes and creating action plans

Three themes, which community members would like to see put into action as a priority were identified out of the seven broad themes the community members had discussed at the insight session. C3 worked with community members during the insight sessions to create action plans around these three priority areas. The community has initially focussed on the need to connect with each other and have positive things to do together.

Priority 1: to increase connectivity between the residents of the Collingwood Estate using local providers of healthy activities

Local community members felt that connections within the community could be improved. There was concern among participants regarding social isolation across the ages and cultures. Community members expressed a desire for more opportunities to meet and get involved in positive activities across different cultural groups, so that they can share information about local healthy activities and come together to celebrate as a community.

Recommendations	Suggested action plans
<p>Find ways for the community to communicate between the different cultural groups.</p> <p>Find ways to encourage key stakeholders across a range of social networks to link up among themselves and connect local people with health-promoting activities and services that address the social determinants of health.</p>	<p>Create information noticeboards, one by the Community Centre and one in an area where lots of people are known to pass through, to provide information regarding what activity is happening on the Collingwood Estate and elsewhere in Whitechapel.</p> <p>Create and operate a Collingwood Estate ‘what’s on’ WhatsApp group.</p> <p>Up-skill volunteer parents to play a local intelligence role, connecting interested volunteers with appropriate stakeholders and organisations such as the TRA, the leisure centre and local schools.</p> <p>Organise community events to bring people together – let activity spark interest and further activity. If community members see activity taking place such as a gardening project, they will ask questions and can volunteer to engage in future activities.</p> <p>Investigate new ways for providers such as the local leisure centre to share their services with the community e.g. a parents’ coffee mornings.</p> <p>Empower the TRA to reach out to the community to find ways to gain increased community involvement.</p> <p>Consider organising meetings of key community stakeholders such as TRA members with local youth workers and school liaison officers.</p> <p>Prioritise the parents of the children who attend the local primary school and members of the TRA. Consider this group running as an ‘TRA action group’. This group should attend regular TRA meetings and feed back information from these meetings to parents. This regular channel of communication between parents and the TRA will serve to promote connectivity and keep local people informed of activity on the Collingwood Estate.</p> <p>Prioritise immediate action(s) the group wants to take such as the creation of a women’s group which includes mothers of children attending the local primary school.</p>

Priority 2: to improve the green spaces on the Collingwood Estate to help build community cohesion

There is a desire to make the green spaces on the Collingwood Estate work harder for the local people. At the moment many of the green spaces simply under-perform. Community members are keen to see gardening projects take-off in under-used green space and want to make existing space more inviting.

There was also a consensus that physical activity for both adults and children is not encouraged, and neither is inter-generational play. Local people suggested a pocket park with physical activity facilities available for both adults and children. Residents believe that better active use of the spaces may contribute to a reduction in anti-social behaviour.

Recommendations	Suggested action plans

<p>Support local people and key stakeholders to make green spaces more inviting e.g. painting murals, providing benches, shrubs, and physical activity facilities.</p>	<p>Consider which spaces can be changed and how they can become more inviting.</p> <p>Support local gardening and food growing projects.</p> <p>Create a Collingwood Estate community family event in the summer, invite local physical activity experts, bring the green spaces to life.</p> <p>Increase signage around correct food and rubbish disposal.</p> <p>Connect the 'TRA action group' and interested volunteers with Tower Hamlets Council Pocket Park budget holders and Tower Hamlets Homes to form a Collingwood Green Spaces project team. Support up-skilling of the project team to lead the initiative.</p>
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Priority 3: to create a central hub of programmed activities at Collingwood Hall

There is a lack of positive activity for the community to engage in together. Community members, supported by the TRA, have expressed a vision to provide a sustainable programme of activities, including education around nutrition, arts & crafts, employability sessions and physical activity. Their preferred approach will be to create a central hub for programmed activity for all community members based at Collingwood Hall. The existing Collingwood Hall is scheduled to be demolished within the next six months and will be immediately replaced and available for use close to its current location.

Recommendations	Suggested action plans
<p>Support local people and key stakeholders to implement their vision of a sustainable programme of activities from physical activity, to nutrition, arts & crafts and employability activities.</p> <p>Their preferred approach is to create a central hub for programmed activity for all local people, based at the Collingwood Hall. (The hall is scheduled to be demolished within the next six months. It will be immediately replaced and available for use close to its current location.)</p>	<p>Provide physical activity programmes in Collingwood Hall using experts from the Whitechapel Leisure Centre.</p> <p>Connect the 'TRA action group' with the Idea Store and other organisations to form a team within a team. Support up-skilling members of this team to lead the project.</p> <p>Create a pop-up community café providing a place to meet and mix and provide healthy food in addition to activities supporting literacy e.g. reading groups.</p> <p>An educational programme including nutrition, arts & crafts, and employability activities.</p> <p>A programme for children and young people, including homework clubs, summer holiday activities, and youth club activities.</p>

The feeling among the project partners is that we have only scratched the surface regarding the broad health issues in the community. The implementation of quick wins and actions is intended to inspire more in-depth collaboration in the future, leading to a second phase of work. These recommendations have been shared with the lot partners of the wider CDC programme and at this stage C3 concludes its engagement in the project.

Implementation of initial actions

In order to maintain enthusiasm, trust and community engagement for the long-term project we have taken the following actions straight away:

- Created a list of Collingwood Estate contacts that includes stakeholders and willing volunteers, which has been circulated to all the Collingwood Estate contacts. The list includes contact email addresses and phone numbers in addition to a list of forthcoming free community events discussed during one of the CHESSTM walks. Additionally, a Collingwood Estate stakeholder appraisal has been produced collaboratively by C3 and Uscreates, which identifies the roles of the listed stakeholders within the

Collingwood community, grades their interest in the programme and lists how they may contribute to the project.

- With their consent, three community members who had expressed a desire to be involved in the project were linked together via email and encouraged to meet to further discuss ideas around the priority themes they had helped to establish.
- An application has been completed and submitted to the council on behalf of the TRA for a grant to assist in providing holiday activities for children and young people at Collingwood Hall.

Evaluation

C3 notes that evaluation guidance of the wider CDC programme is provided by the University of East London and will be co-produced with community members as part of an ongoing action planning process.

C3 performed its own evaluation of the CHESS™ walks using a participant feedback form (see appendix 4), which participants were asked to complete following the walks. Twelve forms were completed. For some of the participants English was not their first language so in places their responses have been minimally adjusted, and in all cases, care has been taken to preserve the original meaning.

Feedback relating to the walk and use of the CHESS™ app was positive. Participants were asked to comment on the CHESS™ mapping exercise and responses included: 'it was a really good experience and we learnt a lot'; 'I enjoyed observing the dance class at the Idea Store and the group discussion'; 'it was a good experience to explore the local area, discover new activities and meet people who live and work in the community.'

Participants were asked to comment on using the CHESS™ app on the tablet and their responses were unanimously positive: 'it was really easy and useful, really good'; 'easy to use'. There were no comments that suggested any difficulties with the app.

Eleven participants scored their interest in the project as ten out of ten whilst one participant rated their interest as 8 out of ten.

Key learnings from the CHESS™ walks included: 'I have learnt what is available in the community'; 'I will come back and use the places we visited on the walk'; 'there is a lot of activity for adults and young children but for children who are nine-years-old and older there is less activity available'.

The overall impression was that participants had all enjoyed the experience of taking part in the CHESS process and learnt more about the area in which they live, work and play. In addition, there was a sense that the analysis of the physical activity and food environments using the CHESS™ tool had allowed most participants to understand and appreciate and scrutinise the connection between their environment and the health of the Collingwood community.

Appendix 1: Maps of the Collingwood Estate

Figure 1: CHESSTM on the Collingwood Estate: outdoor and indoor physical activity spaces, street and shop scans



Appendix 2: Participant consent form and risk assessment

CHESSTM Health and safety information

The following points are provided as a guide to upholding good practice for light touch research. CHESSTM involves being outside for up to two hours walking in a group, researching indoor and outside spaces. Please see below for responsibilities belonging to the project leads and to the participants to ensure your health and safety during the CHESSTM process. Participant safety is paramount to this research.

C3 responsibilities

- Explain to participants what this research is about, how it may be used, how long participation will roughly take and what participation entails
- Leave C3 contact details (project flyer/cards) with participants
- Assure participants that all insights will be anonymous
- Offer to stop the research if participants seem uncomfortable or upset
- Raise safeguarding concerns with the wider project leads if deemed necessary
- Do not disclose any personal details of participants – the only time this would be appropriate is if you were concerned about their safety or another's safety, or if you were passing their details on to another project researcher to conduct an in-depth interview / group session with consent from the participant
- Do not pressure participants to take part
- Do not conduct research with participants who cannot give informed consent - i.e. unaccompanied children or vulnerable adults
- Save a number for a local taxi firm (if in an unfamiliar place)

Participant responsibilities

- Make sure you stay with the group during the whole of the walk
- Wear appropriate clothing and footwear i.e. suitable for the environment and for walking (waterproof, warm and comfortable)
- Carry any expensive equipment or personal property discreetly
- Leave immediately if you feel threatened in any way
- Be aware of road safety when crossing or standing near roads
- If you feel unwell at any stage during the walks alert one of the project leads Phil or Liz

Physical risks

Physical risks have been identified in the following locations on the walks; please read and sign on the form attached to indicate you have been made aware of the risks. If you would like further explanation regarding any of the below, please speak with Liz or Phil.

Location	Risk	Action
Brady Street	Very close to the main road	Be aware of people and traffic, stay on the pavement
Sainsbury's	Enter building via zebra crossing	Be aware of other road users, traffic and road safety
Collingwood Street	Exit Sainsbury's and cross road to enter Collingwood Street	Be aware of other road users, traffic and road safety
Headlam Street	Crossing of road	Be aware of other road users, traffic and road safety
Collingwood Hall	Steps up to access	Take caution on steps
Coventry Road crossing	Crossing of road	Be aware of other road users, traffic and road safety
St Bartholomew's Gardens	Dogs may be present	Do not enter park if you feel unsafe, leave immediately if you feel unsafe
Outdoor space by Eagle House	No steps to step off green space, one larger unofficial step	If mobility impaired, you may prefer to move around the green space
Headlam Street	Crossing of road	Be aware of other road users, traffic and road safety
Whitechapel Road	Busy main road	Be aware of other road users, traffic and road safety
Steps on Court Street leading up to Whitechapel Leisure Centre	No wheelchair access	Take caution on steps
Crossing at Brady Street	Crossing of road	Be aware of other road users, traffic and road safety

Appendix 3: The CHESSTM mapping data

During both walks community members and the C3 team collected data using the CHESSTM application at food and physical activity assets in the community. This included indoor and outdoor physical activity spaces, streets, shops, restaurants and street vendors.

Key observations from the CHESSTM mapping exercise:

Indoor physical activity scans	Outdoor physical activity scans
<p>Scans were performed at three indoor spaces, the Idea Store, Collingwood Hall and Whitechapel Leisure Centre.</p> <p>All these assets are within 800m of public transport and accessible with wheelchairs or prams.</p> <p>All are open to the public all year round.</p> <p>All assets are clean well-lit and well maintained with working toilet facilities. There are kitchen facilities available at Collingwood Hall.</p> <p>It is 'unclear' as to which group of people Collingwood Hall is aimed at, adults or children or both.</p> <p>It is not clear how to make payment to use Collingwood Hall or how much it costs. There is a fee to use the physical activity spaces at the Idea Store and Whitechapel Leisure Centre.</p> <p>All indoor spaces offer non-physical activities in addition to physical activities e.g. the Idea Store offers English and reading classes, Collingwood Hall hosts a Muslim women's group, runs Qur'anic classes, and the Whitechapel Leisure Centre runs first aid and fire safety training.</p>	<p>Scans were performed on St Bartholomew's Gardens, the caged courts outside Collingwood House and the play area outside Berry House.</p> <p>A playground is available in St Bartholomew's Gardens in addition to seating and a footpath. Multi-purpose courts are available within the caged area outside Collingwood House and a small playground and seating are available in the play area outside Berry House.</p> <p>All these areas are maintained for use minimally; they are outdated with faded paint but are still functional.</p> <p>The assets are easily accessible for wheelchair users, prams or disability aids etc.</p> <p>There are no signs encouraging use of the facilities.</p> <p>St Bartholomew's Gardens has a grassy area large enough for physical activity.</p> <p>Physical activity is discouraged in St Bartholomew's Gardens and at the caged courts: St Bartholomew's Gardens is accessed via a gate and footpath and there is signage informing people that it is a designated locked site; there was no further detail about what that means, and it was open at the time of scanning.</p> <p>Basketball hoops are available and free to use, however there is signage saying 'no ball games' just outside the court.</p> <p>There are no notice boards or signage encouraging physical activity in any of the spaces.</p> <p>There is flood lighting present at all assets.</p> <p>All assets are within 800m of public transport.</p> <p>All assets are free to access.</p>
Shop scans	Street scans
<p>Three shop scans were completed on the second walk: Sainsbury's, Hut Bazar and Budgens.</p> <p>All shops offered a combination of fresh and non-fresh items. Alcohol and tobacco are not available at Hut Bazar. In Budgens there is a limited amount of fresh fruit available: apples, oranges and bananas. There are no vegetables for purchase.</p>	<p>Barnsley Street was scanned.</p> <p>There is some litter on the street.</p> <p>The footpath is in average condition: clear without obstructions and it is accessible for mums with prams and/or young children.</p> <p>There are trees, flowers and grass along some of the street and it is tended to minimally – there are some weeds and overgrowth.</p>

<p>Tobacco is 'somewhat' visible in Sainsbury's and not visible in Budgens: "you would have to know to ask for it".</p> <p>The check-out area in Sainsbury's sells only non-food items such as batteries and magazines while the food counter at both other shops sells high sugar and fat foods.</p> <p>Sainsbury's 'Healthier Choices' section is very clear; the healthy choices are not all clear in other shops. In Budgens the healthier savoury snacks are above the average person's eye line.</p>	<p>There is lighting along most of the street.</p> <p>There are no litter bins on the street.</p> <p>There is no graffiti on the street.</p> <p>There is some drug paraphernalia on the street – discarded nitrous oxide canisters.</p>
<p>Restaurant scans</p>	<p>Street vendor scans</p>
<p>The Ponchokhana restaurant, on the Whitechapel Road, was scanned.</p> <p>This is an independent restaurant and a local Bangladeshi restaurant – it does not serve alcohol.</p> <p>There is no nutritional information available and there appeared to be a mixture of healthy and non-healthy options.</p>	<p>Three stalls were scanned together as they are adjacent to each other and owned by the same person. The stalls included fruit, vegetables and fish.</p> <p>There were 22 types of green fruits/vegetables available, 1 blue/purple food and 1 orange.</p>

Appendix 4: Participant feedback form

CHESSTM mapping day March 2018

1. What did you think about the CHESSTM mapping exercise? (Best & worst parts?)
2. How was using the CHESSTM app on the tablet?
3. Tell us about the time table for the day (was it too much, too little?)
4. Please tell us about the facilitators (criticism is constructive – it can help us improve so please be open)
5. What new learning will you take away from the day?
6. Please describe your level of interest in this programme following today's event – mark out of 10 (1/10 poor engagement, 10/10 very engaged)
7. Any other comments?