

C3's community engagement in Boscombe



ASPIRE

C3 Collaborating for Health is working with 16 partner organisations to deliver ASPIRE (Adding to Social capital and Individual Potential In disadvantaged REgions) – an EU funded project addressing obesity and unemployment in France and England through a holistic approach to diet, physical activity, and employment support.

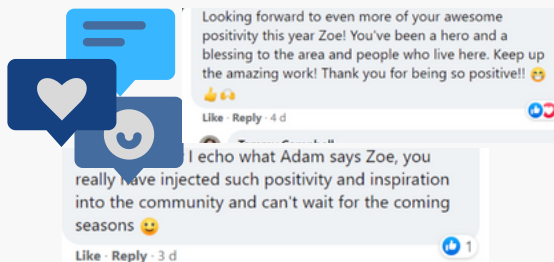
ACTIVITIES

C3 has reached approximately **300** Boscombe community members via a range of activities including:

- community clean-ups
- bee-bombing and rewilding
- a community choir
- "good grub' healthy cooking classes and campfire cooking
- hula-hooping, dancing and mocktails
- a pop-up public living room
- community picnics and parties

And more...

Zoe's efforts to activate and energise an existing local community group – the Friends of Churchill Gardens – have embedded sustainability to C3's work by leaving behind an army of local community activists!



C3

As part of ASPIRE, C3 has engaged with **7** communities in England and France using its innovative community engagement strategy CHES[®] (Community Health Engagement Survey Solutions), which has delivered **7** community co-designed action plans for change.

BOSCOMBE

In Boscombe, C3's Zoe Keeping has managed the delivery of the community's CHES[®] action plan. A resident herself – having worked and lived in Boscombe for over 20 years – Zoe is passionate about the community driving change and ensuring all voices are heard! From creating street art, organising litter picking, creating wild play areas and interactive walking trails, to providing healthy cooking classes and warm welcome spaces – Zoe has brought local residents together by providing opportunities for the community to grow, eat, cook and move together – and live healthier lives.

CHES[®] ACTION PLAN



Create opportunities for physical play



Create more growing opportunities



Improve communication about what is happening



Provide cookery classes



Organise community events

IMPACT

58% of survey respondents reported they are eating more **fruit and vegetables** per day and doing more **physical activity** since participating in CHES[®] Action Plan activities.

79% of survey respondents reported that they had learned more about **healthy eating** and the importance of **physical activity** by participating in CHES[®] Action Plan activities.

58% of survey respondents reported that participating in CHES[®] Action Plan activities has provided them with new **skills** to help them make changes in their community.

79% of survey respondents reported that participating in CHES[®] Action Plan activities has improved their **knowledge** of health challenges in their community.