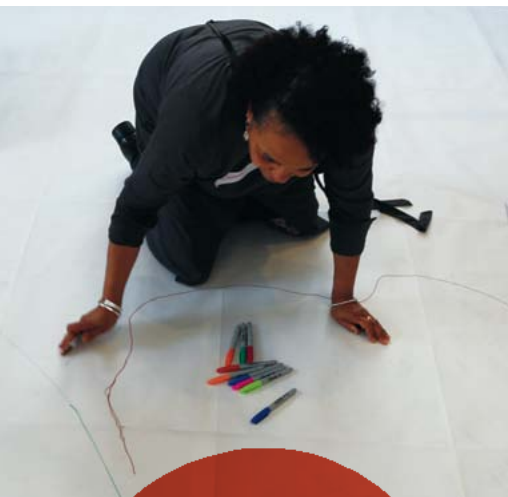


Community in the Making

Bromley by Bow
Community Research
& Workshops

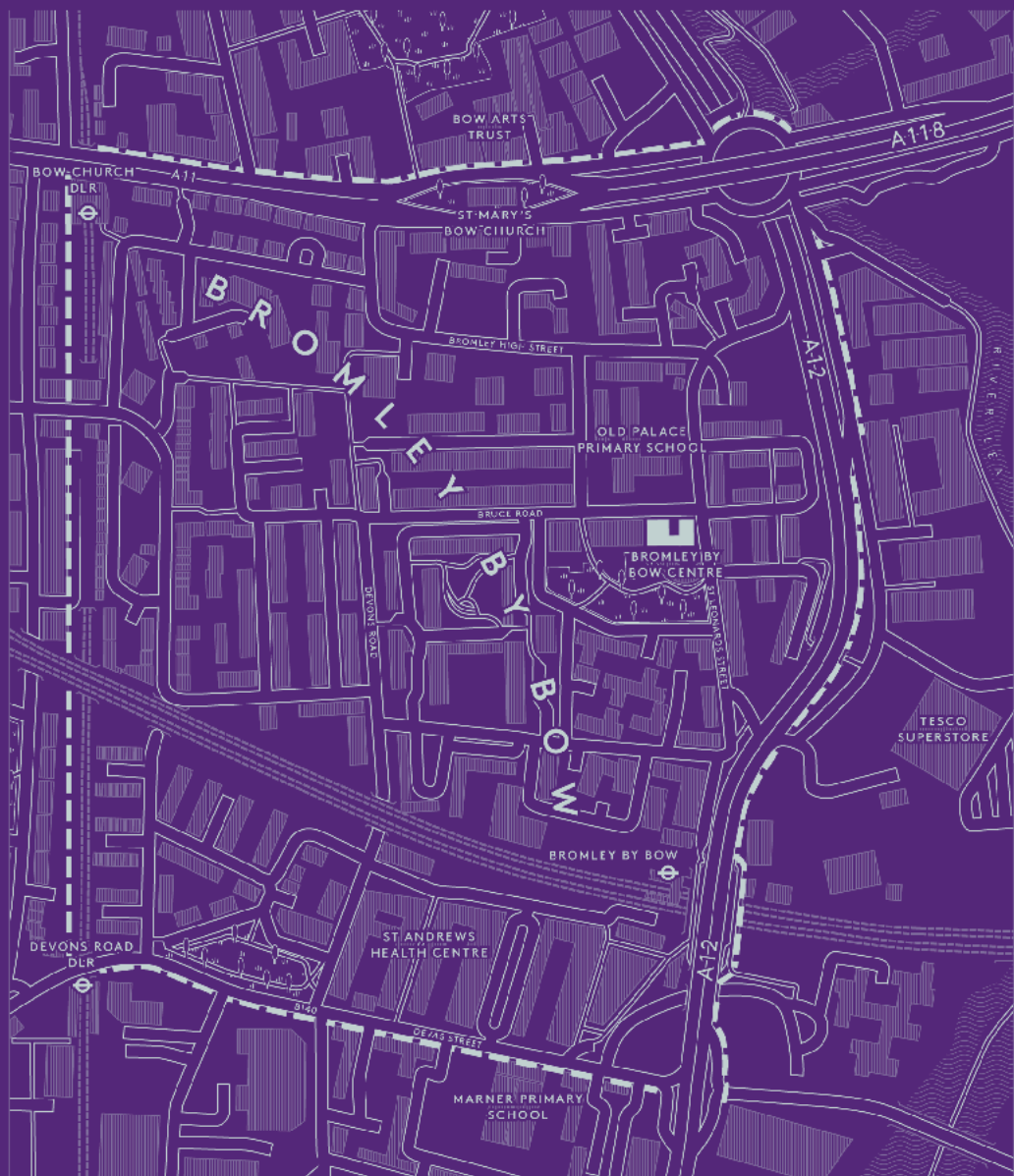
Summer 2016
— Winter 2018



← VICTORIA PARK ▲ ROMAN ROAD

OLYMPIC PARK ▼

WHITECHAPEL ←



BARKING ▲

▼ CRISP STREET ▼ BLACKWALL TUNNEL

‘It takes a village to raise a child.’

Let’s make changes — start taking action to improve the area we live in, raise our families in, hold what is special to us as a community. We all have a part to play in order to let improvements begin. Together as a community change can happen, no matter how small.



It is possible to make changes — being a carer for my disabled mother, who moved into the Bow community in 2017, we found everyday travel with her wheelchair very restrictive. It was very hard for me, so I decided I had to make a change, no matter how small.

I found the contact details for the local Mayor Mr Biggs in the local paper, and managed to get in contact with the administration team. It took several calls, explaining the problems that people like my mother are facing in not being able to travel freely. Within two weeks work started on Tawlin Street to make it more accessible. Two weeks later also Leonard Street had lowered kerbs for wheelchair access. I hope that this shows change is possible.



Hopefully this workshop will initiate many other changes devised by the community to help the community, and assisted by Mr Biggs, councillors, community leaders and residents.

DONNA



Do you dream of a good life for all,
and want to build an even stronger community?
Then why not let us stretch your thinking
about what's possible ...



'Connected Dreams' is the name chosen by a group of local people for an art exhibition that invited people to dream of a good life for themselves and their community. The exhibition brought to life six months of research about what matters to local people in Bromley by Bow.

The research began in the summer of 2016, when Catherine-Rose and I began evaluating the Bromley by Bow Centre. We always knew we wanted the evaluation to include the community's perspective. And within minutes of meeting Mandy Harrilal, we knew that if we wanted that perspective, we needed to do break the mould of traditional research.

We learnt that this community is fed up with ticking boxes. In Mandy's words 'I run the other way if I see someone approaching me with a clipboard'. She taught us the power of 'the human touch' (C. Mandy Harrilal). And a cup of tea as a door to meaningful conversations.

We understood that people want to see practical change in exchange for their views. And so our approach which we call 'research without clipboards' was born.





At around the same time, we met Roger Newton and Romeo Gongora who, in different ways, offered creative ways of doing research. Roger gave us training in participatory appraisal. And Romeo gave us collaborative art to help us dream of an ideal society together (See Romeo's description on the next page).

Over a year and a half, we built relationships, tested new methods, and recruited a team of five local people to become our community research team. This team carried out six months of research in the local community asking:

What do you value in your local community
and why?

and

What are the ingredients of a good life?

Together, we analysed the results that came back, brought the findings to life as art objects and tested them out at our *Connected Dreams* exhibition on 24 February.

Now we're handing the findings over to you in this booklet. It is my hope that reading the findings invites you to reflect on what makes a good life for you. And that it gives you a tool to work for an even stronger community in your neighbourhood ...


BECKY SEALE



Awaken Dreams was imagined in the summer of 2016, around the same time I met Becky Seale and Catherine-Rose Stocks-Rankin, who were about to start their own research for the pioneering charity Bromley by Bow Centre. *Awaken Dreams* was initially intended as a community-led initiative to rethink the way we inhabit civic space and for the following two years, the project would slowly develop to become “Connected Dreams” in dialogue with Becky Seale and Catherine-Rose Stocks-Rankin’s research. We created a core team, made up of myself, Becky, the designer Axel Feldmann and community researchers Maisha Chowdhury, Reverend James Olanipekun and Nina Begum. Our goal was to bring to life the question What could the Bromley by Bow neighbourhood look like in the future? Using utopia as method, the local community worked together to design the imaginary city over a period of five weekly workshops in the winter of 2018. Each workshop used a participatory approach involving a process of discussions and art-making facilitated by the core team. The local community was involved in each step of the process, from putting together the exhibits to planning the exhibition *Connected Dreams* and the poster. We aimed for a grassroots ideal.



My involvement as an artist in this project was to contribute to Becky’s research by drawing on my experience of engaging communities with a participatory approach as inspired by Paulo Freire’s theories of the *Pedagogy of the Oppressed*. A unique aspect of our collaboration was the horizontal dialogue that we established between us from the beginning, our desire to explore the combination of a participatory approach from an artistic perspective and specifically with the participatory practices of community researchers working



from a social science background. This interdisciplinary approach, which brings together participatory art and the social sciences is quite rare and presents a very unusual challenge in exploring the overlap between art, wellbeing and social spaces. Throughout the process of creating the project we had many celebrations, but we also faced many challenges which is common in ambitious projects engaging a community: for example the constraint of time scheduled for the project was counterbalanced by each of our generous engagement, or how the project's limited budget was compensated for by the quality of the exchanges we made along the way.

This publication is our way of sharing with and engaging you in the reflections we made on this journey to understand and change the future of our neighbourhood. I hope that in the pages that follow, you will find your own answers for what your neighbourhood could look like in the future and the means to reimagine and transform your present community.

ROMEO GONGORA



Hello! I'm Maisha, a sixth form college student and local resident from Poplar. I decided to become a community researcher (CR) on this project because I wanted to have a stronger understanding of what makes a good life for individuals living in Bromley by Bow and appreciate all the diverse ways of leading a fulfilling life.

Me and my team wanted to give power back to the people because we knew how the community in Tower Hamlets feels about out of touch research through years of questionnaires and clipboards about the GP, schools, environment and their life. Previous research failed to truly appreciate the thoughts individuals in Bromley by Bow had. I knew with a bottom up and participatory approach local people will change their perception about research.

My role as a community researcher varied throughout the stages of the project. For example, I visited outreach sites such as the Spotlight, Geezers club and festivals with my fellow CRs; I conducted conversations which are like semi-structured interviews but more engaging with participants being more in control with the flow of the conversation; I recorded and collected data by using participatory methods such as the H grid, graffiti wall, drawings and map building as well as many others; I themed the data with Becky, followed by audio recording of data during the artistic workshops and incorporating notes on material used in the workshops such as cardboard; And I finally planned the exhibition with the rest of the team.

I'm glad that we managed to change people's view about research. For example, it feels that many people now feel eager to join and follow the rest of the project and have more confidence to voice their opinions and join in, like Donna who voiced her dissatisfaction and requested changes in the neighborhood during the debate with the mayor! In addition, being from a Bangladeshi background I found it interesting to listen to other people from a similar background and help translate difficult questions. Due to the short time scale of the project I felt it was difficult to capture an in-depth analysis of each demographic in Bromley by Bow such as the homeless. Having said this, I do believe with the time we had, the team and I managed to gather a snapshot of different groups in the community such as Bangladeshi women, older people and youths.

I'm very grateful that I had this opportunity to meet new people from the community and learn about the smallest things that I take for granted that can lead to a good life such as being content with having the simplest of things such as a roof over my head. I'm excited to see how the data can be applied to existing facilities in Bromley by Bow and surrounding areas and curious to see if the factors that make up a good life for the local people can be maintained, achieved or if the factors change in the future.

MAISHA CHOWDHURY





Co-production is a terminology used to describe joint work. Working alongside professional researchers, and artists in researching the Bromley by Bow model as a local resident and a stakeholder affirms my understanding of the word ‘co-production’. Capturing samples and turning it into action and physical illustrations artistically became the icing on the cake. The interests garnered were daunting; the aspirations were explicitly instructive. Unleashing a healthy community where the voice of the voiceless are heard and acted upon is the way to go for community to thrive and be prosperous.

The idea of co-production jumped out of me, as a resident who has lived in an area for over 30 years being asked by my service provider, ‘What the ingredients of a good life could be for me, what makes or may stop it from happening’, it was an opportunity to talk to fellow residents to articulate it in the most simple format.

Therefore, this research involved outreach, interviews, art works, and analysis with real contributions from the stakeholders. I am proud to have been involved, I could see the boldness of service providers wanting a co-production not only to make their work easier, but also to make lives better for those they are serving.

‘Residents’ give ideas; service providers provide tailor-made provision, thereby cutting waste and bringing efficiency.

REVEREND JAMES OLANIPEKUN



A booklet like this is made to hold captive what is otherwise an ephemeral process. The process in question has stretched over two long years of research, six artistic workshops and one exhibition, all happening around Bromley by Bow and the Bromley by Bow Centre, with the democratic aim to give a voice to the local people. We have to be aware of the inherent danger of this booklet: by freezing its subject matter in time it unwillingly puts an endpoint to a process that can never be finished.

To mitigate, we tried our best to apply the principle of communal creation also to the making of this booklet: a workshop has been held where images were selected and layed out collectively, and the structure, content and design of the book has been discussed amongst the members of the group.

The book is divided into four interconnected parts: in part 1 Becky and the core team share the findings of their research; part 2 documents the workshops alongside Romeo's inspirations and methods; part 3 articulates what a future Bromley by Bow may look like in the eyes of the community. Scattered throughout the booklet, some pages marked with the ✂-symbol provide a 'toolkit' – practical techniques for rethinking your own neighbourhood. Cut them out, follow the instructions, and see what happens ...

Despite its finite form, we hope that this booklet will contribute to a continuation of the process it documents, or even inspire others to embark on their own democratic adventures, in order to make the changes happen that are so much desired by the Bromley by Bow community.





The Bromley by Bow Community Research



Summer 2016
— Winter 2018



What do local people value most
in the community, and why?



What are the ingredients
of a good life?



What helps and what stops people
leading that good life?



How could Bromley by Bow Centre
and GPs help?



These are the questions we asked people in Bromley by Bow between July and December 2017.

Who asked the questions? A team of local people, trained up and paid as researchers. Because we believe that local people should be the ones finding out about their own community.

Who did we speak to? We collected over 500 comments about what people value in their community from local people at various locations in Bromley by Bow – outside the Tesco at Three Mills, at the Geezers Club, at Bromley by Bow Centre events, at Bow School, at Chrisp Street Ideas Store, at Spotlight youth centre and many more locations ... Then we spoke in depth with 23 people about the ingredients of a good life for them. And we worked with 19 people in a series of six workshops to test and unpack the common themes.

What will happen with the results? The findings will be used to inform how the Bromley by Bow Centre tracks the difference it makes to this community – making sure they are checking their work against what the community really wants (rather than what they think it wants). The results will also be used to shape the services BBBC offers (see Rob Trimble and Ian Jackson, on the last page of this booklet). And we hope they may get used by local people – to lobby for and create the change local people told us they want.

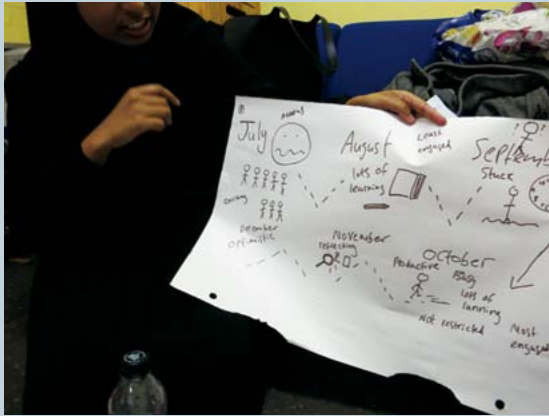


Why did we choose these questions and this approach?

Because we believe:

- that every person deserves to lead a good life – the life they want to live
- that by having conversations about the things that matter, and bringing people together with others to talk about that, we can inspire local action and change
- that while your definition of a good life will be different to mine, there will be some things that will unite us – which we all want and need
- that by measuring themselves against the things that matter, services can help more people lead the lives they want to and help people build the community they want to live in





Moments during research.



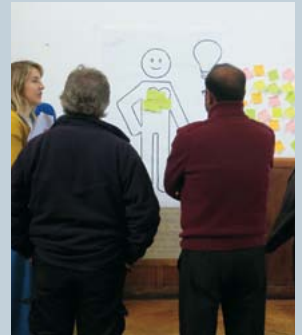
So, what were the things that mattered most to the local people we spoke to?



The three things people told us they value most in their lives are:

- ① Feeling good in myself
- ② Connection to others
- ③ Giving and getting back

We call these the ‘ingredients of a good life’ or ‘growth outcomes’. As they expand, so does the potential for a good life.



Finding out about Good Life

Work Life

GIVING AND GETTING BACK

Self

FEELING GOOD IN MYSELF

Social Life

CONNECTION TO OTHERS

Basic Needs

HOUSING

POSITIVE ENVIRONMENT

PHYSICAL HEALTH

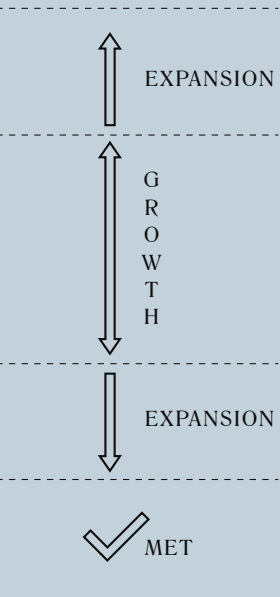
MONEY



Rev. James with some research data

In order to lead a good life, people told us that there are a set of basic needs that need to be in place. We are calling these 'the foundations of a good life' or 'survival outcomes'. They do not in themselves represent a good life. But they represent a minimum level of security and stability, for the ingredients of a good life to grow. These are:

- ① Good physical health
- ② Enough money to get by
- ③ A safe home
- ④ A positive environment



What do they mean to local people?



① Feeling good in myself

In conversation people told us ‘feeling good in myself’ is about:

Contentment, inner peace

“I’ve a feeling that you need to feel happy in yourself, in that you more or less ... know how to do something – before it’s done.”

Enjoyment, fun and laughter

“Maybe fun as well, so you actually enjoy your life and enjoy what you are doing.”

Self-esteem and resilience

“Sometimes you feel like I’m not good enough for this, I’m not good enough for this. But you are good enough ... we sell ourselves short.”

Resourcefulness

“The ‘can-do’ attitude, when people are not necessarily able to help you themselves, but they might know somebody else that can.”

Assertiveness

“To have the confidence to not to keep asking but to be able to do it yourself.”



Artwork produced in Workshop #1, illustrating components of wellbeing



Diagram of Workshop #1, illustrating components of wellbeing

② Connection to others

In conversation people told us ‘connection to others’ is about:

Friends and family: meaningful companions who offer love, support and fun

“It’s important seeing family and knowing you well and you can communicate effectively and so much love.”

The stimulation of meeting diverse, new and different people

“Meeting new people. Making connections ... New and existing. Of various age groups, you know? ... And abilities ...”

A sense of belonging and engagement from a broader community of people

“Community spirit. Acceptance of others, differences, culture.”

For some people connection also comes from their faith; either to a faith community or to a higher entity

“I’ve got church, my church ... Well it’s not let me down, do you know what I mean? It’s a community ...”



Poems produced in Workshop #2



Diagram of Workshop #2, illustrating components of connection

③ Giving and getting back

In conversation people told us ‘giving and getting back’ is about working and volunteering. At heart it’s about an exchange – an act of giving and getting back – that gives us value, purpose and personal growth:

Helping others

“Now I want to do something that is helping people as well ... Yes, like giving back.”

Sense of self

“One of the things with me is I hate not working, that has been one of the things that has caused me some problems, you know, depression, and things like that.”

Having goals and achieving them

“I always wanted to open my own restaurant in catering and stuff like that. So always trying to do things like developing...It’s stressful if you want something and then if you can’t do it.”

Learning

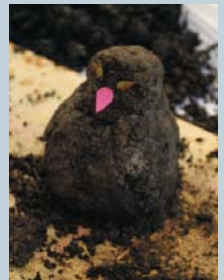
“That’s the best thing I like about it, people learn to do things.”

A future for our children

“I am volunteering for this project because I obviously want my children’s future to grow up in a good community.”

Giving

Getting
back



Artworks produced
in Workshop #3

So what are the foundations of a good life,
or the 'Survival Outcome'?



I guess you having the basic minimum
as well of things ... food, so basic resources.

So, whether you have a house over your
head ... you know you can have food ...
So, and I think not worrying about money.



Good life means people being happy where
they live, so the area is safe



In summary, the foundations of a good life are:

- (A) Enough money to get by
- (B) Good physical health
- (C) A safe home
- (D) A positive environment

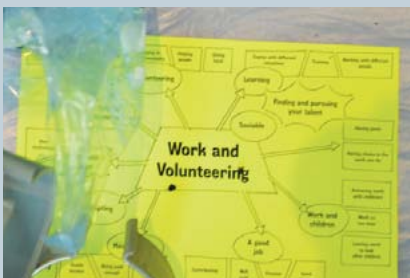


Diagram of Work-
shop #3, illustrating
components of work
and volunteering

What allows people to grow a good life?

There is a relationship between the three ingredients of a good life or growth outcomes.

- Both giving and getting back (work life) and connection with others (social life) feed a person's individual wellbeing.
- And vice versa: if someone feels good in themselves, they are more able to take up a full and fulfilling work or social life. If someone is earning money from their work life, they are more able to socialize with friends and family, using the money that they have available to engage in activities.
- If someone is supported by the love of a stable set of relationships, they are more confident to enter the world of work.

What helps people make a good life for themselves?

People told us that the main things that help them lead a good life are:

- Learning (learning from life and experiences, parental teaching and role models, skills development, education)
- The capability to manage stress and health
- Getting involved in clubs or groups
- Mindset
- Help and support (particularly via peer or family networks but also services)
- Activities and fun (events, hobbies, socialising);
- Know-how (language, what's going on, knowing where to go for help)

Enablers



What stops people building a good life?

People told us that the main things that stop them are:

- Disability or life-limiting illness
- House or care responsibilities
- A lack of confidence
- Loss of funding or benefits
- Stress
- Social isolation



Barriers

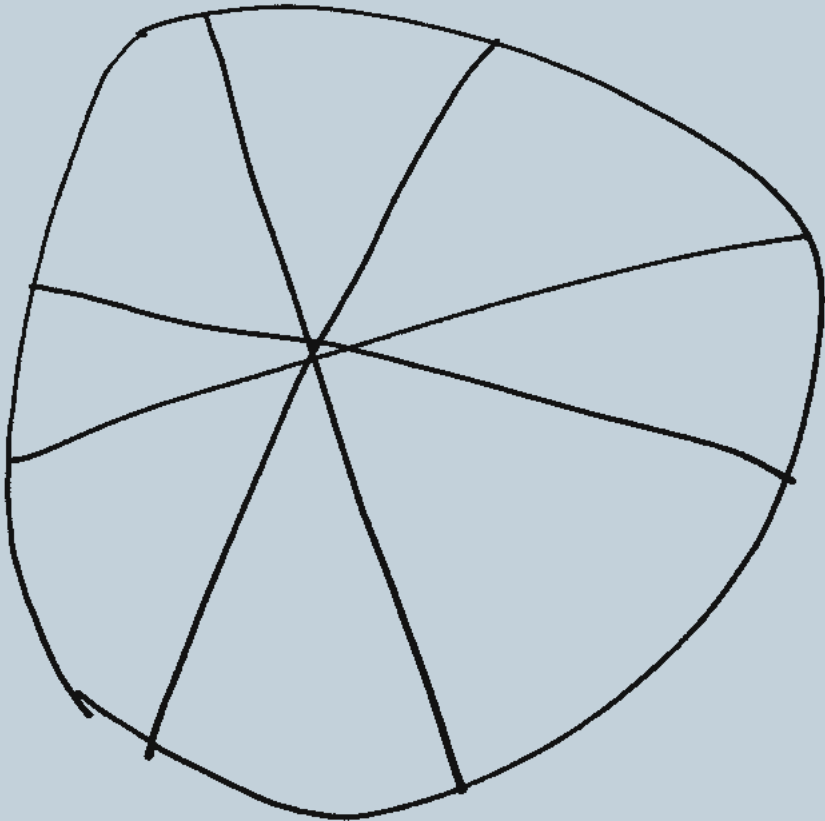
So what about building a strong community in Bromley by Bow?

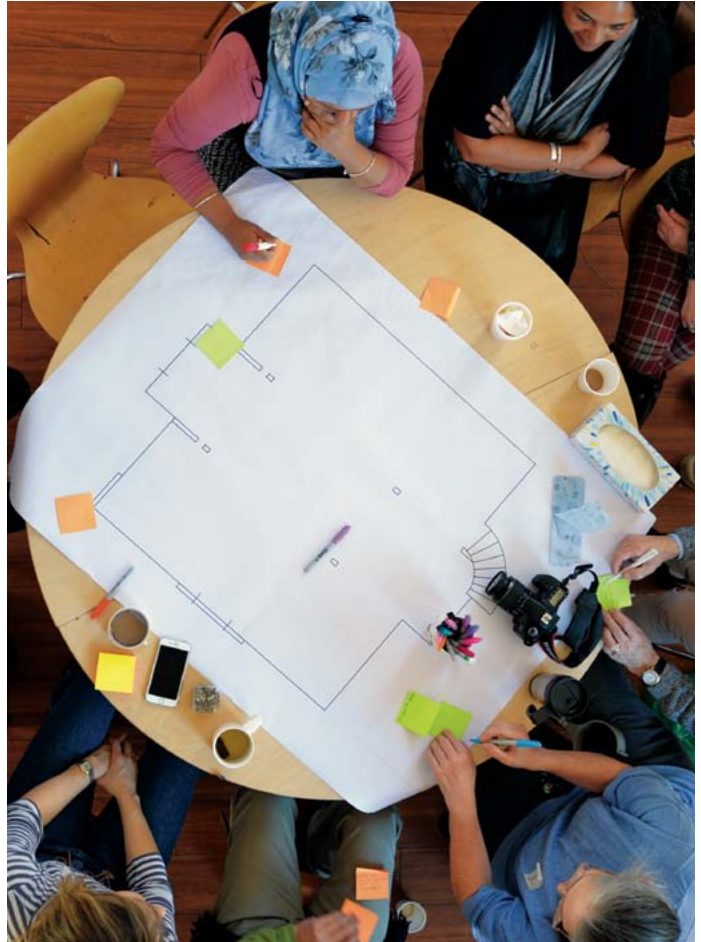
People observe:

- A loss of community (more division and less mutual help or even basic greetings)
- Cuts to local services (such as libraries)
- Housing instability (people living in precarious living situations or being pushed out of the area through gentrification)
- Lots of teenagers hanging around on the streets and intimidating behaviour
- Commercialisation of public spaces and an increase in materialism, particularly influencing kids
- Technological advances and their impacts on social isolation and materialism
- The impacts of bureaucracy and advertising on personal wellbeing and a sense of lost control
- Social progress for some but not for others

What are the ingredients for a good life for you?

Write your own thoughts in the 'Wheel of Life'. You can take inspiration from this one.





The Community Making Workshops



Winter 2018

Connected Dreams was a collective journey into the future and return to the present to share our finding of an ideal neighbourhood. Our adventure was possible because we engaged to be a team and dream together to make it happen. How did we travel all together in the future?

Here are the general methods and inspirations for the workshops that led to our exhibition *Connected Dreams*. Along our journey, we had to do some compromises in terms of collaboration due to the restriction of time. More the creation is collective at its root, more it requires time and space. But it has the benefit to deeply engage and empower all the people involved. Each workshop was around 120 minutes long, I mainly conceived the artistic side of the workshops and the final parts would be elaborated in dialogue with the core team.

A weekly workshop consisted in:

- A short presentation of the session focusing on sharing a personal history, by Rev. James, Becky and myself
- A short session of warm-up exercise that focusses on building confidence, control and mutual trust by myself. These exercises were inspired by *Games for Actors and Non-Actors*, a book by the founder of *Theatre of the Oppressed*, Augusto Boal. I've been using Boal's revolutionary method, showing how theatre provides an opportunity to transform and empower everyone, to install a playfully and creative dynamic.
- Snacks and drinks have been available at any moment of the workshop, allowing to share with each other and facilitating the building of a community. Nina bought them alongside the materials for the workshop.
- A long session exploring the weekly emerging themes through an activity that involved making. Becky provided the theme and questions to explore in the activity. I planned an activity in response, avoiding language barriers. The core team contributed in this planning. For this part of the workshop, I was inspired by the ideas of

Ruth Levitas, conceiving dreaming as a viable way for imagining other possible futures against what is oppressing us, and Orlando Fals-Borda, one of the founders of *Participatory Action Research (PAR)*. He suggests that research questions, outcomes and methods should be shaped by those who are the basis for the study and who are most likely to be effected by its findings.

– A final roundtable to share our experience and a short explanation of the following workshop.

The documentation of the workshops was made by Maisha taking notes, sound recording and drawings of the session and by Axel taking photos. Mandy and Reverend James acted as the social glue, making sure we have a human touch in every aspect of the adventure.

This human touch is a crucial aspect to keep in mind when we want to engage people in a collective creation. My relationship with the people involved along this travel into the future was approached as friendship. As with a friend, I do accept conflict and tension in a relationship that is otherwise ruled by a principle of dialogue and mutual trust. When I think about dialogue my main inspiration is the Brazilian educator Paulo Freire, who says “founding itself upon love, humility, and faith, dialogue becomes a horizontal relationship of which mutual trust between the dialoguer is the logical consequence”.

A major concern while working in our adventure has been the constant risk of stigmatizing the people involved as “disadvantaged” or “fragile”. I believe that over the last fifty years, along with the growing western institutionalization and increase of participatory art in the community, *participation* has evolved into a label that is potentially alienating for the person who is so defined. *Participation* should go back to its origins as an act of sharing, an act of distributing power so as to transform the public space.

HOW DO I FEEL IN MYSELF DAY TO DAY?

IN THIS SESSION, WE EXPLORED WELLBEING AND CONFIDENCE THROUGH INDIVIDUAL AND GROUP ACTIVITIES THAT INVOLVED PARTICIPATORY COLLAGE, BLIND DRAWING, MOVEMENT AND LANGUAGE.

OUTCOME:

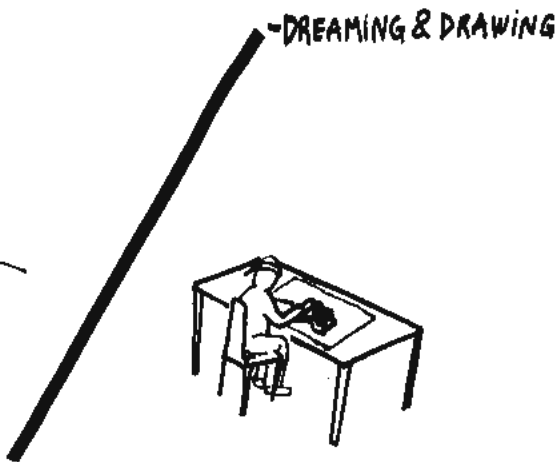
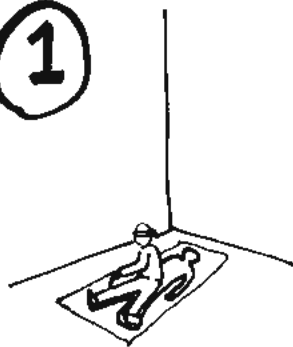
CREATE HUMAN WELL-BEING FOR OUR FUTURE TOWN.

QUESTION:

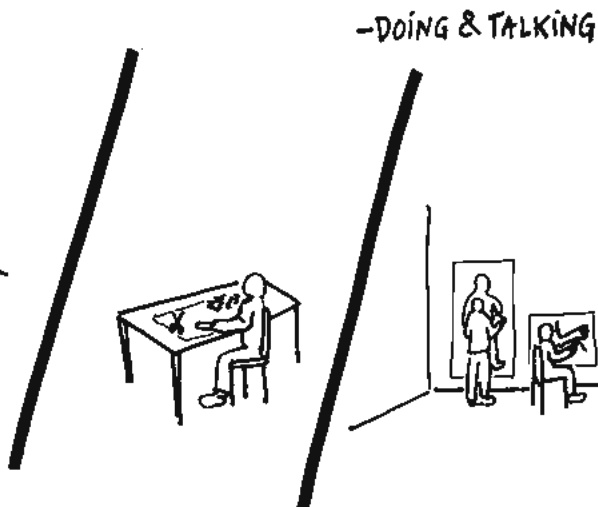
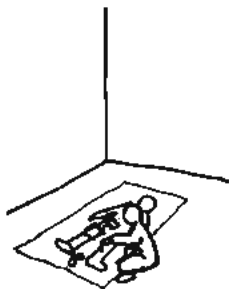
WHAT IS THE MEANING OF "WELLBEING" IN A NEW UTOPIAN SOCIETY?



①



②



We talked about what well-being meant to us. Maisha asked us questions and recorded the answers.



Becky guided us through a 5 min mindfulness where we imagined ourselves feeling our most well.





First we closed our eyes and drew around our bodies. It felt awkward and funny. Something you haven't done before.







Then we chose pictures, cut outs and poems that represent feeling good in ourselves.



At the end each one of us
described why we chose the
picture.





At the end of each session
I felt a sense of achievement.

HOW DO I CONNECT AND ENGAGE?

IN THIS SESSION, WE EXPLORED THE FEELING OF CONNECTION THROUGH THE COLLECTIVE MAKING OF A POEM USING PREWRITTEN WORDS AND LOOSE WORDS.

OUTCOME:

CREATE A LANGUAGE MADE OF POEMS AND SOUNDS FOR OUR IMAGINARY CITY.

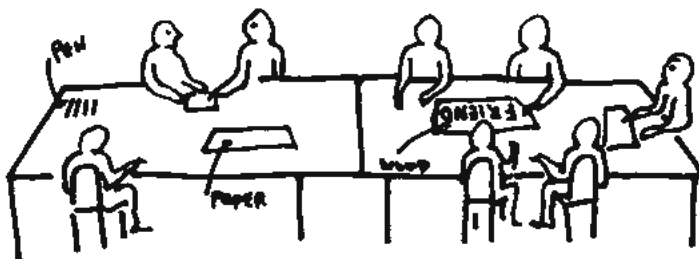
QUESTION:

WHAT WILL BE THE CONCEPT OF FAMILY, FRIEND AND COMMUNITY IN THE FUTURE?



CONNECTION

① collective writing



②



③



First we did some warm up exercises to build trust.





"JOINING IN"

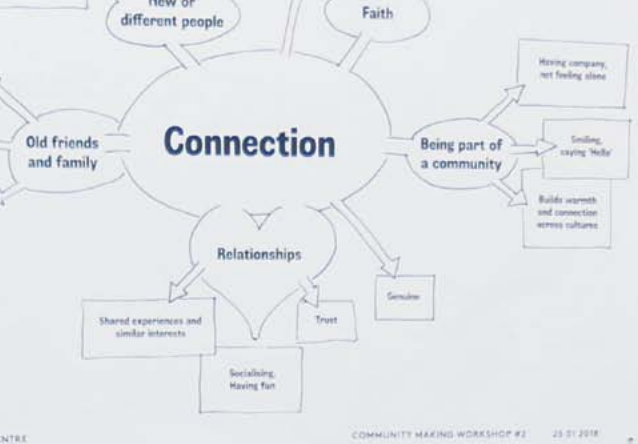
By holding hands we needed to keep a balance of pull and push, and to trust each other.

When doing physical activity to understand what that person is thinking or feeling, consciously or unconsciously.

We chose words and we added words that represented 'connection' to us.

I chose 'cold' because some people are isolated.





AUGUST BOAZ
 Planning sheet - 20land - floor



relationship



Express the Feeling & STATE



I chose 'strength' because everyone needs it.



Then we built poems together.

HELLO FAMILY FOUNDATION
A little love goes a long way

Old Friends Family

Say

hello

love

MY COMMUNITY

With Confidence

learn

to

Value

THE

POSITIVE

Cooking

AND EATING TOGETHER

HAVING

fun

Community (C)

HOW I CAN CONTRIBUTE TO THE WORLD?

IN THIS SESSION, WE EXPLORED THE CONCEPT OF WORK AND VOLUNTEERING, KNOWING THAT IN THE FUTURE WE HAVE THE POWER TO CREATE FROM EARTH.

OUTCOME:

CREATE ITEMS AND INVENT DIFFERENT METHODS OF EXCHANGE FOR OUR FUTURE SOCIETY.

QUESTION:

WHAT AND HOW I CAN GIVE?



①

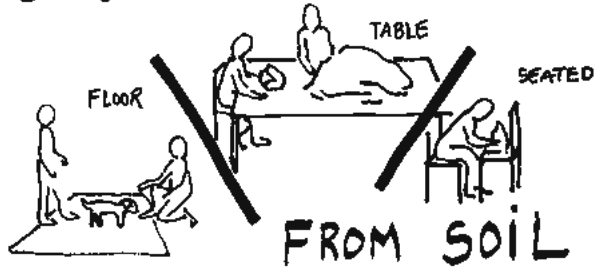
PICK SOIL

WORK TO
MAKE AND OWN

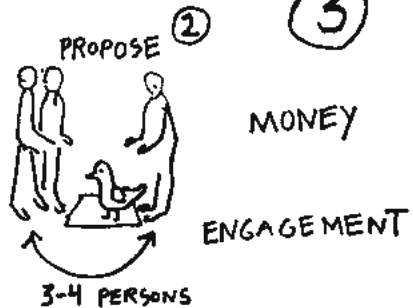


②

CREATE OBJECTS



INVENT A WAY OF EXCHANGE



③

CONTRIBUTE





The soil is being connected to life, nature.



CULTIVATING THE





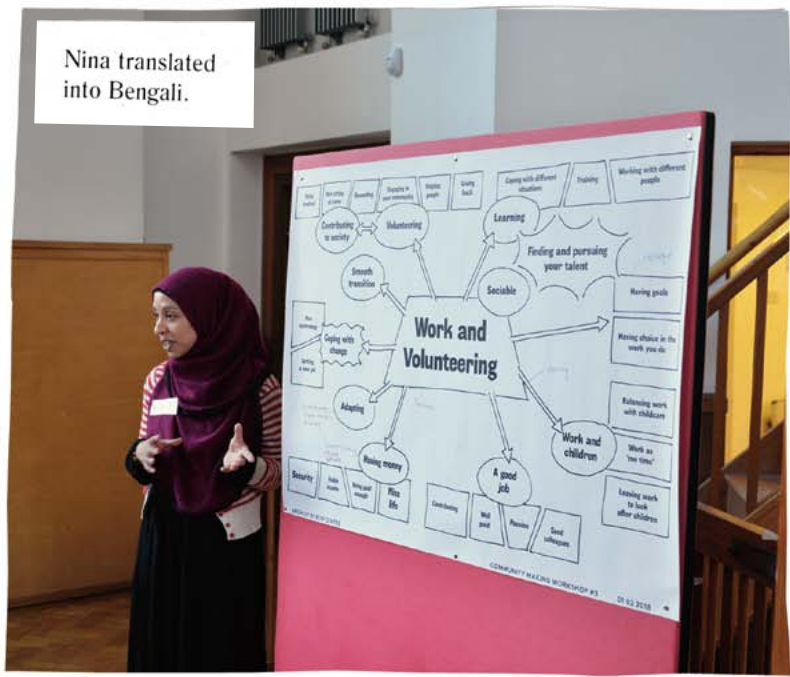
COMMUNITY



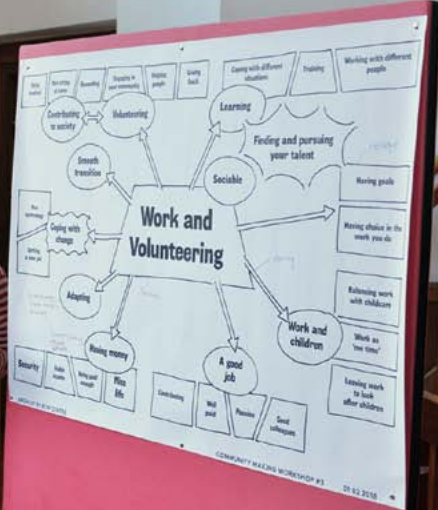
We did something active instead of writing.



I made a plane, if I could afford it I would love to travel.



Nina translated into Bengali.





Jamaican Grapefruits.



COMMUNITY CREATIVE PLANNING

I made a small 'pop-up' house, so they can be built quickly on built-up areas.

I made a canal boat because I need somewhere to live.

Jess made an Eco House for the future.





WHAT NEIGHBOURHOOD DO I WANT?

IN THIS SESSION, WE EXPLORED THE CONCEPT OF HOME AND ENVIRONMENT BY IMAGINING THE NEIGHBOURHOOD OF OUR DREAM.

OUTCOME:

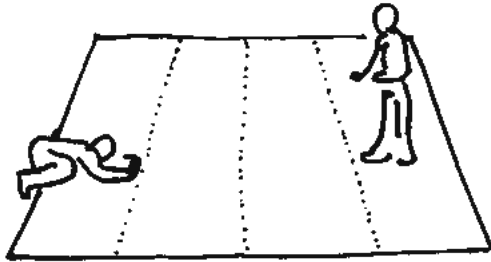
CREATE A GIANT MODEL OF OUR NEW TOWN.

QUESTION:

WHAT DO WE WANT TO HAVE IN OUR NEW TOWN?
WILL THERE BE TREES, FOOTPATHS, POLICE STATIONS,
SKYSCRAPERS, ...?



①



CREATE THE NEIGHBOURHOOD/TOWN
OF YOUR DREAM

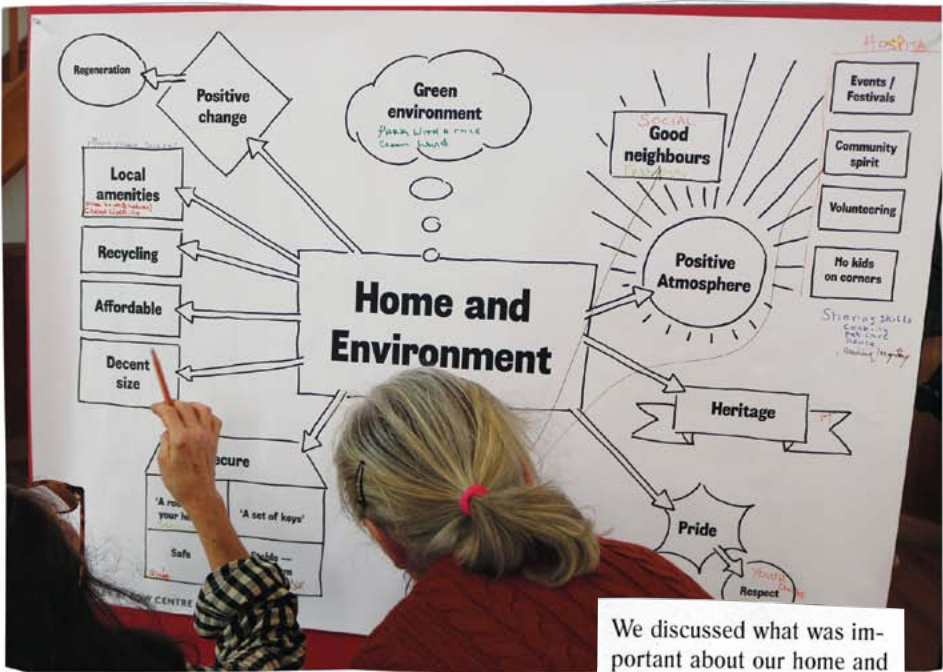
WHAT DO YOU WANT IN
THIS NEW NEIGHBOURHOOD/TOWN

②



- DRAW ON A FOAM BOARD





We discussed what was important about our home and environment.





Then we started to map out our ideal environment.







We drew what we would like in our ideal environment on foam board



What do you want in your dream neighbourhood?

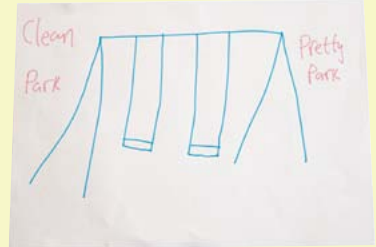


THE COMMUNITY THAT TOOK PART



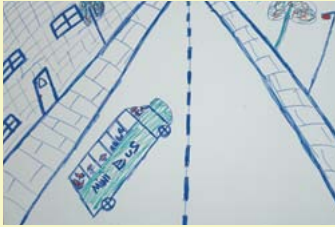


What do people want for the community?



FINDINGS

People told us they want for the community:



A community mini bus



A community tree house – a life closer to each other and nature



Beautiful places to live in – flower beds and tidy gardens



Community making spaces or workshops



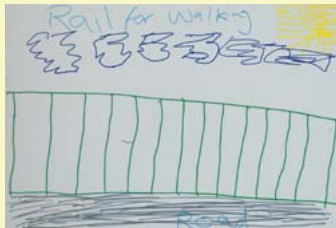
Green corridors on busy roads



Ramps or dropped pavements throughout the area so that people in wheelchairs can get around



A suspended railway that means – no tunnels, no bridges, no railway arches, real estate recovered ...



A rail to help with walking, along pavements



Green spaces, parks



More fruit and vegetable shops



A garden for fruit and veg, public fruit



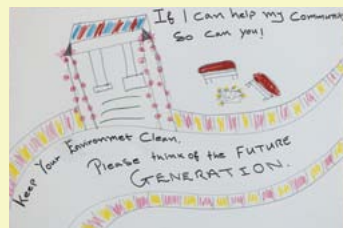
More social housing with more recycling



Fresh egg farms

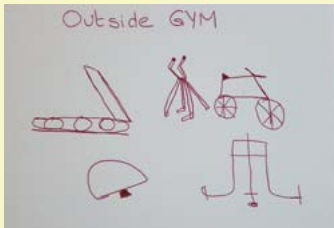


More for local youth



A clean environment for future generations

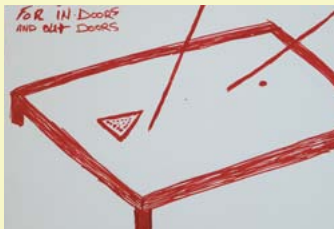
FINDINGS



Outside gyms



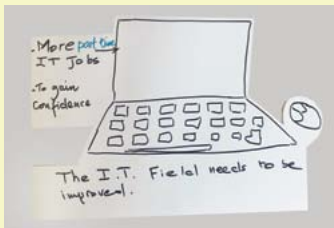
Street parties!



Community pool tables and ping pong – inside and out



Big, clean housing with good neighbours



More part-time IT jobs to help people gain confidence



Places for worship for all

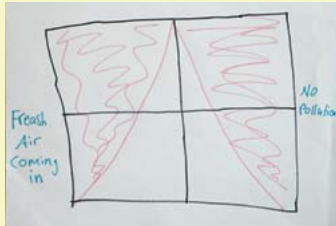


Better job centres where people are treated with respect and compassion



Indoor libraries for all to learn more

Children told us they want:



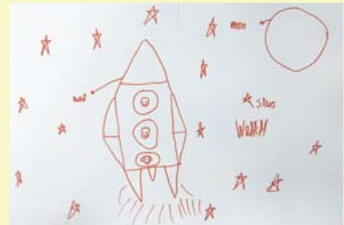
Fresh air coming in – no pollution



Good schools



Community food banks



A rocket to the stars



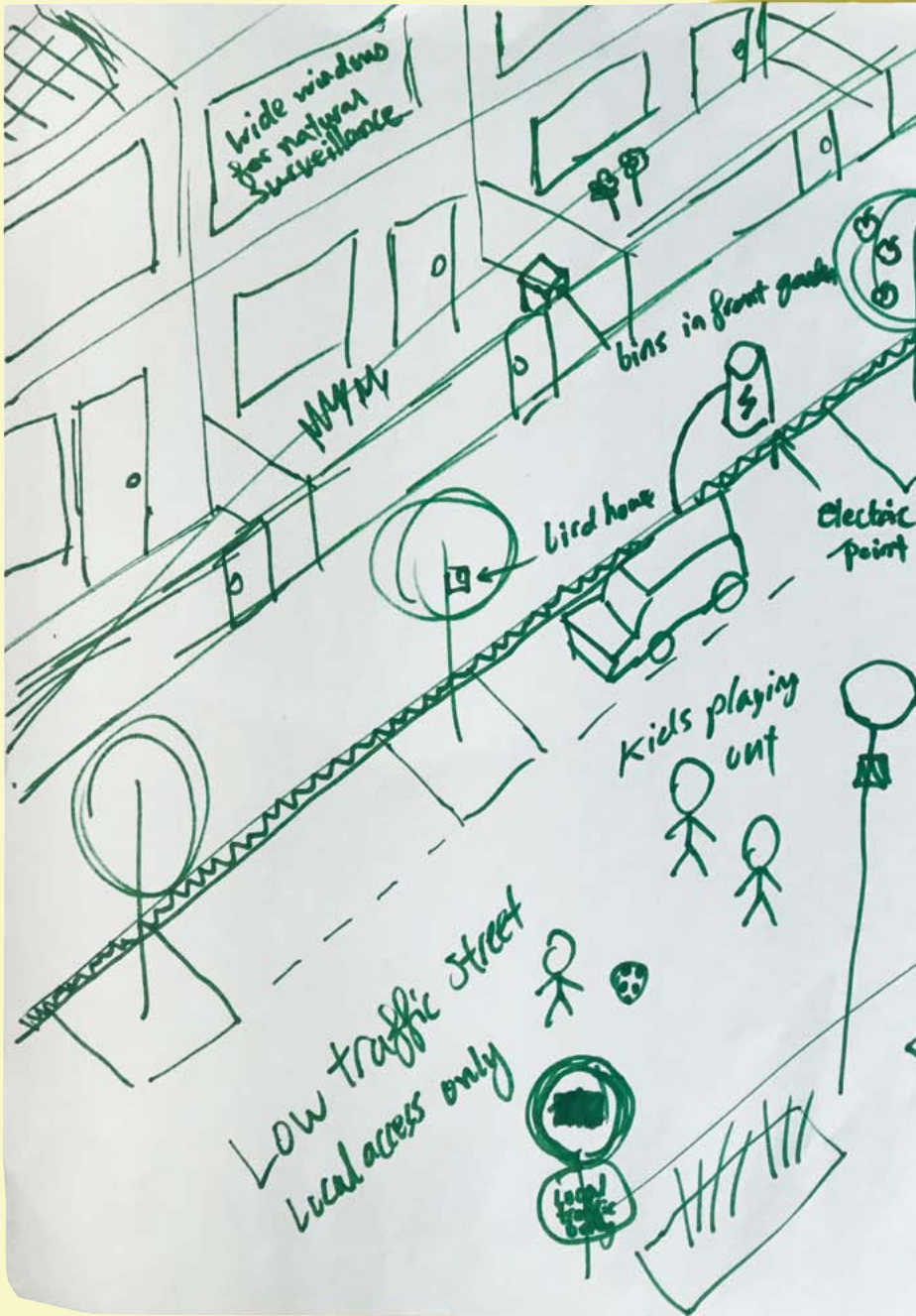
A nice community hall

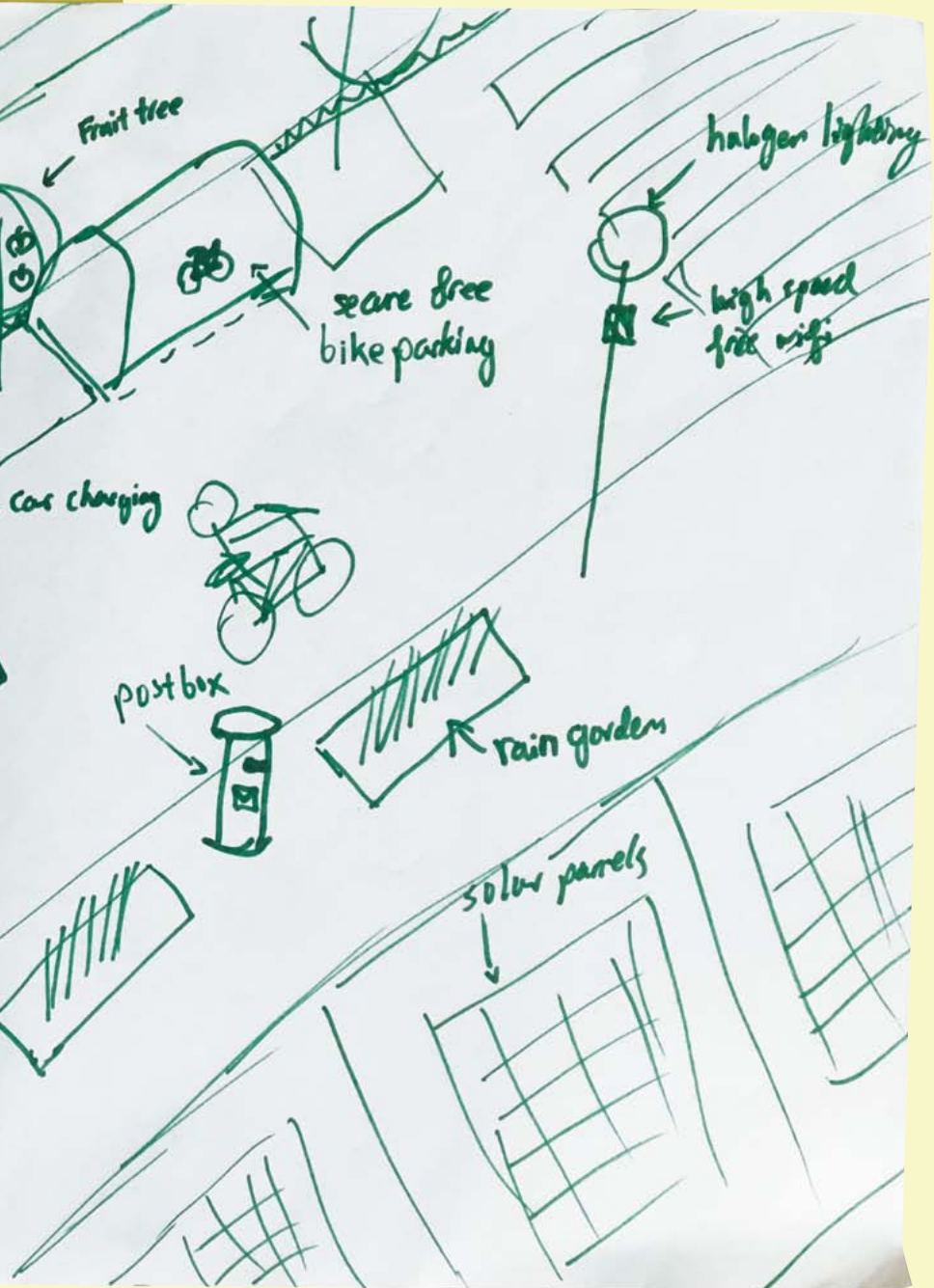


Trips to the seaside



More love

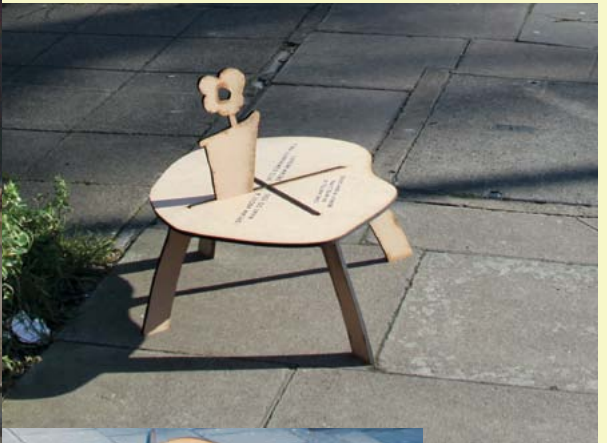






FUTURE BROMLEY BY BOW?



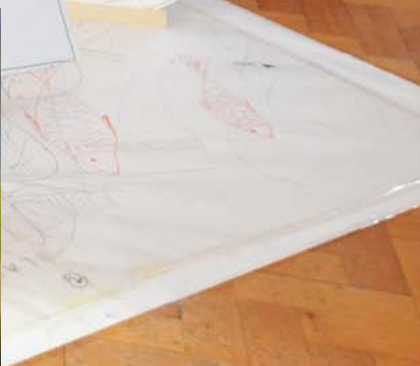




THE CONNECTED DREAMS EXHIBITION
24 02 2018, BROMLEY BY BOW CENTRE



URE BY BOW



This report is both encouraging and challenging.

It's encouraging because the research has produced some very insightful and exciting findings. It identifies opportunities to strengthen our community and provides a brilliant way of understanding what makes for a good life.

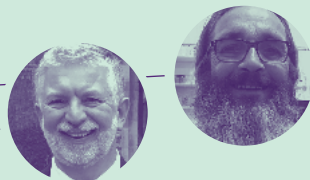
But it is also challenging because we know that much of what we do – providing support to find work, advice about money problems, help with physical or mental health issues – don't in themselves deliver a good life. We will continue to do these things because they matter. But we also need to understand how we work to build a better community together and help create stronger relationships between people.

We need your help to work out what else we should do. Like you we want a good life for all the people of Bromley by Bow – those who live here and those who work here and those who are just passing through.

Over the next 12 months, as Chief Executive of the Bromley by Bow Centre and Director of Bromley by Bow Health Partnership, we personally commit to:

- work closely with you to decide what more we can all do to help improve the quality of life for our communities
- take these findings to our Trustees, GP Partners and management teams to ensure the insights from this work help shape our strategy
- make space for our staff teams to engage with the findings and reflect on how they can help them do their work better
- look for ways to continue the work of the community research project and make sure its embedded in the ongoing life of our organisations

ROB TRIMBLE & IAN JACKSON



Who is The Bromley by Bow Centre?

Bromley by Bow Centre is a pioneering charity in Tower Hamlets. It combines a Community Hub with a GP Practice and includes an extensive range of community services, alongside an Insights Team carrying out research and knowledge exchange. For more information or to see what The Bromley by Bow Centre could do for you, visit our Connection Zone anytime between 9.00am and 5.00pm Monday to Friday or call 0208 709 9752.



Community in the Making
Edited by Becky Seale, Romeo Gongora
and Axel Feldmann;
Designed by Axel Feldmann with the
Bromley by Bow community;
All photography by the Unleashing
Healthy Communities team, 2018

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This initiative is part of the *Unleashing Healthy Communities* research project. The research will be used to continually improve how the Bromley by Bow Centre and GP practice work together with the community.

The project is funded by Public Health England, the Wellcome Trust, The Health Foundation and OCS, who are also interested to know what works for communities so that they can make change at a national level.

Find out more at researchwithoutclipboards.com

