

Highbury - 2nd Quarter Summary

What activities have been completed within this quarter?

- Community workshop on Self Belief, book out, 100% attendance, fantastic feedback.
- Welcomed x2 new volunteers through Volunteer Auckland
- Highbury House newsletter established
- Hinemoa Summer Street Party with local businesses and other community organisations
- Christmas gift drive for Foster Hope, with donations supporting a local group Grandparents raising Grandchildren
- Spring Fiesta Street Party



WORKSHOP www.rachelwotten.com

BUILDING SELF-BELIEF

“The only person you are destined to become is the person you decide to be.” Ralph Waldo Emerson



Self-Belief is one of the most powerful forces that each and every individual possesses for success. We will look at how to understand why people doubt themselves, we will look at the inner critic, imposter and that which stops you believing. We will review the different levels of self-belief and give you some tools and techniques that can start unlocking the dormant potential that lies in everyone to start on the path to living a fulfilling life of confidence and inner charisma.

NOVEMBER 28 |
7:00 PM - 9:00 PM |
HIGHBURY HOUSE |
BIRKENHEAD |
AUCKLAND |

NUMBERS LIMITED SIGN UP NOW 09-480 5279 | highburyhouse.org.nz |
Highbury House Radical Community Care admin@highburyhouse.org.nz |



What activities weren't completed within this quarter? Give an explanation why

- Liberty of being you workshop - didn't have enough number of attendees to make it work.
- Website upgrade has begun but will not be completed until early next year due to the volume of work
- Installation of the pedestrian crossing due late 2018 but delayed
- Highbury House survey to the community due to time constraints

Highlights for this quarter?

- Community Workshop
- Hinemoa Summer Street Party

Any issues, concerns or solutions to raise

- No

Did you have anything start this quarter, not expected on the workplan?

- No

Below the line activities not funded by Council

- Events from Highbury Community house are part funded by council and part funded by sponsorship from a local business
- The community workshops are not funded by council



Community Workshops at Highbury Community House

Why we hold the workshops

Conversations that we have or hear about in our community help us to formulate our workshops for the community. In 2018 we organised five workshops in response to what the community asked for, four of these were free to the community the 5th was facilitated through Parenting Centre which we needed to on charge for.

Happy Healthy You!

This was a workshop/talk to help (mainly) women get more energy, have restorative sleep and make time for themselves in their busy world.

The event was planned for Thursday 22 March 7.30-9pm. The facilitator was Melissa Lowe from The Thrive Guide, the same facilitator as for the Healthy Lunchbox Workshop we ran in September last year. That event sold out (21 places) and had several on the waiting list.

We offered this new topic after feedback from the previous event's attendees suggested it was of interest.

Unfortunately we had to cancel the event as we only sold one ticket.

The marketing was done in much the same way as the previous event, with a blend of social media posts, printed material in the community and word of mouth.

For this event, we made three changes, which may have been a cause of the lack of interest.

- 1) Held on an evening, not during the day
- 2) A cost of \$10, not free (to cover the cost of the facilitator)
- 3) Booking was via Eventbrite website, not through us

An email was sent to the database group who either attended the first workshop or were on the waiting list or have expressed a wish to be kept informed of future events. They were asked for feedback as to what stopped them booking for this event. If we can identify a common reason, we can change it for the next event in the series which we're planning now.

Comments/feedback:

Sadly, we received no replies at all from the emailed group. It's not appropriate to chase this group any further.

One comment we had (outside the emailed group) which was a barrier for one person was that she wouldn't feel comfortable sharing personal feelings/info in a group setting, in such a small community. While this is understandable, this event wouldn't have called for people to do this.

Will we plan for another workshop in term 2, with slight changes and try to find the right formula for our community to get together.

Mindfulness Meditation - Weds 22 August 7.30 - 8.30pm

There is a huge following and interest in this topic and our community also showed a great deal of interest.

The facilitator was Jackie Rowles and we eliminated some of the changes we'd made to the last unsuccessful event. The workshop was free of charge and bookings were made through Highbury House directly.

The take up of places was swift and the workshop was soon full. Final numbers were 13, (one cancelled on the day) which was the max requested by the facilitator.

Jackie provided attendees with an overview on Mindfulness and the opportunity to try out techniques to deal with the overwhelm and stress that busy lives can cause.

The workshop was really well liked and feedback was very positive. It also brought several new people into the House who had not used us before.

"I really enjoyed the workshop Im looking forward to doing more of them in the future i didnt know wot to expect it did meet my expectations 10/10

Was delivered in a great way especially doing the exercise's help put into practice,the facilitator was excellent also the premises was ideal. Thanks"

"Yes session was very informative and useful"

Getting Started – Thursday 14 June 7.30 – 9pm

Facilitated by Rachel Wotten – a House user and highly successful speaker, author and mentor – this workshop offered people a starting point to free themselves out of that 'going round in circles' struggle. Providing attendees with tools, techniques and knowledge to help them figure out what they really want to do and get on the road to personal or professional success.

A 'sell out' event (FOC) again with numbers capped at 14 for optimising the benefits to attendees, this one had a waiting list.

We asked Rachel to consider a follow up workshop that would build on what attendees of this one have put into practice.

Babysitters Workshop for Teenagers – Monday 1 October 2018 10.30am – 2.30pm

Run in the school holidays and facilitated by Parenting Place, this very popular workshop was soon booked out. It teaches teens key skills needed to be a successful babysitter, including a first aid session and they receive a certificate on successful completion that they can show to prospective parents, helping them gain jobs.

This workshop cost \$50 per person, which was charged to cover the facilitators' fees.

We have booked the facilitators again to run this in April 2019.

Building Self-belief – 28 November 7-9pm

Run by Rachel Wotten, this workshop looked at why people doubt themselves and what it is that stops you from believing you can achieve your dreams.

It unpacked individuals' situations (if they were willing to share) and delivered tools and techniques to help them start to unlock their potential.

This workshop was incredibly supportive for those attendees who needed it and we decided we would follow up early in 2019 by inviting attendees back in to Highbury House for a catch up coffee group where they can support and mentor each other along their journey to fulfilment.

15 people attended with a small waitlist too.

"Thank you so much again for organising last night. I really got a lot out of the evening and am so glad I attended. I would be very interested in both finding your purpose workshop and a morning tea in the new year if either of them go ahead. "

"Thanks so much Rachel for last night, I've already put my words of affirmation next to my bed and saying the daily word to myself today it's so motivating. And so good to have a strategy to catch my inner critic and tell it I'm driving!

I would be interested in staying in touch with the group so keep me posted on the morning tea group. Also, the adventure workshop.

Thanks again for your time and wisdom it's so appreciated and Angela for support and organisation. "

"Hi Angela and Rachel, thank you for organising and run the great workshop last night. It was inspiring session that I have been thinking about what I can do better in my life. Morning tea session next year to share what we are up to would be also great opportunity for all of us. Great idea!

I hope to see you again next time."

Hinemoa Summer Street Party 2018

Highbury Community House, teams up with other members from the local community and businesses to create the Annual Hinemoa Summer Street Party. This year was the 5th Street Party with each year getting a little bigger.

The goal of this event is to drive visibility of Hinemoa St and showcase our local businesses and the community house. We also want to hold a fun, feel-good event, connecting event for the local community. Our aim is to have everyone out, enjoying the sunshine, talking, socialising, meeting each other while giving exposure to the local businesses.



What was Highbury House's involvement?

Highbury House took the lead in the organisation and execution of the event. We co-ordinated the meetings with a core group of business/community organisation representatives, we continued to be the conduit for information and bookings for the event on behalf of the group.

Highbury Community House sent out an initial email to all local businesses/organisations in the area with information about the event and to invite them to take part. Linda Tisch, one of the key organisers followed up by speaking to all the businesses personally.

Highbury House produced all the advertising material and distributed printed and online promotion to the community

Promotion

Promotion spanned the usual online channels – Facebook, Neighbourly, Instagram and our new E-newsletter. Channel Magazine and the North Shore Times were given details to print. Posters were displayed in the community (on lamp posts and in public areas). Businesses/organisations taking part also promoted to their networks.

Sponsorship secured from Dianne Lundquist of Harcourts. This helped to cover our costs for advertising and activities. We also secured discounts from The Warehouse Birkenhead for the craft activity materials for the children.

On the day

The Highbury Community House carpark was turned into a market zone. We had 10 market stalls spanning food and various products attractive to Christmas shoppers and families. For the children we had face-painting, a bouncy castle kindly donated by the Bayview Community Centre, and our much-loved tradition of the Christmas craft activity – make a bauble. Harcourts ran a fun competition and we had live music.

Gazebos were brought in or borrowed to make sure that there was adequate shade.

Activities up and down the street hosted by the businesses and local organisations included a BBQ, live music, cookie decorating, a mini market area, Street Party shopping discounts with stalls outside premises and more...

Feedback from the event

As in previous years this event was highly successful for us and for the local businesses/organisations. It is difficult to gauge attendance due to the area covered, but estimates run into the hundreds. The market stalls were busy and the children's activities were all very popular. The live music was an excellent new addition this year.

The businesses/organisations who took part along the street were also very happy with the event, the exposure and sales it brought them. There were many families and neighbours meeting, talking and connecting.

- ❖ *Thanks for a great day. It was lovely talking to everyone.*
- ❖ *Best ever I think and weren't we lucky with the weather – bring it on 2019*
- ❖ *It was a lovely day well done!*
- ❖ *Perfect weather too and I hope you got lots of fun and exposure*
- ❖ *Great job on the street party organising yesterday. Everyone is looking happy in the photos which is a good indication of the success.*
- ❖ *Thank you, Angela, for your tireless work in the community. You are amazing.*

De-brief and feedback

What worked well

- More effort in engaging the ELC families to volunteer (can build more on this next year)
- The community spirit
- The vibe on the street was fantastic
- Market stalls worked really well
- The live music was a great addition
- Community engagement was great. Everyone looked happy, the sun was shining and it felt very vibrant!
- Brings the community together, including the local businesses
- Brings attention to our part of Hinemoa St

What could we consider for the 2019 event?

- It's difficult to get answers from many businesses about what they will be doing.
- We need to make sure our contact list is up to date (the owner of one business knew about the event, but not the manager who would have been the person doing something)
- More thought into engaging the ELC families as volunteers – good start made to build on

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- Thanks for a great day. It was lovely talking to everyone - *stallholder*
- Thanks Angela! Well done on organising such a great event – *local MP*
- Best ever I think and weren't we lucky with the weather – bring it on 2019 - 7 December 2019 should be a goodie for next year perhaps – nothing like planning early ahead xxx Have the best Christmas ladies with family and friends and thank you for your superb marketing and support xx – *Birkenhead Point business owner*
- It was a lovely day well done! Perfect weather too and I hope you got lots of fun and exposure - *Birkenhead Point business owner*
- Great job on the street party organising yesterday. Everyone is looking happy in the photos which is a good indication of the success. Helped to have such a beautiful day too – *Event Photographer*
- 'Happy with my sales today! – *stallholder*

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