

Summary of applications - South Multi-Ward

Champion Hill Ward

APPENDIX 1

Ref:	Name of your group:	Name of project or idea:	Describe what the project is trying to achieve, including why it is needed and demonstrate how it is going to benefit residents, of the ward you have selected:	Amount requested [£]
1317624	Dog Kennel Hill Adventure Playground	Something Old Something New...	<p>We want to help those in the community – young and old who feel isolated. Those who aren't interacting in 'real life' as much as a few years ago because of social media and being engrossed in Technology. We will instigate conversations discussing confidence, looking after our emotional health & wellbeing, all creating a bag we have customised. This will also enable us to encourage those taking part to use reusable bags thus helping the environment</p> <p>Young people & adults will learn the following:</p> <ul style="list-style-type: none"> • Self-confidence • Independence • It brings out creativity • Mechanical skills • The ability to follow instructions • Patience • Discipline <p>We will run a lunch and an evening morning alongside this for local residents/residents where we all bring a dish and share food.</p>	£5,000
1313189	Mother Goose Nursery	Community Garden Events	<p>Our aim is to put on a series of events in our wildlife garden in order to</p> <ol style="list-style-type: none"> 1. Bring people from different walks of life together in a social context to foster a sense of community. Our neighbourhood is diverse and there is a wide income disparity between households. We hope to promote conversation so that our neighbours can share ideas and concerns about the neighbourhood. Our events will be friendly and welcoming and will help to combat loneliness which is prevalent amongst Londoners. 2. Encourage people to spend time outdoors enjoying the green space. Children, especially, will gain from being physically active in the garden. Being outside in a natural 	£8,100

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			<p>environment has proven effects on health and well-being. GPs can even prescribe 'green exercise'. Also since 8% of 4-5 year olds and 17% of 10-11 year olds are clinically obese in this area and many children are physically inactive at home this will benefit those children and families.</p> <p>3. Provide free healthy refreshments for people, many of which will include ingredients from our garden. Our events will be free so that anyone can participate.</p> <p>4. Teach people simple cooking and food growing skills.</p>	
1316742	NTA Dulwich New Beginnings	New Beginnings "Bridging the Gap"	<p>With the increased level of knife crime and the fear of crime within the wider community, it is the intent of the project to identify ways to bridge the gap between the young amongst each from different postcodes, age groups, racial and cultural other communities. More particular within our church members who are in the main elderly but of the young as well, there are those who have various experiences and skills that can be shared and through this begin to build relationships. For many youth there are opportunities for sharing personal games and skills (intellectual banking and sharing), sport equipment, homework support and simply to reduce loneliness and isolation for both groups.</p> <p>There will be opportunities for fun, educational and leisure outings that will provide communication opportunities for both young and old to mixed and develop meaningful relationships built on trust and respect. The outcome is to identify ways to bridge the gap between the young and older generation within our communities.</p>	£3,650
1314768	St Faith's Summer Play Scheme	St Faiths Summer Play Scheme	<p>We would like to offer safe community environment for a 3 weeks Summer Play scheme, for children from disadvantages backgrounds aged 6yrs to 11yrs during the summer holidays. Our aim is to reduce prejudices, encourage children to mix with different cultures, experience new activities and feel a sense of belonging to their community. We worked very successfully with Denmark Hill & Champion Hill Tenants Association and the local schools to promote the scheme.</p>	£11,355
1315803	Stepping Stones Learning and Leisure	Stepping Stones Group Exercise	<p>Adults with learning disabilities are among the most disadvantaged and vulnerable members of society. This disadvantage can be seen in comparatively lower life chances, diminished opportunities and deprivation. Over 80% of adults with learning disabilities engage in levels of physical activity below the department of health's minimum recommended level. People with learning disabilities are much more likely to be obese</p>	£3,220

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			<p>than the general population, with an associated increased risk of diabetes, and lower life expectancy. They are also much more likely to experience social isolation.</p> <p>At Stepping Stones we work to address this disadvantage and provide life enhancing and meaningful activities. We are seeking funding for 2 weekly exercise sessions that will provide space for up to 30 adults with learning disabilities to take part in group dance and keep fit classes. These classes will provide people with regular exercise in a community space. This is an important part of the work of Stepping Stones, as so many people with learning disabilities are not able to access community based activities due to their disabilities. Meeting others and being part of a group is an important experience which we are keen to facilitate along side much needed and accessible physical exercise.</p>	
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Dulwich Hill Ward

Ref:	Name of your group:	Name of project or idea:	Describe what the project is trying to achieve, including why it is needed and demonstrate how it is going to benefit residents, of the ward you have selected:	Amount requested [£]
2021001	Dawson Heights Community Club	Community events and coffee mornings for Dawson Heights	Dawson Heights Community Club was set up informally in 2018 and was formalised in 2019. It has already made a huge contribution to the wellbeing of residents, creating a sense of belonging and cultivating positive neighbour relationships. It requires continued funding to ensure its longevity. The funding will go towards various events/activities to include a Summer Fair, Christmas Event (including Santa's Grotto), weekly Kid's Club run by volunteers, weekly coffee morning run by volunteers. These events will encourage greater community cohesion and support for families with children and older residents to get to know each and have fun.	£1,500
1313424	Friern Road Street Party Association	Friern Road Street Party Association	The aim of our annual street party is to bring local residents together, in our section of Friern Road, so that we can get to know each other and bring about social cohesion. Acknowledging the diverse ethnicity of our street the party encourages all residents to come out and participate, share in a sit down lunch and participate in outdoor activities (such as music and dancing) and get to know each other.	£280
1314150	Link Age Southwark	Yoga group for older people.	We are seeking funds to provide a tutor and transport so that 20 older people in the Dulwich Hill ward can benefit from a yoga class and feel less lonely and isolated. This popular group meets weekly at Lew Evans House to enjoy chair-based yoga with an experienced tutor. Group members meet for tea, biscuits and a catch-up before the session starts. Members are very positive about the physical benefits they have obtained from the yoga with comments such as "my bad shoulders have definitely improved", "I can do more now. It keeps me supple", "the stretching is very good", "it's good to exercise the joints", "it's helped my knees" and "it helps with sleeping." The social aspect of this friendly group is also very important, particularly in terms of getting out and meeting other people "it's lovely to get out of the house", "it takes you out so you're not lonely", "I look forward to coming", "I love this group, it's very friendly", "we make friends and meet people", "it's nice to keep up with friends" and "I feel happier and livelier afterwards." This group promotes physical health and well-being by providing older Dulwich Hill residents with a weekly opportunity to exercise and socialise that would otherwise be unavailable to them. Older people are particularly	£6,975

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			vulnerable to social isolation and loneliness as their mobility reduces, health deteriorates and family and peers move away or die. Chronic loneliness is a health risk factor comparable to tobacco, alcohol and obesity.	
1314788	St Clement Church	Coffee Morning and Tea Party	The members of St Clement with St Peter Church are currently holding a monthly coffee morning and an annual tea party free of charge for all who would like to attend. The idea is to invite people of all walks of life to come and sit around a table. We hope these events create a sense of community and alleviate loneliness and isolation.	£800

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Dulwich Village Ward

Ref:	Name of your group:	Name of project or idea:	Describe what the project is trying to achieve, including why it is needed and demonstrate how it is going to benefit residents, of the ward you have selected:	Amount requested [£]
1306750	Aluaie Capoeira UK	Capoeira for a Better Life	<p>Our organisation wants to run a social inclusion project for children and young people in Southwark, using the martial art Capoeira to support the participants to have healthier and more active lifestyles. The children and young people will have access to 100 hours of activities, which include the Afro-Brazilian martial art Capoeira and associated music and dances. The project is aimed to children and young people that come from disadvantaged backgrounds, poverty, BAME groups and that may be at risk of social exclusion.</p> <p>We have done extensive research to check that our project addresses the needs of Southwark residents. Recent studies showed us that Southwark ranked as 41st most deprived borough out of the 326 local authorities in England. The proportion of Southwark's children living in deprivation is around 37% and the proportion of children (under 16) living in poverty is 33.9%. Our project addresses equality and gives the children the opportunity of a better future by delivering free of charge sessions.</p> <p>https://www.southwarkstats.com/public.php?d=D0002&p=P0002&s=S0018.</p> <p>Our organisation has operated in Southwark since 2012, and since then we have seen an increased demand for our activities. To complement the statistical reports and research done in the Southwark, we have run tester sessions and worked side by side with local schools and young people's organisations to make sure that there is a demand for our activities.</p>	£3,400
1316521	Bell House Dulwich	Do, Make, Write, Explore: Wider Learning for Schools	<p>Do, Make, Write Explore aims to widen the learning opportunities for students at local primary schools. We will run six extra-curricular day trips for schools, where volunteers will educate the pupils in different skills and activities including quilting, printing, beekeeping and creative writing. The project was developed by a schools' steering group, comprising local parents and ex-teachers, and further developed by running a pilot trip with Elmwood Primary where 60 Year 6 pupils visited us. We would like to roll</p>	£1,610

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			<p>out this model with more schools.</p> <p>The steering group identified Bell House as a learning resource in an inspiring house and garden, full of history, stories and volunteer knowledge. Many local schools lack the facilities to champion learning outside of the curriculum: Bell House is unique as calm, inspiring space within walking distance of the schools we are targeting. Pupils learn in supervised small groups to allow hands-on learning. This is especially useful for students who struggle with learning in formal academic settings. As a hub for dyslexia support in the area, Bell House is well placed to champion their needs. This project works alongside and expands existing Bell House projects. For example, volunteers who have learnt quilting at Bell House will lead the quilting sessions. Pupils each sew squares which are then joined together in quilts for premature babies at King's College Hospital, as part of the Bell House collaboration with Project Linus UK.</p>	
1316286	Clean Air for Dulwich	Clean air for Dulwich campaign	<p>Work to improve air quality for all, encouraging active travel, directly addressing causes of air pollution via targeted campaigns and promotion of low traffic neighbourhood. Needed targeted campaign on air quality specifically rather than as part of a wider remit as air quality continues to worsen especially with independent school traffic.</p> <p>Our campaign is to work more directly on this targeted issue and with the community as a whole rather than just via the schools network. Those affected by pollution aren't limited to people in schools and therefore getting wider engagement will be critical to changing this quickly.</p> <p>We will also work to campaign for low traffic neighbourhoods, building awareness amongst local residents for the benefits that can be gained through this approach.</p>	£500
1309160	Dulwich Park Friends	Dulwich Park Fair 2020	<p>Dulwich Park Fair ends the Dulwich Festival each year and has been growing in size and reputation for the last 12 years. We aim to promote local talent on the stage, showcase local crafts and produce and provide traditional entertainment such as the Victorian Fun Fair, Maypole dancing, Vauxhall City Farm, Punch and Judy, the magician and a fun dog show. The Fair is run by volunteers, driven by the community and fosters a sense of pride in Dulwich Park.</p>	£2,150

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1312378	Dulwich Park Friends	Concert Band in Dulwich Park 2020	Concert bands in Dulwich Park to showcase local talent, provide entertainment, enhance community spirit and foster a sense of pride in Dulwich Park.	£500
1316539	Dulwich Village Association	The Dulwich Village Christmas Stocking; The Village Egg Hunt	This application is for our third Dulwich Village Association Community Events Programme covering Christmas 2020/Easter 2021. The overall aim of our events is to foster a sense of community in the Village and enable us to compete effectively with other local areas also supported in organising neighbourhood events. Both projects aim to reinforce Dulwich Village as a focal point for the whole community (from the youngest to the eldest), to halt the decline in business footfall, and to secure local jobs. Our activities have been very effective in creating partnerships within the community and building strong links between local schools, neighbourhood associations and a range of local businesses. We delivered a Christmas event including a programme of music performed by local school children, a theatre event, and a range of activities hosted by local traders/businesses including Bell House/The Dulwich Picture Gallery. Our Easter event generated original Egg designs from over 1000 local children, judged by The Dulwich Picture Gallery and with every single design displayed for a week period in shop windows throughout Dulwich Village. We believe the entire local community has hugely benefitted from these proactive, inclusive and interactive events.	£8,000
1315022	Link Age Southwark	Transport for older people to reminiscence group	<p>We are seeking funds to provide transport so that up to 10 older people in the Dulwich Village ward can continue to benefit from a weekly Reminiscence group and feel less lonely and isolated.</p> <p>The group is a weekly reminiscence group at Abbeyfield House where members take it in turns to tell their stories of old. The majority of group members are non-residents and two volunteer drivers provide transport but we also use taxis to enable more people to attend.</p> <p>Members were very enthusiastic about the group at an independent evaluation in October 2018. They reported that there is a “family feeling” in the group, “everyone is very friendly” and “we know each other well”. They also reported that friendships have developed outside the group and 3 members usually go out together after each meeting for lunch. They reported that “we meet people from other parts of the country and other walks of life”. The reminiscence was reported to be a good way of</p>	£1,992

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			<p>getting to know each other and to help with retaining memories. The group also provided the opportunity to get out of the house and “a chance to get things off our chests”.</p> <p>Older people are particularly vulnerable to isolation and loneliness as their mobility reduces, health deteriorates and family and peers move away or die. Chronic loneliness is a health risk factor comparable to tobacco, alcohol and obesity.</p>	
1307802	Lively Minds	Reaching Out	<p>Lively Minds is a group of retired seniors who organise and participate in activities designed to counter social exclusion, promote wellbeing and maintain links in the community. Many members live alone. Lively Minds promotes their happiness and wellbeing and reduces loneliness and isolation. Attendance and participation in the talks workshops and social activities can improve mental health and wellbeing, increase confidence improve skills and knowledge and significantly contribute to members’ sense of belonging to the neighbourhood. The opportunity to invite speakers and workshop facilitators chosen for excellence in their field and with recommendations from other groups will improve the quality of services and leave a lasting legacy on which the club can build. Funding will be used to cover the cost of 36 speakers. Distributing flyers and advertisements in SE22/23 and the Centre itself will target new members thus increasing membership subscriptions and contributing to the sustainability of the club. We have forged links with several local organisations/institutions. The Neighbourhoods Fund will enable the club to expand upon these links and establish future collaborations. We will measure success not only through contributing to the wellbeing of our members but developing respect for the contribution that seniors continue to make to the community.</p>	£2,520
1315824	Southwark Hindu Centre	Diwali (Festival of Lights) Celebration	<p>Diwali, popularly known as festival of lights and is one of the most important festival of the year and is celebrated by Indian community with all religions around the world. The festival celebrates the victory of good over evil, light over darkness and knowledge over ignorance.</p> <p>By organizing this activity which includes musical evening followed by Indian traditional Dinner, we are going to achieve:</p> <p>-community cohesion by bringing other communities of different religion and faith</p>	£1,650

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			<p>together.</p> <p>-Also to make awareness of Indian culture and festival among different communities especially for younger generation.</p> <p>-Further to make people understand the message of Diwali festival</p>	
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Dulwich Wood Ward

Ref:	Name of your group:	Name of project or idea:	Describe what the project is trying to achieve, including why it is needed and demonstrate how it is going to benefit residents, of the ward you have selected:	Amount requested [£]
1315858	Central Southwark Community Hub	Holiday Club	<p>The aim of the project is to provide a range of social and fun activities that will promote the physical, emotional and economic well being of those families with young children in the local area.</p> <p>The project aims to enhance healthy eating and create social inclusion and address the challenges around food insecurity, and Holiday Hunger for families.</p> <p>Through the project, we also aim to provide volunteering opportunities and support for those looking to find further development, employment, training and education opportunities.</p> <p>We will hold the Holiday Clubs during the Easter Holidays over one week and three weeks in the Summer for 3hours each session.</p> <p>The Activities will include Arts and Crafts, Music Workshops, Games, Sports, and Trips etc.</p> <p>As we received feedback from some parents/carers during our 2019 Holiday Clubs this highlighted that there is a need and scope to have more provision where children and their parents can have an avenue to engage in social activities with a healthy lunch and provide an avenue for families with low paid jobs to have a space for their children to engage in social activities at a subsidised cost whilst they are at work.</p> <p>There is more demand for the service as families are more socially isolated and CSCHub in partnership with other agencies and organisations is communicating to helping address the need of those families</p>	£5,650

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1315583	Croxted Road TRA	After School Project 2019	<p>The Tenants Resident's Association of Croxted Road Southwark, in partnership with Activ8-n-Crea8 Youth Project, will deliver sporting activities designed to improve the well-being of young people on the estate, boost their confidence and lower postcode rivalry. Engagement/intervention youth work provides opportunities for young people to develop their leadership skills, problem solving ability, decision making and taking responsibility for their own actions. Young people will learn to engage positively with other young people across estate boundaries and have "somewhere to go and something to do". Having youth activities on their estate gives young people a sense of belonging; young people who take part in structured activities are often happier, experienced better outcomes and better at self reflection. In addition, youth workers are able to build stronger relationships and give more focused support to young people, understand their individual characteristics and needs and challenge poor behaviour more effectively. The support that this programme offers to the young on the estate will have a wider benefit for their families and the community as they become engaged in meaningful activities that boost their wellbeing and sense of community.</p> <p>At a time when knife crime is on the rise and violence between gangs on different estates is common place a programme like this feels vital - it goes to the root of where the issues arise.</p>	£5,000
1310431	Friends of Gipsy Hill	Gipsy Hill Village Fete	<p>The Friends of Gipsy Hill are a constituted group who are aiming to improve the Gipsy Hill area for the community. Our action includes creating a community space and garden. This project allows us to have an event in Long Meadow to promote community cohesion and participation by showing what we can achieve if we work together. This will give the local residents the opportunity to comment on and get involved in the Friends of Gipsy Hill Activities. This is a follow up to the successful event held last year on Long Meadow. This gave the community an opportunity to come together for the afternoon, to enjoy a village fete</p>	£3,950
1316092	Glazebrook Growers & Croxted Road Estate TRA	Glazebrook Growers Gardening Workshops and Social Events	<p>We would like to run five organic gardening workshops and three social events in the Community Gardens at Croxted Road Estate. Over the past year new gardeners have come into the Kitchen Garden run by the Glazebrook Growers, and experienced ones are leaving. We now need to help our beginners get the most out of their food growing plots and quickly build gardening knowledge and confidence going into the 2020 growing season.</p>	£1,400

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			<p>We also plan to hold celebratory social events at seed-sowing, midsummer and midwinter. Our workshops and events are open to all residents both on the estate and in the local area, and they have been really important in bringing estate residents together, consolidating the Glazebrook Growers as a group, and connecting us to other local groups, such as those at Rosendale Estate, Tritton Vale and local allotment sites.</p> <p>Our activities encourage people to spend more time outdoors in green space, socialise with others and connect to what they are eating. A wide age range attend. Each year we improve the area in which the gardens are located through our planting activities and just by being present and sociable in an area which has seen anti-social behaviour and muggings over the years.</p>	
1315708	Kingswood Community Shop	Kingswood Community Support Project	<p>Locally, KCS are aiming to reduce isolation, enhance wellbeing/skills, provide specialist support, and enable individuals to tackle obstacles in pursuit of short/long term goals. On the Kingswood Estate (KE), 29% of the population <18 years, amongst the 10% most deprived in the country, rating 13% on the IMD. KCS's 2018 community consultation highlighted need for increased children's' activities/those with English as a second language. In response, we propose ESOL classes, intrinsic in enabling effective integration/wellbeing: 'I see people from many countries and different cultures...it's like home...it helps me to speak to my children's teacher/help them with homework....it will help me to find a good job'</p> <p>There is demand for 1:1 Information, Advice & Guidance, enabling a quality/holistic approach by identifying issues, e.g. liaising with healthcare services/signposting whilst identifying/monitoring internal/external progression routes e.g. KCS IT courses.</p> <p>Study support sessions provide a safe place for children to develop positive relationships, whilst encouraging mutual support, affirmation and encouragement. 'We get as much from each other as we get from the homework activities'. During the last quarter, supply has exceeded demand for ESOL/study provision with current funding ceasing Dec '19.</p> <p>IAG, monitoring/evaluation, quality assurance/improvement frameworks, resource</p>	£4,990

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			allocation/promotions to be planned/developed/implemented Dec '19 to Mar '20.	
1316431	Kingswood Estate Tenants & Residents Association	Kingswood Estate Carnival	<p>The Kingswood Estate Festival is needed in the summer time as it will bring people together and teaches new skills, encourage intergenerational learning, provide activities to children that had been not engaged during the summer holidays. It will also encourage those to participate that feel isolated. It will strengthen community pride and sense of place. The cultural tradition of the carnival will be celebrated and will encourage positive networking across the estate.</p> <p>The time leading up to the carnival, residents will get together and work together in order to showcase a great event. This will create a sense of pride and ownership which will enable opinions and voices to be acknowledged.</p> <p>The TRA has started up again since February, and we have been able to successfully run a number of events we have already seen a buzz in the community, tenants volunteering and working together. We have seen the impact and event like this would encourage more families and the elderly to get involved and really feel like a vibrant part of the heart beat of the estate</p>	£4,800
1314924	Leonard Cheshire	Fit for purpose	<p>Getting fit may be everyone's New Year's resolution but with the limiting conditions the residents experience requires specialist skills and regular short sessions for 6-10 residents each session.</p> <p>Our aim is to support the residents to try things never experienced before and once feeling fit they may decide to take the risk and go for it and interact in the community where they live.</p>	£4,680
1314716	Paxton Green Time Bank	Sea of Skills!	<p>We will run a series of event capturing and sharing the skills of local residents and time bank members and creating opportunities to share and learn together.</p> <p>This will include a series of art workshops and a community art installation using recycled bottles and exploring memories and feelings of Windrush. Community cultural cooking events and a recycled/upcycled fashion show.</p>	£2,750

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			<p>This will achieve greater community cohesion, and respect, and also a wider skills base for residents to access through the time bank. It will also achieve a series of fun and educational events which can bring the community together to celebrate themselves in a positive way.</p> <p>Kingswood Estate is a pocket of deprivation and the time bank offers services many members couldn't financially afford. Kingswood House has been shut for a long time for renovations, and has meant a lack of community get togethers.</p>	
1315954	Sydenham Hill Tenants & Residents Association	Sydenham Hill Estate Summer Fête 2020	<p>Our TRA (and Community) is going through a revival, thanks mainly to a wonderfully organised summer fete on August 14th, 2019. This single event brought the whole community of about 236 dwellings together, during one sunny Saturday.</p> <p>Families were able to relax together and share a wonderful day together. Since then, neighbours have become friends, and are increasingly connecting with one another. Exchanging ideas, experiences, and helping each other. We wish to continue building the foundations of a solid community, by organising another Summer Fête in August 2020.</p>	£1,579

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Goose Green Ward

Ref:	Name of your group:	Name of project or idea:	Describe what the project is trying to achieve, including why it is needed and demonstrate how it is going to benefit residents, of the ward you have selected:	Amount requested [£]
1315521	Dulwich Festival	Dulwich Festival	<p>The Dulwich Festival aims to offer cultural and educational experiences over the course of the 10-day Festival to as wide a section of the local community as possible. We would like to apply for funds to support the production of the Festival Guide which is then delivered by volunteers to homes in the area and towards the design of the Festival print to make it easier for all to engage with the Festival.</p> <p>We would also like to apply for some funding towards the cost of creating a freely available podcast encouraging everyone to do a local history walk with historian Brian Green who has appeared in the Festival every year since it began. Having information freely available to as many homes and groups as possible in the area goes some way to ensuring that all sections of our community feel welcome and able to attend Dulwich Festival events.</p>	£5,500
1311266	East Dulwich Community Centre	Community Centre Open days	<p>We are planning 2 open days at the East Dulwich Community Centre. We will invite local people and organisations, voluntary and faith groups as well as local schools.</p> <p>Open day 1: our aim is to raise awareness in the area of benefit of the community centre's facilities and activities. We will also invite our centre users to showcase their activities. These activities provide free networking for the local community. This will enable young and old to meet as well as public and community group providers to meet thus improving community cohesion. A focal point will be a mobile farm. This will benefit local children in a highly urban area who may not have ever been to a farm or met animals before.</p> <p>Open day 2 the theme will be recycling. We will organise a free recycling event. Local people will be encouraged to bring items, in good condition, they no longer need and to take away other items they need.</p>	£2,150

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1313889	Goose Green Primary School	Goose Green School's Xpression Sessions	<p>Xpression Sessions aims to improve mental health in pupils using mentorship and rap workshops delivered by established rap artists.</p> <p>Goose Green Primary's catchment, covering Goose Green ward and beyond, has a high rate of serious youth violence where the victim is aged 10-21 (4.0-4.9 average in 2018, GLA London Landscape).</p> <p>Of 379 pupils, 162 speak English as an additional language, 64 qualify for Pupil Premium and 217 are BAME Londoners.</p> <p>Determined not to let children's mental health and social outlook suffer as a consequence of budget cuts, the Head Teacher suggested a Rap Therapy project to improve mental health and behaviour in our most challenging pupils. The school's learning mentors have found that performing rap has helped some pupils understand their feelings and decreased disruptive behaviour.</p> <p>Rap Therapy, founded by rap artist Bishma Asare, has a proven track record using "conscious rap" as a behavioural intervention. Their rap workshops in schools help put young people back "on the right path" and avoid crime/social tragedy.</p> <p>Xpression Sessions will engage children and teach them to turn negative emotions into positive outcomes. Beneficiaries will gain coping mechanisms, a sense of belonging, self-worth, resilience and a produced recording. They will be less likely to make poor choices which could lead to crime or exclusion. After the 36-week project, the target is to improve mental health scores in all pupils involved.</p>	£4,100
1314167	Link Age Southwark	Gentle exercise group for older people.	<p>We are seeking funds to provide a tutor and transport so that up to 20 older people in the Goose Green ward can attend a friendly gentle exercise group and feel less lonely and isolated.</p> <p>This popular group meets weekly at St. James Cloister to enjoy gentle exercise with an experienced tutor. The group starts with an hour of gentle chair-based exercise and is following by tea, biscuits and a catch-up afterwards. The group has benefitted 18 older people in Goose Green this year.</p>	£8,640

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			<p>This group promotes physical health and well-being by providing older Goose Green residents with a weekly opportunity to exercise and socialise that would otherwise be unavailable to them. The group was evaluated in February by an independent assessor. All group members were very positive about both the exercise and the social aspects of the group with comments such as “I love coming out every Friday morning”, “I used to get depressed but I’m not getting depressed like I used to – not all due to Fridays but it helps”. The group is “friendly” and “a way of getting out and meeting people”.</p> <p>The exercise was reported to “keep our joints moving”, “help my shoulders”. Positive effects of the exercise were “less hip pain”, “I can move more”.</p> <p>Older people are particularly vulnerable to social isolation and loneliness as their mobility reduces, health deteriorates and family and peers move away or die. Chronic loneliness is a health risk factor comparable to tobacco, alcohol and obesity.</p>	
1315744	Matham Grove Residents	Matham Grove Street Party	<p>Neighbours on Matham Grove want to celebrate the developing cohesion on our street following last year's event, with another outdoor street party and window box planting event next summer.</p> <p>We will come together again, creating community bonds and combatting loneliness, to enjoy each other's company and have fun.</p> <p>The street will become a car-free zone, allowing children to play safely and neighbours to meet easily.</p> <p>We will run a window-box re-planting event to attract everyone, to have a beautiful visual reminder of our connection and to cultivate a greener environment for the street.</p>	£732
1316511	Oru Space	Pick it up People	<p>As a company, Oru Space’s mission is to support local communities through activities, training and events. Working as a community is at the very heart of what we do, and we want to make a conscious effort as a company to promote these initiatives.</p> <p>From our discussions with the council and residents, we have understood how</p>	£892

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			<p>important it is for us to involve and connect with the wider community in the area. Hence, we are proposing, Pick it up People with a view of helping our beneficiaries form stronger connections as a community via the activity of tidying up litter and mess.</p> <p>The project aims to run one clean-up afternoon every month from April 2020 to September 2020. Each event will involve a team of volunteers from various age, race and socioeconomic groups. Residents and local community groups such as Plastic Free East Dulwich and Southwark Refugee and Migrant Project, who can all be brought together to increase awareness on littering and improve public spaces that have been neglected or misused.</p> <p>The project would start at Oru HQ in Lordship Lane where team leaders would be assigned to guide volunteers and set out the routes for litter picking. Volunteers will be provided with appropriate materials and refreshments to keep them energized for the afternoon and the litter will be returned to bins at Oru HQ. By including a diverse mix of volunteers, we hope to connect people, improve social cohesion and empower residents by building strong open-minded communities.</p>	
1315169	St John the Evangelist Church	Music by the Green (MBTG) – building community participation	<p>This project will build on the success of MBTG; which for the past 3 years has welcomed visitors to enjoy music to complement the Dulwich Festival Fair, held next to the church on Goose Green. There is free admission, musical entertainment, all-age craft activities and access to toilets. It is an opportunity for local groups to perform. MBTG has not applied for funding in the past. We aim to develop our programme to encourage a greater range of visitors, expanding the type of acts to reflect the diversity of our community. In particular we want to increase variety in acts from a cultural, educational and age perspective. We aim to increase engagement by encouraging active participation, such as craft workshops.</p> <p>The MBTG idea came from a feeling in the church community, supported by the vicar, that St John’s should offer hospitality to visitors to the Fair on Goose Green. MBTG is designed to show that the church is there for all the community to enjoy. It complements the Dulwich Festival and Fair, and adds value by providing free entertainment and low-cost refreshments, helping those on lower incomes to enjoy the festivities. This year, we plan to exhibit art and register as an “open house”, increasing</p>	£1,280

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			<p>opportunity to access the church, complemented by craft and art workshops. A project group has started designing the programme and made links with entertainment groups. We will consult with a diverse range of local citizens to ensure the programme achieves its diversity aims.</p>	
1315565	St John the Evangelist East Dulwich	Widening the reach of the Goose Green Coffee Morning (GGCM)	<p>GGCM began 2 years ago as a free drop-in to help local people feel more connected. We open 51 mornings each year, feature a monthly speaker and offer tea, coffee, cake and chat. We want to expand the reach of our group, encouraging a more diverse range of people to come and have the opportunity to engage in meaningful activity and relationships. The project will aim to:</p> <ul style="list-style-type: none"> • Improve publicity through targeted advertising in GP surgeries, sheltered housing etc. and improve our digital footprint. • Introduce new activities to appeal to a more diverse range of people. <p>GGCM was initiated by the vicar and volunteers, as part of the church's mission to be a place of welcome and hospitality. Loneliness and isolation are at epidemic levels and can affect all ages, especially in inner-cities. There is evidence that faith-based organisations enable clients to build relationships and support systems, which help them, overcome difficulties. We are joining "Places of Welcome", a network of community groups: there are currently just two in South London. We will build on links with SAIL to ensure a two-way signposting process with GGCM and other services. We will explore linking with activities such as exercise programmes. The publicity campaign will take place in the first 6 months of the project with design and distribution of flyers/posters and website re-design. The organisation committee will plan the enriched activity programme for delivery between September 2020 and March 2021.</p>	£3,132
1316109	Vale Residents Association	Vale Residents Association Street Parties	<p>We are a Resident's Association of 3 streets (plus a couple of connected streets) with the aim of connecting our residents and creating a better local environment in which we all can share. This year with the help of funding we held 3 separate street parties over Summer (Melbourne Grove, Derwent Grove & Tintagel Crescent), and have a 3-road</p> <p>Halloween play street booked for next weekend on Derwent Grove for all residents</p>	£750

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			<p>within the VRA to come together and join in. We would like to repeat this in 2020 to help keep our residents connected and engaged, especially as this raises the VRA profile and encourages engagement with the Association which helps us better understand and tackle local issues when they arise.</p>	
1316371	Youth Ink At the Heart of the community	Peer Support Navigator Network	<p>Youth Ink aim is to reduce offending and create safer communities by working with the most marginalised people in and around the criminal justice system.</p> <p>Serious offences, such as knife and other weapon-related incidents are on the rise (7% increase on 16/17 figures). There is also little change in the rate of re-offending with 41% of young people re-offending within 12 months. The estimated annual cost of re-offending is in excess of £12 billion. (Source: Youth Justice Statistics 17/18, Published Jan 2019)</p> <p>Southwark Council local Transformation Plan which states “find ways to change and improve services so that more children get the support they need when they need it”.</p> <p>The 2018 NHS commissioned a report “Just Health’ – An Enquiry into the Emotional Health and Wellbeing of Young People in the Youth Justice System” outlined its recommendation. Consider the use of peer mentors/workers with similar life experiences to help engage young people and provide them with additional support outside of the formal assessment process in custody settings. Utilise peer led and peer trainer approaches to support engagement.</p> <p>By reducing offending and reoffending, by having a positive and sustained impact on young offenders, Youth Ink will significantly reduce reoffending. By reducing the rate of reoffending, our scheme can deliver a significant cost saving and incalculable impact on the communities around offenders and victims.</p>	£6,500
1302342	Youth Learning Network Ltd	The Route to Success (Parents Partnership Programme)	<p>The Route to Success (Parents Partnership Programme) is a project that we have put together target working with children and young people with complex and difficult needs within the communities especially those with poor attendance records, poor behaviour and other social needs and above all seeking to address the complexity of poor education attainments in core subjects like English, Science & Maths. These</p>	£5,000

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			includes direct tutorials, parenting programmes to engage parents in respect to playing their parts both at homes and in their respective children schools in raising aspirations and hope and help narrow the education gap that currently exists among the different groupings in the borough.	
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