

APPENDIX 1

BOROUGH & BANKSIDE WARD:

Ref:	Name of your group:	Name of your projector Idea:	What project is trying to achieve?:	Amount requested [£]:
1314658	Applegarth House Co-Operative Ltd	Disable Access Gate Upgrade	With the aim of making Applegarth house a better place to live for all residents where everyone is treated equally, has the same opportunities and everyone's needs are taking into account, we have now this initiative in which all residents should be able to access the building without any restriction. One of the existing gates would need to be upgraded for disabled access, so even a wheelchair user could get in and out of the building autonomously (without the help of anyone else), safely (without the need to get off the wheelchair) and comfortably (by just touching the fob key in).	£4,450
1316478	Bankside Open Spaces Trust	Celebrating 20 Years Of Beautiful Bankside & Borough Spaces	<p>Bankside Open Spaces Trust is twenty in 2020. Our local community have been integral to our work since our inception. We'd like to share our celebrations and the community's achievements through a series of events. Starting with a spring event aimed at encouraging children to notice nature and to encourage families to get out and explore their local spaces. Alongside spring themed activities, will be a bunting making craft to get people to create bunting based on 'What I love about my local area' such as their favourite park, place or wildlife. This will be displayed at our next event The Great Get Together. With dance, music, performance and community, food and craft stalls.</p> <p>The Great Get Together is for everyone, promoting cohesion and all our community has in common. Last year it involved 45 different local groups with an audience of 12,000. At the 2020 event, we will promote twenty years of beautiful open spaces and community in Southwark with a photo exhibition and an activity collecting people's memories of the area and how it has changed, to be shared online and in a publication. To further engage people in our local area, we will hold free walking tours through our spaces covering local and natural history. To round up our 20th year, there will be a winter event aimed at local people and our volunteers to bring people out at a time of year when many stay at home and when loneliness can be a real problem.</p>	£9,817
1314664	Bankside Open Spaces Trust	Bankside And Borough Junior Beach Volleyball	The project intends to establish an after school volleyball club for young residents of north-west Southwark. The club will facilitate free beach volleyball and mini-volleyball sessions for girls and boys from diverse backgrounds. The activities will take place at the Marlborough Sports Garden during the summer term and throughout the summer holidays 2020.	£4,930

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			<p>Bankside Open Spaces Trust recognises that critical to the development of children and young people are the opportunities they have to take part in sport and physical activity. This is especially true in Southwark, which has some of the highest obesity levels in the country among year 6 school children. With limited provision of parks and open spaces (0.43 HA per 1000 population) in the north western wards of Southwark, the Marlborough Sports Garden wants to maximise the use of the facility by local residents.</p> <p>The coached sessions will be designed to be fun and engaging, focusing on teaching coordinated movements in mini-game play activities. The sessions will encourage participation of children of all abilities and levels of fitness in an inclusive environment. As part of the project the club will host and participate in local junior tournaments. Through the sessions and tournaments the projects intends to increase interactions between young people from different schools and from different areas of London.</p>	
1314243	Bankside Open Spaces Trust	Volunteering For Well-Being	<p>Our volunteering and Green Champions programmes bring resident volunteers from all backgrounds together to improve community green spaces in Borough & Bankside. Volunteers give many hours to enhance vibrant local parks & housing land as well as improving their well-being, confidence, skills & reducing isolation.</p> <p>We're seeking funding to increase awareness and engagement of local residents in our volunteering and improve community cohesion in Southwark. We want to provide educational, interesting experiences so volunteers gain a sense of achievement and feel valued. We'll host 4 workshops on subjects such as gardening and wildlife open to all ward residents. Three trips open to all volunteers will bring people together to socialise in a new environment. A thank you event will recognise achievement of our Volunteer Certificate and hours given to greening. Monthly picnic lunches will help volunteers to get to know each other. A festive meal will enable our volunteers to come together at what can be an isolating time for many. T-shirts will help our volunteers feel included and part of the team. All ideas are following consultation with current volunteers and feedback from previous activities. All the events will be advertised across the Borough and Bankside ward, in parks, gardens and estates including Nelson Square, Redman Estate and Red Cross Garden.</p>	£4,296

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1314725	Bankside Open Spaces Trust	Connecting With Nature For Child Health	<p>The project aims to engage children and their parents with nature and the outdoors to improve fitness and wellbeing. Research shows connecting and exploring in nature can increase physical fitness, being more likely to stay active into adolescence, reduce stress levels and increase social skills. In Southwark with high obesity rates and child deprivation this project can help tackle these issues.</p> <p>BOST will achieve this by holding ten one hour afterschool nature sessions to give ideas of the types of activities children can do and have fun in their local parks. Activities will include pond dipping, insect hunting, leaf rubbing, identifying bird etc. This will give both parents and children the skills to appreciate nature independently and carry on gaining the benefits even after the course is finished. Many of the families do not have gardens and limited access to nature so empowering them with the skills to connect with nature in Southwark Parks is essential for their development.</p>	£1,215
1316129	Bankside Village	Bankside Village Events	<p>Bankside Village's seasonal events aim to:</p> <ol style="list-style-type: none"> 1) Bring together people from different backgrounds to promote community cohesion and unity; 2) Increase volunteering on the estate; and 3) Promote a sense of belonging to Bankside village and Southwark for all local residents but especially among marginalised and disadvantaged minorities. 	£1,500
1314740	Blackfriars Settlement	The Orb Space	<p>The overall aim is to rebuild our divided communities in the neighbourhood surrounding Blackfriars. It will build on a project funded by the Ministry of Housing, Communities & Local Government, which will have been running for 12 months. It will provide a series of informal social events at a pop up café. Events are suggested by participants: they may include informal courses, regular chances to meet and make friends, group cooking, mindfulness café, 'food of the world' days focused on local groups, or conversation sessions for speakers of other languages.</p> <p>Specific aims:</p> <ol style="list-style-type: none"> 1. Increase opportunities, and reduce barriers for meaningful social mixing between new and existing communities bringing together people who wouldn't otherwise meet, providing opportunities to learn and socialise together, building understanding of other cultures/communities and helping develop mutual trust and respect. 2. Increase opportunities for meaningful social mixing for those facing personal or cultural barriers 	£4,960

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			<p>(including older people, those with mental health issues and BAME communities).</p> <p>3. Greater recognition of BFS as a community hub by reaching out to new users (particularly local residents from different communities) through the Orb Space Cafe, signposting them to BFS's services, enabling them to access a range of support.</p> <p><i>"The ORB project that I personally love is organising and communicating my time, now I don't feel so alone, I see my friends now I don't hate myself." – current user</i></p>	
1316124	Borough Music School	Community Music Celebration Project	<p>Borough Music School is situated on the wrong side of the river, with parents having less disposable income. This means that, without us, people who want to give their children a musical education would find it very difficult. For instance, violin and piano lessons can start at £30 for 45 minutes. A term at a junior centre, where studies of a musical instrument, musical theory and choir are over £700; the fees for our comparable programme is £200 a term. We make music affordable to residents and their children with quality teachers who are all committed to our programme and our belief in outreach.</p> <p>The tangible immediate goal of the project is a Summer concert that will:</p> <ol style="list-style-type: none"> 1. To develop the pupils' skills in playing together in ensemble, by setting up special days for additional ensemble work; 2. Showcase the work of our children; bring music back to the centre of our community; 3. Make Borough Music School more visible to parents thinking of a musical education for our children; and 4. The concert will be designed and led by two of our teachers <p>We will publicise beyond the remit of our school and our ward. Print leaflets to give to parents for children at their various schools, put a digital advert in local community page. At the concert we will invite parents, teachers, community members to speak about the value of music in our children's lives; and how music, like sport, teaches a skill set that significantly contributes to building a balanced rounded human being.</p>	£3,450

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1316178	Living Bankside	Young Lungs Campaign	A series of events, part of our campaign Young Kings working with young people and children in the north Southwark area to campaign and small actions to reduce air pollution.	£1,500
1316174	Living Bankside	Bankside Film Club	In the past for 10 years Living Bankside (formerly known as Bankside Residents' Forum) ran a Community Film Club with TATE Modern. Living Bankside now aims to restart the Film Club. The British Film Institute has agreed to work with Living Bankside. Hundreds of residents have wrote to Living Bankside and indicated to Living Bankside that they would like to see a return of a Film Club. The film Club will be open to all residents in the Bankside, Borough and surrounding areas. Bringing people together to connect - consequently improving community cohesion.	£1,500
1316099	Living Bankside	Grand Iftar 2020	<p>The Grand Iftar is an annual event which is held in the month of Ramadan. The first Grand Iftar was held at St George the Martyr Church on 4th July 2016 and subsequently on 15th June 2017 at Southwark Cathedral (crucial in the aftermath of the London Bridge Attacks). The Grand Iftar (2018) was held on 3rd June 2018 and marked one year since the tragic London Bridge attacks.</p> <p>The Grand Iftar (2020) aims to:</p> <ol style="list-style-type: none"> 1. Bring together people from different backgrounds to promote community cohesion and unity; 2. Promote local art and local talent; and 3. Promote a sense of belonging to Bankside and Southwark for all local residents but especially among marginalised and disadvantaged minorities. 	£2,000
1316081	Living Bankside	Borough & Bankside Planning Coordinator	<p>Bankside & Borough is undergoing significant redevelopment and change. There are multiple major development schemes such as Peabody Triangle and Landmark Court and there is no adequate resource to enable residents to properly/technically respond to this. Living Bankside (formerly known as Bankside Residents' Forum) was set up by residents in 1995 to involve and empower local residents in the regeneration process. The area has a population of 10,000+ with formal TRA's or resident bodies like Styles House and loose groups of neighbours, such as in New Globe Walk.</p> <p>Residents currently face an onslaught of proposed changes and redevelopment plans and their inability to influence these proposed changes is making residents feel powerless, airbrushed and anxious. This is consequently having a negative effect on the mental well-being of some residents. Living Bankside recognises the demand for genuine consultation and for empowering residents so</p>	£10,000

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			<p>that they are able to influence proposed changes. Living Bankside is well placed as an effective umbrella organisation, to provide residents in Borough & Bankside consistent support and opportunities to influence proposed change and more importantly to proactively influence the future of Bankside & Borough and its surrounding areas. It will achieve this through workshops and meetings, engaging and working with local residents, Ward Councillors, Southwark Council, developers and local stakeholders.</p>	
1316184	Mint Street Music Festival Team	Borough Mardi Gras 2021 At Mint Street Adventure Playground	<p>Mardi Gras will combine British Pancake Day with international Mardi Gras and Carnival celebrations, bringing a colourful event to multiple venues: Age UK Stones End Day Centre, Blackfriars Settlement, Hopton's Alms-houses, Mint Street Adventure Playground, Great Suffolk Street, Charles Dickens Primary School and Borough Academy.</p> <p>From January to March we will run art workshops, leading up to event days, when groups will share the artwork they have made and musicians and dancers will tour the venues. We will also make use of the two small handmade push-along carnival floats. The Neighbourhood Fund would enable us to bring the festival to Mint Street Adventure Playground, where children from local primary and secondary schools can see the artwork made by other community groups and display their own artwork. They can also enjoy live music, pancake games and carnival face-painting.</p>	£593
1314753	Mint Street Music Festival Team	Mint Street Music Festival 2020	<p>The festival strives to achieve an opportunity for the amazing, diverse creative talents of the local community to be shared and celebrated, for free, in an outdoor setting. It is also an opportunity to be inspired by musicians, dancers and poets of exceptional quality from across London. The main focus of the festival is music and dance but the festival also incorporates visual art, international food and opportunities to meet local community groups.</p> <p>Our team work year-round to network with musicians, dance groups and community groups to bring a unique event to Mint Street Park. Feedback supports this: <i>“This type of event was a new to many of the young people, so it was a great opportunity to expose them to local creative activity. It was definitely a wonderful opportunity for social mixing and of great benefit to the community.”</i> – Kirsty McEwan, The Challenge/NCS youth Group, Southwark.</p> <p><i>“Mint Street Music Festival provides an essential service ...it is essential that community events are offered to bring people together”</i>. - Kimberly Ferran Holt, Thames Estuary Partnership.</p>	£4,130

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			<p>For residents of the ward it is a chance to meet friends and neighbours in a non-touristy green space. It also showcases of the hidden talents of people in the neighbourhood.</p>	

CHAUCER WARD:

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1305974	Bermondsey Street Festival Community Interest Company Bill O	Bermondsey Street Festival	Every year for the last thirteen years a small group of Individuals deliver an astonishing one day street Festival. We fill Bermondsey Street with a range of craft stalls from all across SE London and the odd few from north of the river, have a stage curated by a Local Music Venue in Tanner Street Park where people picnic from food stalls kindly provided by local food premises as they listen to the music. In Leathermarket Gardens we have a Dog Show, Children's entertainment while Street Performers roam the area. In the thirteen years we have been delivering the event there has been no reported crime or injury.	£2,000
1316919	Community Projects & Events	Spectacular - Community Festival	<p>This is a spectacular community festival aimed at empowering the community. The project involves bringing together the whole community to socialise, educate, network, recognition of community heroes, music, food and entertainment. The Decima Street community had for eleven years enjoyed that one day of community togetherness which had always connect the whole community together in love and harmony. This social connection is now being demanded by the community. It is one event that had always records the highest turnover of the residents and community. This community connection had always been witnessed by local Councillors, Borough Mayor and MP.</p> <p>Through this events major consultation on housing projects, major works, community improvements, community thinking pots had had a very high participation of residents in one go. The events had also promoted Youth Empowerment through music and talent shows.</p>	£5,000
1315060	Haddonhall Residents TMO	Coffee Morning For Residents	Haddonhall TMO has a very high percentage of residents who are elderly, vulnerable and/or disable. Some of these residents feel isolated and lonely in their homes. Hence the purpose of the coffee morning is to encourage them to come out of their homes once a week to come and have coffee, tea and biscuits whiles interacting with other residents and staff in a warm, safe, and welcoming environment. The sessions are also used to provide advice on key issues like saving on energy cost, welfare benefits and rent arrears.	£600

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1315020	Haddonhall Residents TMO	Haddonhall Residents Keep Fit Club	Haddonhall TMO for the past couple of years have successfully been running a keep fit club for residents living on our estate and neighbouring estates some of whom are residents of the council as well as Leathermarket JMB. The sessions are led by a resident of Haddonhall TMO who is a personal trainer. The trainer ensures the exercises takes into consideration the personal needs and health of the residents who attend most of who are elderly and disabled. The purpose is to encourage older and vulnerable residents who are isolated and vulnerable to come out to exercise and interact with other residents and in so doing improving their health and well-being.	£1,100
1314979	Haddonhall Residents TMO	Community Summer Fun Day	Haddonhall estate and the surrounding estates have a high number of older, vulnerable and/or disable residents most of who are isolated and lonely. There is no event that brings the whole community together hence the purpose of organising a community summer event is to bring the whole community together most importantly the children, youth, older, vulnerable and disable residents. The event will be held in the summer of 2020 and it will be advertised to the whole community. We will also use the event to raise funds for British Heart Foundation.	£1,000
1316376	Jorge Goia	Capoeira Angola Community	<p>This project will create a safe and supportive Capoeira Angola Community in the Lawson TRA area. Adults from the local area will attend free weekly classes during the school year (35 weeks). Capoeira Angola (CA) is a blend of game, dance, acrobatics, martial art and music. CA is a form of community education, physical exercise and personal development suitable for all ages and fitness levels. Local residents in the area and the TRA identify a need for fun and engaging activities through participants can use their energy positively, get fit, develop their confidence and learn how to get on with each other, their family and their neighbours.</p> <p>Regular practise of this culturally rich art form develops:</p> <ul style="list-style-type: none"> - confidence and positive thinking - physical coordination and fitness - musical rhythm, singing and playing percussion instruments - learning a new language (Portuguese) - the ability to work and play together respectfully 	£3,075

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			A real sense of community is created by playing Capoeira together. All of this contributes to an improved well-being across the community.	
1312632	Lawson Estate Tenants & Residents Association	Young Stars Football Academy	To work with age groups 5--15 in controlled football sessions across the borough promoting healthy lifestyles, community working and encouraging youngsters to work together as teams.	£6,072
1314183	Link Age Southwark	Weekly Gentle Exercise Group For Older People	<p>We are seeking funding to provide a tutor so that up to 15 older people in the Chaucer ward can benefit from a weekly gentle exercise group and feel less lonely and isolated. The group takes place at South London Mission Bermondsey Central Hall after the Wednesday morning service which all the group members attend.</p> <p>They have refreshments after the service followed by the exercise group from 12.15 – 1pm. It's a lively and sociable group with a regular, committed set of 12 attendees. We use a professional exercise tutor who has significant expertise and experience in working with frail older people.</p> <p>In our independent evaluation of the group in January, members were very positive about the physical benefits they have obtained from the exercise, particularly in increasing mobility and reducing stiffness. One reported that <i>"after the exercise we're fully charged"</i>.</p> <p>The social aspect of the group is also very important; the group has a <i>"friendly atmosphere"</i> and is a place where <i>they "can check on one another"</i>. They reported that the group <i>"brings us together"</i>, is a chance to <i>"discuss anything bothering us"</i> and <i>"makes us not lonely"</i>. This group promotes physical health and well-being by providing older Chaucer residents with a weekly opportunity to exercise and socialise that would otherwise be unavailable to them. Chronic loneliness is a health risk factor comparable to tobacco, alcohol and obesity.</p>	£1,688

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1316380	Mental Fight Club	Southwark's Rebel Women	<p>'Southwark's Rebel Women', will celebrate our local history in song, events and discussion. We want to celebrate the United Suffragists' Women's Club which was set up by Evelyn Sharp and a committee of activists, in November 1914, at 92 Borough Road. The Club attracted large crowds; was highly popular with the local community, and provided a warm social hub, food and recreation for local women.</p> <p>Our Dragon Café provides a modern equivalent of this nurturing environment. Our Singing Group – 25 local people with lived experience of poor mental health, will create and record songs about Evelyn Sharp and other women rebels in the area such as Ada Salter, who was the first woman councillor for Bermondsey and the very first woman Mayor in London. The Ada Salter Garden in Southwark Park memorialises her.</p> <p>People in Borough and Bankside will learn about these and other women through songs publicly performed in open community settings at St George's Green Fair Day and The Great Get Together. The project is will also improve wellbeing; reduce isolation and give structure and resilience to participants. The Dragon Café will host a free 'Southwark's Rebel Women Celebration' including a performance of the songs and a talk about Women's Suffrage in Southwark and a discussion on why this still matters today.</p>	£4,793
1313921	Southwark Explorers' Club	Southwark Explorers' Club	<p>Our aim is to enhance the health, wellbeing and lifelong learning of older people by organising weekly visits by Southwark Pensioners to a wide variety of places of cultural, historic and artistic interest. We aim to make our activities affordable for all by subsidising entrance fees and tickets e.g. for outings to local museums, theatre including guided tours, art exhibitions, concerts, cinema, cathedrals and other places of religious worship, historic houses and/or gardens. We have no paid staff so that the planning, coordination and delivery of our activities is entirely done by unpaid, elderly members.</p> <p>Our project is particularly valued by people who have experienced loneliness after losing a lifelong partner, after retirement from paid work or after any stressful experience. Our members socialise with each other and make friends. A member of the Committee leads each outing to provide support. In Spring and Summer, we have a monthly coach outing but all other travel is by public transport using our Freedom Passes.</p>	£1,400

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1311249	Southwark Playhouse	Community Production at Southwark Playhouse	<p>In 2020, Southwark Playhouse is opening a brand new venue in Elephant and Castle.</p> <p>To inaugurate this as a space for the community, we are planning a community production. Local residents will perform in their own special production, supported by professional theatre artists and onstage at Southwark Playhouse. The arts, when delivered effectively, have the power to facilitate social interaction and contribute to community cohesion, reducing social exclusion and isolation, and making communities feel safer and stronger.</p> <p>Participants taking part in this project will gain a number of benefits:</p> <ul style="list-style-type: none"> - An increase in confidence and communication skills - An opportunity to express themselves creatively. - Opportunities to explore and develop new skills - Engagement with arts professionals - Increased agency and status in relation to the running of a major arts venue in London. <p>Southwark Playhouse hopes to use this to begin the process of making its focus more representative of the local area, and increase involvement and attendance by underrepresented groups. The new Southwark Playhouse can also play a small part in counteracting the negative effect of the upcoming development of the area by creating somewhere where local residents can take part in enriching activities.</p>	£3,600
1314293	St George The Martyr Church	St George's Green Fair	<p>Our ward has high levels of pollution, obesity, isolation and poor mental health. Our project is intended to contribute positively to all these issues by bringing people together to improve and enjoy our environment in healthy ways and to help people to build healthier, more environmentally sustaining ways of living.</p> <p>A day of healthy, fun, workshops, exercise and outdoor activities for all ages to celebrate our community, bring different sections of the community together, create shared experiences, as well as positive ways of improving our environment and the health of members of the community.</p> <p>By running a series of workshops (movement, growing plants, healthy eating) on the day as</p>	£5,000

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			<p>well as linking the Green Fair to a series of garden workshops in advance (funded we hope through Cleaner, Greener) as well as to signpost to ongoing workshops and other activities in our hub (community fridge, cafe, food bank, make lunch events) we will ensure that this one off day of celebration continues to have a positive impact on our community. We will serve a healthy lunch and have environmentally fairground attractions to ensure that we draw a diverse crowd.</p>	

LONDON BRIDGE & WEST BERMONDSEY WARD:

Ref:	Name of your group:	Name of your projector Idea:	What project is trying to achieve?:	Amount requested [£]
1315794	Articulate Club	Articulate Club	<p>The Project is trying to sustain a successful Art group for young people in Bermondsey. The need arose from a group of parents who are economically disadvantaged seeking art tuition for their talented children who are unable to access expensive art classes.</p> <p>Aims:</p> <ul style="list-style-type: none"> - To remove financial barriers and provide access to Art lessons by offering free tuition and materials to young people living in Bermondsey. - To provide free two hour art tuition twice a month for young people living in Bermondsey (2nd and 3rd Saturday). - To expose young talented artist to new experiences such as attending art workshops /exhibitions in art galleries. - We have adopted a co-design model that will continually evolve to meet the demands and needs of young people. - To give young people the opportunity of completing an ART portfolio to back applications for scholarships and university places. <p>Objectives:</p> <ul style="list-style-type: none"> - We have advertised with leaflets, Instagram, Facebook and have a website which is open to all ethnicities and religions which has resulted in young people/tutors registering their interest in our project. - To create an outlet for children to Articulate thoughts and feelings through art rather than violence. - To use Art workshops and sessions therapeutically in promoting the emotional health and wellbeing of children. 	£20,560

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1306059	Bermondsey Community Kitchen	Bermondsey Community Kitchen	<p>Bermondsey Community Kitchen is a non for profit community café and training facility. Our project has successfully run long term catering training for several years however we have identified a need in our local community through liaising with other community groups approaching us for support and also individuals requesting a varied range of courses for short term training from 1 to 5 days. Our project will be delivering courses from the Chartered Institute of Environmental Health including the Level 1 Introduction to Food Safety certificate aimed at those new to food safety and will train participants in food preparation and contamination health risks and controls. The Level 2 Foundation to Food Safety certificate will be aimed at those looking to develop their skills or small enterprises starting their own businesses.</p> <p>The Level 3 Intermediate to Food Safety certificate is aimed at those who will be supervising and managing others in a food environment. These courses will benefit residents through improving their employability and employment opportunities. The project will work with numerous other local community groups to recruit participants for the courses.</p> <p>The courses will work with 12 people every month for a year, supporting them through Level 1, 2 and 3 in Food Safety. This will take approximately 7 days each month spread across four weeks. Therefore, we will support 144 people through all three levels over the course of a year</p>	£3,942
1305928	Bermondsey Street Festival Community Interest Company	Bermondsey Street Festival	<p>Every year for the last thirteen years a small group of Individuals deliver an astonishing one day street Festival. We fill Bermondsey Street with a range of craft stalls from all across SE London and the odd few from north of the river, have a stage curated by a Local Music Venue in Tanner Street Park where people picnic from food stalls kindly provided by local food premises as they listen to the music. In Leathermarket Gardens we have a Dog Show, Children's entertainment while Street Performers roam the area. In the thirteen years we have been delivering the event there has been no reported crime or injury.</p>	£6,000

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1306334	Big Local Works	Big Local Works	<p>Big Local Works is a local charity providing essential services to the local community including preparing residents for employment, supporting enterprise and social entrepreneurs and benefit and welfare support. Previously BLW has worked with several other training providers but are now in a position to produce our own five-week Employability Training programme, running three days a week, with 10-12 participants per cohort. This training program will be repeated six times throughout the year with a two week recruitment and review period.</p> <p>Our immediate area is in the top 10% of the most deprived neighbourhoods in the country, outlining the need for a course like ours that will produce sustainable change in people's lives, offering support around lifestyle, self-awareness, wellbeing and/or personal finance/benefits advice, in order to sustain a job or apprenticeship. The course will focus on employability skills, work experience, CV's, money management, customer service, interview skills and the next steps to employment.</p> <p>There will also be follow up opportunities for participants to gain advice benefits and welfare support. We believe this training will result in genuine life changing skills and support for local residents to get back in to positive and productive work. Not just any work but well paid and secure jobs that deliver positive economic opportunities for local people.</p>	£4,800
1303975	Fair Community Housing Services	Fchs Senior Citizens Lunch	<p>Every year we bring our senior citizens together for a slap up lunch at a local restaurant. The event is also attended by the committee and staff of our Tenant Management Organisation. For those residents that are unable to attend the dinner we offer a £30 voucher to help towards the cost of Christmas.</p>	£2,000
1304106	Fair Community Housing Services	Seaside Trip To Southend Or Margate	<p>We intend to run a seaside trip during the school summer holidays to bring the community together, give children something to do during the school break and provide a cheap day out for those households who can't afford trips or holidays.</p>	£900

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1316172	Nigeria National Community Group	Youth Engagement, Care Of Elderly, Cultural Shows Summer Bond	<p>As a community group, our activities for the youth are important in teaching them about culture and how to be a good citizen in society. This is also linked to knife crime and awareness where we invited stakeholders in the community to speak on the causes and remedies to prevention of knife crime in the community.</p> <p>We held summit on knife crime on the 5th may 2018, where councillors from South Bermondsey neighbourhood police and service providers were in attendance. Care of our elderly in the community where they are able to interact whilst teaching them their local and healthy living. Organise cultural day where community showcase their rich cultural display and summer bonding at the seaside. Above are intended to build community cohesion within the minority group in the community.</p>	£5,050
1316439	Paul Green	Southwark Tales	<p>We will work with local residents and schools to develop a community festival based on local history stories collected from the community. The stories will be performed by residents and local children who will also make props and backdrops to bring the stories alive. The event will showcase the participants' performances and also give visitors the chance to create their own performance in a drop-in workshop with the lead artist.</p> <p>The project aims to bring people together to celebrate their community. It will achieve this aim by getting inter-generational groups to collaborate on prop and costume making, sharing local history stories and ultimately being part of a one-off community performance. It will animate the space outside FCHS and promote outdoor activity for all as well as community cohesion and civic pride.</p> <p>The project is needed as we have been working on the estate for two years now and people have said how much they would like to see community based activity with a focus on family and children. A number of people have said they would like to be involved in helping to organise and promote an event and this project will help them to build these skills and integrate with their community.</p>	£4,000

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1316597	S.E.T.R.A. (Setchell Tra)	Improving Mobility & Lower Back Pain Through Yoga	<p>Two Classes:</p> <ol style="list-style-type: none"> 1. Young At Heart community Yoga has been running in the hall for 3 years now at cost of £1 to participants. All participants have reported increased mobility and pain relief. 2. YHLB (Yoga for Healthy Lower Backs) is a new 12 week course. Participants will attend 1 class a week. It is safe, effective, simple to understand, easy to practise at home with everyday props, gradually-progressing (Pain Relief, postural awareness to begin with and more challenging poses that help with mobility and strength of whole body for returning to hobbies, e.g. sport, gardening etc.) 	£10,620
1316015	Tabard Growers	Open Day, Stompie Garden	<p>Open Day at Stompie Garden is a unique opportunity to have a look inside the tank, meet with locals, artists and tank enthusiasts. We had successful Open Days on voluntary basis in 2017 and '18. Stompie Garden is a publicly accessible plot with its own tank, used by artists and tourists. The tank is now a well-known landmark and is a hot spot for artists, who regularly paint the tank in an array of dazzling colours. From 2017, a small team has been looking after the site and tank, inside and out. The hard work of a small group of volunteers has transformed the Stompie site from a jungle into a community space.</p> <p>We would like to celebrate the hard work of the green fingers who involved all year around in the works of the Stompie Garden. We'll open the tank and show to the public inside and out with a guide. Till the adults involving in the tank tour, we would like to entertain the small kids with activities. We'd like also invite other community groups.</p>	£1,000
1315863	Teens Outreach Programme (Top-Group)	Bermondsey Community Arts Quilting	<p>TOP will engage inter-generation residents of Bermondsey estates and its surrounding areas in building community through Arts Quilting project which aimed primarily at addressing social inclusion and create a platform to improve social networks, reduce isolation for older people within our community and empower teens and parents with Quilt skills. It brings groups together that do not ordinarily interact (teens, families or parent & senior) and its opportunities for deeper/mutual relationship between different ethnics/faiths/communities dominated in our neighbourhoods which comprised of different ethnic community residents.</p> <p>Phase1: Teens will be given disposable cameras and escorted by trainers/adult persons at</p>	£6,200

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			<p>several "Southwark history museums" for picture-taking, faith religions, people and information gathering sessions. The Photographs and other designs will be transferred onto fabric and sewn into quilts.</p> <p>Phase 2: We will be running weekly "quilt" classes/session (once weekday and every Saturday/Bank holiday)@6hrs/week for 21 weeks in which will be held @ Tabard Community Centre, Beneficiaries include teens/families or parents, skilled quilters (primarily senior citizens) and other adult volunteers to assist with supervision and implementation of the Quilts skills classes.</p>	
1299364	Unity Music Arts Team (Umat)	Bermondsey Square Jazz Days	<p>The Bermondsey Square Jazz Days primarily promote aspiring and seasoned creative talent. These small scale events support community engagement for local residents and are a contribution to the range of cultural offerings in the borough of Southwark . We have received a nomination shortlisted for a Mayor of London Assembly recognition award 14th October . Recognising community efforts with live music presented at both Bermondsey Square (SE1) and The Blue Market (SE16).</p>	£7,350

ST GEORGE'S WARD:

Ref:	Name of your group:	Name of your projector Idea:	What project is trying to achieve?:	Amount requested [£]
1316141	Carnaval Del Pueblo Asociación	The Latino Hub	<p>A co-ordinator, 2 week lead up, will deliver weekly, 16 hours free community Latin dance, English+Spanish sessions for 8 weeks to improve neighbourhoods via increased well being, friendship, linking with other Community Hub groups, creating social cohesion, including marginalised Latinos, combating isolation. Regeneration means meet up spaces has gone. St George's people, North West Southwark, will make friends, enjoy healthy activity.</p> <p>Targets – 16 hours contact time x 8 participants = face to face sessions with 128 people, including 25 people completing their course with 90% attendance, 50 making new friends, 50 referrals, 96 people (75%) feeling better + happier.</p> <p>Milestones – End April – 5 'before' participant interviews and agreements for during/after qualitative and anecdotal interviews for ongoing evaluation, End May – anecdotal feed back from 5 other participants, End June – interviews + exit interviews with participants from each activity.</p> <p>Feedback from our pilot informed on selection of classes. Other classes in the hub are English speaking, our participants with little English, yet encouraged to go other environments e.g. Castle Leisure Centre. We will agree achievable personal aims with participants + project aims and record information and make any changes necessary to reach agreed aims.</p>	£5,000
1316547	Construction Youth Trust	Construction Into Schools	<p>We want to facilitate positive interaction between young people in local schools and employers involved in local regeneration projects, to raise awareness of local career pathways and create a pipeline of young people entering employment. Employer engagement was found to reduce the likelihood of young people becoming NEET and improve future earning potentials of young people. We will focus on supporting young people least likely to receive careers education support.</p> <p>Southwark has the 2nd highest rate of youth unemployment in London. Young Londoners are in danger of long term unemployment as they lack the technical skills employers seek.</p>	£7,500

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			<p>With labour markets shifting from high to low skilled jobs, Southwark youths are at risk of not achieving their career potentials. Southwark is currently undergoing massive regeneration which will create a pipeline of education/training/employment opportunities for thousands of young people over the next 10-15 years.</p> <p>Our aim is to use the construction industry as a powerful tool of social mobility. Construction is one of UK's largest sectors with a plethora of career pathways and progression routes. Yet, there is a lack of understanding of these careers. Research found that 50% of young people were given career advice on construction opportunities.</p> <p>Past funding from Southwark Neighbourhood Funds has enabled us to engage over 5,000 young people since 2017. 88% of participants have increased their knowledge of the built environment sector.</p>	
1313858	Disability Sports Coach	Community Sports Club For Disabled Residents	<p>We want to continue our weekly Community Club for disabled people; ensuring disabled residents enjoy the same physical, social and mental wellbeing benefits of sport than non-disabled people. The club runs for 36 weeks a year and offers a range of sports such as tennis, basketball, football, athletics and Paralympic sports like Boccia.</p> <p>According to the Join Strategic Needs Assessment, Southwark has over 5,800 residents with learning disabilities. Also, 17% of school children - over 8,100 - have special education needs. Disabled residents face a number of challenges. Research shows just 17% of disabled people play sport once a week - half as much as non-disabled people. This increases the risk of obesity, heart disease, stroke and cancer. Half of disabled people also feel chronically lonely, severely affecting mental health and increasing the risk of depression and anxiety.</p> <p>Our club has had a life-changing impact for disabled residents. Our impact surveys show 80% was defined as inactive (taking part in less than 150 minutes of exercise per week) and 54% lacked companionship. Since joining the club, 70% have doubled their physical activity, and 93% felt more part of the community.</p> <p>We also encourage more able members to become volunteers and coaches, improving</p>	£1,382

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			<p>skills and employability. We won the 2019 London Sport Workforce Award recognising 45% of our workforce has a disability. We also won Best Charity at the 2019 Southwark Business Excellence Awards.</p>	
1315981	Isha Foundation	Isha Yoga Workshops	<p>According to MIND, 1 in 4 people in the UK will experience a mental health problem each year and the Mental Health Foundation states that 43.4% of adults believe they have a diagnosable mental health condition. Isha Foundation's easy to practice and renowned programmes for wellbeing offer practical alternatives for addressing these issues, empowering participants to take charge of their mental and physical health.</p> <p>Our project aims to contribute to a system of holistic support for the mental and physical wellbeing of the Southwark Community, by providing free and subsidised yoga and meditation workshops. We have supported our community by offering sessions at Kings College Hospital, VAULT, Lambeth and Southwark Diabetes group and LSBU. Our experience in the community demonstrated a need of mental and physical wellbeing support across the St George's Ward. We will further these initiatives and build engagements with organisations in our ward and with minority organisations in the multi ward area.</p> <p>Isha's workshops last for one hour and bring together participants of all ages, ethnic groups and physical ability. By participating, residents create and reinforce community ties. All programmes provide an inclusive, joyful, stress free inner climate positively impacting the wider community. The workshops are taught by trained teachers, in an accessible, scientific basis, providing exercises that are easily incorporated into hectic modern routines, empowering all.</p>	£4,890

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1299647	Stones End Day Centre	Music Of The World	<p>Mental health has escalated out of proportion affecting one in four people in the UK. The number of people experiencing mental illness in the UK is estimated to be 16 million. This means approximately one in four people in the UK will experience a mental health problem each year, according to mental health charity Mind.</p> <p>Over 2100 Southwark residents aged 65+ have a diagnosis of depression, yet currently, 85% of older people with depression receive no NHS help at all. Older people are left most vulnerable and more susceptible to depression and anxiety due to social isolation, multiple medical problems; reduce mobility and lack of cognitive awareness to access public transportation safely.</p> <p>Music has been proven to scientifically beneficial to individuals who participate or listen to music, it is also known to take daily stress away music can alter your mood, represents who you are, reduce pain, gives you entertainment, helps you concentrate and exercise and it even boosts your immune system.</p> <p>Participating in Music of the world workshops will support the most vulnerable within our community to reduce isolation, support people to better manage crisis and reduce mental health breakdown. Developed coping skills, strengthen learning and memory, reduce depression and isolation, improve sleep and improve overall health.</p>	£1,538