

## Summary of applications - South multi-ward 2021/22

## Champion 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 [£]
175	Dog Kennel Hill Adventure Playground	Hand in hand with our community	<p>We have been a haven to local families over lockdown &amp; we want to ensure that continues. We would like to continue to provide holistic support to the whole family. We want to supply wellness packages to local families, children &amp; their parents- that will either be done on site but if people are self-isolating then they can still take part at home.</p> <p>We would like to supply arts &amp; crafts packages- we did this for 50 families over lockdown already &amp; they were a great success. However financially we aren't able to do any more.</p> <p>Presented in a bright box, We did one art pack for younger children and one for older children, both of which included a time capsule, arts &amp; crafts, such as colouring and lots of practical tips on how you can interact positively with siblings, have positive mental attitude, signposts to other organisations that can support them etc. There were activities based around supporting mental health &amp; happiness.</p> <p>Finally we would like to provide wellness packages to parents-specifically to single mothers &amp; those of a BAME background, including aromatherapy products That are proven to help with anxiety and depression, activities that have been proven to relax- such as adult colouring pages and details of organisations that can further help them. Many of our parents suffered financially and mentally. Due to covid and loss of income they cannot go on holidays or plan activities with their children and are getting back on their feet.</p>	£6,250

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299	Dream Believe Achieve (DBA) CIC	DBA Community Engagement Project (11-16s)	<p>Through ongoing consultations with our beneficiaries, schools, tenants and residents associations we have established common disadvantages our community of youths are facing. These include a lack of free support services, engaging activities, 1:1 mentoring assisting individuals in overcoming boundaries hindering progression and fulfilment. Also, low self-confidence, a rise in mental conditions and isolation heightened by the pandemic. Moreover, high levels of poverty, a lack in pivotal life skills and being less informed in sensitive areas including mental health, child abuse, peer pressure, street crime, dangers of social media, drug, alcohol misuse, sexual health awareness.</p> <p>Our proposed therefore seeks to address this need. Our project aims to empower and provide more opportunities to disadvantaged youths from low socioeconomic households, with little to no support services and beneficial activities available to them. We seek to increase access to free positive engaging activities and support services ( delivering a variety of free, innovative, customised, highly engaging 1:1 mentoring and community group workshops )to reduce youth engagement in delinquent and criminal activity. Moreover, we aim to aid our service user's personal and social development, unlocking and nurturing their talents. We also seek to increase life skills, self-confidence, well-being and equip service users with an array of positive coping mechanisms. Finally, we seek to raise more awareness on important, sensitive topics including mental health, child abuse, FGM, sexual violence, domestic violence, peer pressure, gang, street crime, drug and alcohol misuse.</p>	£3,618
279	Friends of Green Dale	Butterfly Day	To increase awareness in the community of the natural environment and biodiversity in the area. To celebrate the local semi-natural greenspace.	£675
512	Hidaya Women's Association	Mental health awareness	Many residents are experiencing loneliness or anxiety due to needing to self-isolate a result of Covid-19 restrictions. This project will help them to improve their mental health by challenging the shame often associated with experiencing mental health issues. Online group dance classes will be offered for stress relief and to combat loneliness.	£3,110

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34	Mother Goose Nursery	Outdoor Neighbourhood Events	<p>We would like to put on some free outdoor events to bring the diverse community together (47.4% non-white in this area), to enjoy the benefits of spending time in a natural environment and taking part in sustainable activities such as growing, cooking produce, singing, investigating the wildlife around and crafts using natural materials. It will provide families and other local people opportunities to meet neighbours, learn about their local environment and to learn horticultural and cooking skills. We aim to increase community cohesion, awareness of sustainability issues and to help increase knowledge and confidence in discovering the local wildlife and environment. Since over a third of children in Champion Hill are obese by the time they are in Year 6 we wish to encourage families to spend time outdoors where children are much more physically active than in an indoor setting.</p>	£4,000
298	Mud 1000	St Francis Food Forest Demo Garden	<p>A new community gardening project in Southwark for the demonstration of a selection of techniques that creatively and regeneratively address urgent problems specific to the urban environment, such as food security; the climate crisis; and education in food-growing, ecology and participatory landscape design. Regenerative and sustainable methods from the practices of permaculture, agro-ecology, xeriscaping (drought-proof landscaping) and indigenous, traditional and experimental growing techniques from around the world will be demonstrated. We intend to engage the local community on many levels. Eventually, we aim to offer paid placements to young and unemployed people. We also hope to demonstrate how these growing techniques can produce harvests large enough to offer free produce to a significant number of local people via food banks and other community organisations. We will also create a donation-based nursery where we can propagate our perennial plants adapted to London's changing climate and distribute them to other community gardens and private growing spaces. In the long-term, we have plans to create further 'pocket gardens', edible planting schemes and hopefully larger 'Food Forests' on pieces of derelict and unused land. The garden will be an ongoing and evolving participatory project that can be developed as new ideas and people become involved.</p> <p>The outcome of the project will be a highly productive and regenerative community garden that increases biodiversity, food security, ecological education and job opportunities in the local area. A key element of our project</p>	£755

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			<p>will be the creation of a 'food forest'.</p> <p>The food forest will be an educational and edible resource for the community, whilst also enhancing biodiversity, sequestering carbon, absorbing more rainwater runoff due to higher water-retention capacity and recycling local green waste to be used as mulch (e.g. grass cuttings from local residents, wood chip and logs from tree surgeons, used coffee grounds from cafes).</p>	
528	SE5 Forum	Travel guide for Camberwell printing and distribution	<p>Covid has hit Camberwell's businesses, residents have a greater need to access leisure and green spaces. Printing and distributing the Travel Guide to Camberwell will encourage locals to shop local, exercise and be proud of our black history</p> <p>With funding from the Neighbourhood Fund in 2019 ,SE5 Forum working with Camberwell Arts and the Camberwell Identity group produced an accessible and entertaining guide to Camberwell covering - our local history, maps, black history and green walks, local characters from John Ruskin to Sam King our 1st black mayor, music, children's activities, parks, pubs, cafes, restaurants, shops and independent businesses as well as our internationally renowned hospitals and art college. In interactive workshops pensioners, youth and tenants worked with artists, writers and historians to produce the Travel Guide to Camberwell. The guide is available online <a href="https://www.camberwell.life/discover/guide">https://www.camberwell.life/discover/guide</a>. But since the guide was produced in March 2020 businesses have closed and others have changed because of COVID. Distribution has suffered because there is no hard copy and we do not have funds for printing costs</p> <p>Updating the guide and producing a printed copy will give residents the opportunity to get to know and use their local area, promote local business and pride in Camberwell and the diversity of our history</p>	£2,797
351	St Faith's Community & Youth Foundation	St Faith's Summer Play programme	<p>Daily play and activity provision aimed at KS2 children, focused on families who will otherwise not be able to offer their children summer holidays and may not be able to provide regular hot meals.</p>	£8,000

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388	Stepping Stones Learning and Leisure	Activities and Classes for Adults with Learning Disabilities	<p>We are seeking funding to enable us to provide meaningful activities and classes for adults with learning disabilities. For over 20 years Stepping Stones has provided the space and facilities for local adults with learning disabilities to come together, share their experiences and learn new skills. Since March we have responded to the Covid Crisis by creating online activities but we are now slowly beginning to meet at the centre again in safe and small numbers. We are very lucky to have such a warm and welcoming home at St Faiths Centre who have offered us support and flexibility as we work towards being able to see people at the centre again. Many service users are very keen to return but safety remains our priority. This means we have deliver activities in a very different way, with smaller groups and we must also be prepared for further restrictions and disruptions. We see that over the next 12 months our online delivery will need to continue in parallel to centre based activities. We are seeking funding to enable us to deliver centre based activities where and when it is safe to do so, including use of the outdoor space that the centre provides.</p>	£5,616
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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 [£]
447	Dulwich Festival	Dulwich Festival 2021	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 towards the design of the Festival print to make it easier for all to engage with the Festival. We would also like to apply for some funding towards the cost of creating interactive online content that can ensure the Festival can continue to entertain and support the community even if government restrictions relating to gatherings are still in place next May. Having information and content 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 participate in Dulwich Festival events.	£6,000
244	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 Rd, 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.	£399

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286	Link Age Southwark	Yoga group for older people at Lew Evans House.	<p>We are seeking funds to provide a tutor and transport so that up to 20 older people in the Dulwich Hill ward can benefit from a yoga class and feel less lonely and isolated. Prior to the lockdown, this popular group met weekly at Lew Evans House to enjoy chair-based yoga with an experienced tutor. Three volunteers (age 53 to 80!) support the group.</p> <p>The 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. The group was evaluated in September 2018 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 “my bad shoulders have definitely improved”, “I can do more now”, “it helps with sleeping” and “it takes you out so you’re not lonely”. 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. With the outbreak of Covid-19 we had to adapt how we delivered all of our groups including the group at Lew Evans. This group is delivered by a tutor who specialises in working with older people and people with particular mobility or health needs. We were very keen to ensure that service users stayed mobile and connected to the group during the extended period of lockdown. Therefore, we arranged with the tutor for her to telephone group members each week and to spend time over the telephone encouraging group members to stay active in their homes. We are currently in the process of establishing Covid secure group activities at venues that can accommodate this. We have appointed a Groups Coordinator to develop an action plan for delivering our groups including the group at Lew Evans. Our planning is looking at 3 phases of delivery – lockdown, social distancing and post pandemic. Built into our planning will be the ability to move back and forth between the phases, as needed.</p>	£8,225
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497	Safer neighbourhood teams for Dulwich	Cycle initiative	<p>The project will be to encourage youths of the estate to start cycling. The money will be used to purchase cycle equipment in order to run safer cycling days with youths, including the opportunity to mark their bikes with bike registry kits for Crime prevention. We will also be setting up a cycling course with cones before taking them out on a cycle route, in order to go through the do's and don'ts of cycling.</p>	£14,890
264	St Clement with St Peter Church	Community Events at St Clement with St Peter	<p>St Clement with St Peter is a parish church. We have regular events in our church: coffee mornings and the knit &amp; stitch group and we run annual events such as the Christmas Community Event and a Summer Tea Party. All these events are free of charge and open to everybody.</p> <p>The Knit and Stitch Groups brings seasoned crafters and beginners together - over a cup of tea. It welcomes adults and children. Last year we have given away wool/ yarn/ knitting needles for free. It's a space for a chat, community and learn a new skill.</p> <p>The other events are there to bring the community together over a cup of tea, mulled wine, and coffee.</p> <p>Last year on Christmas we gave away a free present to every child who attended the Christmas event.</p> <p>These events bring people across the parish together. Our parish is large and includes single occupancy houses, shops on Lordship Lane, as well as the estates on Dawson Heights and up towards the Horniman Museum.</p>	£850

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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 [£]
525	Brokenhome	Brokenhome	Social engage teenagers from broken homes in the areas above to offer support, mentoring, access to available mental health services in their area, working with parents to engage and communicate with their kids.	£16,000
447	Dulwich Festival	Dulwich Festival 2021	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 towards the design of the Festival print to make it easier for all to engage with the Festival. We would also like to apply for some funding towards the cost of creating interactive online content that can ensure the Festival can continue to entertain and support the community even if government restrictions relating to gatherings are still in place next May. Having information and content 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 participate in Dulwich Festival events.	£6,000
200	Dulwich Park Friends	Dulwich Park Fair 2021	Dulwich Park ends the Dulwich Festival each year and was cancelled in 2020 due to COVID. We aim to return promoting local talent on the stage, showcasing local crafts and produce and providing traditional entertainment such as the Victorian Fun Fair, Maypole dancing, Vauxhall City Farm, Punch & Judy, the magician and the fun dog show. The fair is run by volunteers, driven by the community and fosters a sense of pride in Dulwich Park.	£2,250

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202	Dulwich Park Friends	Concert Band in Dulwich Park 2021	The concert band was cancelled in 2020 due to COVID and we aim to return with a concert band in Dulwich Park to showcase local talent, provide entertainment, enhance community spirit and foster a sense of pride in Dulwich Park.	£625
438	Friends of Dulwich Square	Harmony on the Square	<p>A free music festival in partnership with Dulwich Festival, Friends of Dulwich Square &amp; Local businesses.</p> <p>Aims: To bring the local community together, support local businesses and showcase local musicians &amp; artists. The closure of the junction in Dulwich Village has been controversial and has caused divisions with some in our community. The concept of a mini music festival on the newly formed public space is to demonstrate the positive potential of this new community space that was once a dangerous and polluting road junction. We hope to encourage footfall to help support the local businesses in Dulwich Village.</p>	£3,000
146	Lively Minds	Reaching Out	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 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 rent for 45 sessions at £20 per session, plus insurance of £140.00. 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.	£1,020

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444	Southwark Hindu Centre	Diwali (Festival of Lights) Celebration	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. By organizing this activity which includes musical evening followed by Indian traditional Dinner, we are going to achieve: -Community cohesion by bringing other communities of different religion and faith together. -Also to make awareness of Indian culture and festival among different communities especially for younger generation. -Further to make people understand the message of Diwali festival	£2,000

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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 [£]
491	Crystal Palace Town Team	Crystal Palace Town Team	Improving the cross-borough area of Crystal Palace	£1,000
447	Dulwich Festival	Dulwich Festival 2021	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 towards the design of the Festival print to make it easier for all to engage with the Festival. We would also like to apply for some funding towards the cost of creating interactive online content that can ensure the Festival can continue to entertain and support the community even if government restrictions relating to gatherings are still in place next May. Having information and content 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 participate in Dulwich Festival events.	£6,000
495	Dulwich Festival at Kingswood House	Dulwich Festival at Kingswood House	To showcase Kingswood House by holding a series of events for the Dulwich Festival at Kingswood House, with the aim of attracting more people to the house and promoting its use at other times of the year by the wider community	£5,000
149	Friends of Gipsy Hill	Gipsy Hill Village Fete 2021	The fete is designed to bring the community together in the Gipsy Hill area, to promote community cohesion and a sense of pride in where we live. It is for all ages and all people with a focus on local community groups being there to show what is available in the locality. It is a link up event so people can join and see what is available while enjoying a relaxing day out in the neighbourhood.	£4,680

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392	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.</p> <p>With the Coronavirus pandemic and the resulting lockdown and social distancing measures, the last year has been a challenge for everyone. Nevertheless, the Glazebrook Growers continued to hold safe and socially distanced workshops and social events online via Zoom and, where possible, at a safe distance outside. Not only did these sessions allow members to gain horticultural skills and knowledge, they were also vital to maintaining members' morale and wellbeing through the difficult times, particularly at the height of lockdown. The events were especially comforting and helpful for those members who live alone and/or are elderly and/or otherwise vulnerable.</p> <p>Furthermore, despite the challenges faced, we have also managed to attract new gardeners to the group. Subsequently, 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 2021 growing season.</p> <p>If possible and where safe, 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. 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 over the years.</p> <p>All of our events will be as safe as possible and in compliance with Government social distancing guidelines.</p>	£1,400
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426	Kingswood Estate Tenants and Residents Association	Community Revamp	We are a multicultural community which has found herself under the strenuous impact of the corona virus pandemic. Our residents has witnessed lot of job lost while those who are self-employed residents are equally out of business due to inability to adapt. The majority of our residents' health have plummeted as well e.g. problem with mental health, and worsen pre-existing health conditions. Also, our children have missed out from their learning due to the prolonged school closure. Therefore, the Community Revamp projects will support the Mental health and general wellbeing of people in the community, re-training to adapt to new way of working and address the issue of food poverty and encourage physical/sport activities. Embark on gardening activities for food growing and serve as therapeutic garden.	£8,498
181	Leonard Cheshire	Fit for purpose	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.	£4,500
557	New Leaf Educational Gardens CIC	New Leaf Path of Natural Knowledge Botanic Garden	The garden has been in existence since 2007. It has transformed what was an eyesore, frequented by drug dealers and users, into a pleasant and informative local resource, popular with the local community. It now needs renewal of some items, and extra maintenance, especially because of limitations caused by the COVID-19 pandemic.	£5,000
158	Paxton Green Time Bank	Building Resilience 2021	We want to build resilience in the local community in light of the current crisis. Our food hub work has shown us that many vulnerable people lack basic cookery skills and nutrition knowledge, especially lone men. We will run cultural cookery exchanges, nutrition classes, and also the basics of shopping and cooking for one. All safely and following covid regulations. We will also provide access to fresh produce from local growers. We will also run container food growing workshops allowing residents to grow veg in small spaces. This work has been requested by our members who will be co-producing the project with us.	£1,240

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493	Southwark Council Cleaning	Graffiti removal	Funding for graffiti removal not already covered by Southwark Cleaning internal contract	£5,000

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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 [£]
447	Dulwich Festival	Dulwich Festival 2021	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 towards the design of the Festival print to make it easier for all to engage with the Festival. We would also like to apply for some funding towards the cost of creating interactive online content that can ensure the Festival can continue to entertain and support the community even if government restrictions relating to gatherings are still in place next May. Having information and content 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 participate in Dulwich Festival events.	£6,000
268	Goose Green Primary School	Goose Green Community Stay and Play	<p>Availability of free preschool services and safe play spaces has decreased recently, due to funding cuts. Since covid-19, such opportunities have reduced further leaving parents in a difficult position. The mental health of parents is suffering, as is the early education/socialisation of pre-school children.</p> <p>GGPS is keen to embrace the local community, building relationships from Day 1. The school believes welcoming families at pre-school stage will pave the way for strong pastoral relationships (one of the core values of Communitas Education Trust) in the future. Senior leaders identified the need for a local pre-school group after talking to current parents and neighbours.</p> <p>GGPS is in the process of creating a new community library, which it plans to share with pre-school families in the area, allowing more children to benefit from the new facilities. It has recently received funding for new books, including pre-school picture books and large format sharing books for groups. The proposed large dedicated library space will be suitable for socially distanced activities and so will be appropriate during the covid-19 restrictions.</p>	£4,961

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			<p>The school wishes to run a free stay-and-play session weekly, during which local families will enjoy socially-distanced singing, stories and activities in the school's new community library. Parents will benefit from meeting like-minded people while their children make friends, have fun and learn new skills. The sessions will be run by a qualified practitioner for 2 hours weekly with free refreshments.</p> <p>Targets: From April 2021, we hope to engage a minimum of 8 families (more if covid restrictions have eased). We hope all of these families will go on to apply to GGPS in the following Nursery or Reception intake. We will offer a nutritious snack to every child and adult that attends. We hope to receive feedback that the group not only helps the children but also their parents' mental health/wellbeing.</p>	
291	Link Age Southwark	Gentle exercise group for older people at St James Cloister.	<p>Goose Green ward can attend a friendly gentle exercise group and feel less lonely and isolated. Prior to the lockdown, this popular group met weekly at St. James Cloister and was led by an experienced tutor, supported by a volunteer. The group starts with an hour of gentle chair-based exercise and is followed by tea and biscuits.</p> <p>The 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 2019 by an independent assessor. All group members were very positive about both the exercise and the social aspect of the group with comments such as "help my shoulders", "less hip pain", "I can move more" and "I'm not getting depressed like I used to". 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> <p>With the outbreak of Covid-19 we had to put all of our groups on hold in March. At the start of lockdown, the exercise tutor phoned all group members for a catch-up and storytelling and to give exercise advice. The group has been running with weekly sessions on Zoom since May 2020 and the tutor continues</p>	£9,890

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			to phone those unable to join on Zoom. We are now exploring restarting this group in line with Covid secure requirements and have appointed a Groups Coordinator whose responsibility it is to develop a plan of action for all of our groups. It is likely that this group would need to relocate due to the size of the current venue but it will remain within the ward.	
61	My First 1000 Days	Young People's social inclusion	Due to a huge increase in the demand for our activities, we are applying for a small grant to run our project with yoga and self-defence classes for young girls, that come from vulnerable backgrounds, minority groups and that have been subjected or are at risk of domestic violence, abuse or social exclusion. Our classes are aimed for girls that come from extremely poor backgrounds and are not able to afford any paying activity. Girls and young women who experience abuse can suffer from symptoms such as dissociation, physiological regulation difficulties, and mood disturbances that might not respond to traditional interventions. Given the benefits of exercise and sport, we hypothesized that activities such as yoga and martial arts with a focus on self-defence would ameliorate the negative impact of abuse on psychological functioning. After working with teams of professionals, psychologist and local organisations that also offer support to vulnerable women, our findings suggest that frequent exercise practice might ameliorate the negative impact of abuse history on self-concept and coping skills. In addition, our findings suggest that women who incorporate yoga and into other areas of life could get the greatest psychological benefits. Our Project aims to encourage local girls and young women to realize their own potential, especially individuals experiencing isolation and social exclusion or minority ethnic women facing language barriers. Those taking part gain new skills and become more confident in their everyday lives, while becoming involved in the wider community. The project targets girls and young women who are socially isolated and may be experiencing mental health issues. It aims to empower individuals and encourage integration back into the community by building self-confidence through group activities as well as one-to-one support.	£3,200

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308	Roadworks Media	The Emergence of Black Britain - Short film by young people at risk of offending	<p>This film production workshop will take place from 11th April 2021 to July 2021. 10 young people, aged 12 to 21 years, who are at risk of offending will participate in workshops where they learn about film production and acting. The young people will be referred by the Southwark Youth Offending Team. The Youth Offending Office will be the main base for the workshops, however, if Covid-19 guidance does not allow face to face then these workshops will be held virtually.</p> <p>The film will be distributed online and will develop industry interest, which will inspire young people to want to join the Film industry. We will continue to engage with the young people so that their confidence can be raised so that they can consider joining the film industry and be deterred from crime, gangs and violence.</p> <p>This project will deliver more diverse voices, creative skills, supporting young people to gain job opportunities in the tv and film industry.</p> <p>It will provide training and experience for the use of cameras, sound devices, lighting equipment, software for post-production, creative skills to make film productions and photography projects.</p> <p>It will engage with young people who are at risk of offending or who are in the criminal justice system. We will deliver a virtual workshop space that uses its resources to shift thoughts, feelings and behavioural patterns away from circumstances, which have the potential to cause negative or damaging "setbacks". Aiming to improve their well-being and outlook for a more positive mind-set.</p> <p>The referrals will come from Southwark's Youth Offending Service. Who will receive support, guidance and mentorship in order for them to be supported with being deterred from crime, gangs and violence? This is a need to protect communities and neighbourhoods from the negative impacts that they are likely to face due to the many issues that cause negative effects. It will be paralled</p>	£5,000
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			<p>with a guarantee to improve young people's lives when providing places on our workshop that will set out to also improve diversity in the film and tv industry.</p> <p>It's needed to support the well-being of residents who are likely to be questioning their role and future in society due to the effects of COVID-19.</p> <p>The film productions and photography projects will provide demonstrative proof that our project will have engaged with young people with difficult or marginalized. Sharing messages that projects anti-racism, knife crime, social inequality and creative expression.</p> <p>The benefits for residents outside of the workshop are to acknowledge how young people from their neighbourhood are being deterred from crime, gangs and violence. Also, to be aware that those inside of the workshop are training and gaining experience to change their lives and gain opportunities to increase diversity in the film and tv industry.</p> <p>We will target young people who go to the Southwark Youth offending office they will be from the borough, referred by Southwark Youth Offending Team.</p>	
475	St John's Church East Dulwich	Continuing to widen the reach of the Goose Green Coffee Morning (GGCM)	<p>GGCM began 2 years ago as a free drop-in opportunity for local people at risk of isolation. After pausing due to COVID-19, we restarted online in May 2020. We offer a weekly meeting via Zoom. This includes the opportunity for people to socialise as well as more structured activities. We received neighbourhood funding last year and had to change our plans due to the COVID-19 pandemic. These changes included re-purposing funding to improve attendees' access to the internet to enable more people to attend our virtual coffee morning.</p> <p>The pandemic has exacerbated the issue of isolation and loneliness and this is affecting a wider range of people. Older and more vulnerable local citizens often lack the resources and skills to access the internet, but younger working-age people have been thrust into isolation by the need to work at home, by unemployment or having to shield. We would like to expand the reach of the GGCM to target more people who lack internet access and those whose isolation has been worsened by COVID-19.</p>	£3,428

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			<p>In the first instance we would like to expand our online offering, as face to face meetings would currently be too high risk for our vulnerable group members. However, in the longer term, should physical meetings become possible, we aim to provide a “blended” approach. This would be a mix of virtual and face to face, with the aim of increasing the reach of the group. Despite it currently being "virtual" we would like to maintain a distinctly "local" feel to the group. This is to ensure that friendships built online, could translate into physical meetings and the development of local support networks.</p> <p>We have already started a small library of IT equipment (basic tablets that can be used to access Zoom and other internet services such as NHS etc.) which can be lent out to people struggling to access the internet. We have also started the process of providing small grants to enable people on very low incomes to connect to the internet. Alongside this financial help, we are providing information and education to improve confidence in using equipment to access Zoom meetings and other uses of the internet.</p> <p>The project has three aims:</p> <ul style="list-style-type: none"><li>• To expand awareness of the CCGM through a wide-ranging local publicity campaign. This will use a tailored approach to reach people in their homes.</li><li>• To improve digital access within the local population by expanding our lending library of IT equipment and internet access grants.</li><li>• To include activities that appeal to a range of participants, are fun and enjoyable and enable social interaction, promoting well-being.</li></ul> <p>We have joined an organisation called “Places of Welcome”, a network of similar groups. There are currently only two such groups in South London. We attend national meetings and share ideas. We will continue to build on links with S.A.I.L. and promote our equipment library with them. We also aim to be a group that can be accessed via social prescribing.</p>	
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			<p>Our renewed publicity campaign will start from April 2021. The GGCM committee will plan the enriched activity programme prior to the start of the grant period and the programme will be delivered from May 2021 to March 2022. We have already developed a very small tablet lending library and a process by which applicants apply for internet access subsidies. We will look to build on this in 2021.</p> <p>GGCM seeks to create a space for people to meet virtually that is the antithesis of a "work Zoom meeting", is a point of social contact for the isolated and provides a variety of activities to suit different preferences. Activities will include arts and craft sessions (with the materials posted to participants), online music, quizzes, book club and use of "breakout" rooms to encourage deeper and more meaningful social interactions in small groups.</p>	
45	Youth Learning Network Ltd	Forefront	<p>ForeFront is a 12-month organisational change programme effecting a significant transition in the mode and method of delivering our supplementary/complementary educational services to school age children. It will increase the number of our service users who are resident or attend schools in the Empowering Communities-South area by establishing and offering an expanded and better targeted online tutoring and mentoring service for our beneficiaries. This will enhance our existing service offer which currently over relies on in-person attendance at a specific location.</p> <p>ForeFront will change our business model so that online activity forms a much larger proportion of the direct services we provide. It will help us maximise the benefits of gathering smaller groups of services users in person; rationalising when and where they meet, as well as precisely what they might best do together when they gather at these times.</p> <p>As well as delivering teaching and learning on site, key features of ForeFront will include:</p> <ul style="list-style-type: none"> <li>- introducing new administrative arrangements for scheduling sessions and matching staff/volunteers as tutors and mentors to the service users.</li> <li>- training Trustees in using new technology more effectively in discharging their responsibilities, meeting more regularly and efficiently, and guiding the strategic development of our organisation.</li> <li>- promoting current and forthcoming services to schools and the community groups within the Empowering Communities – South area.</li> </ul>	£4,906

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			<p>ForeFront anticipates a future when a vaccine against the coronavirus is both available and widely used. It helps our organisation better to prepare for this future by:</p> <ul style="list-style-type: none"><li>- targeting beneficiaries drawn from groups at most risk of contracting Covid-19.</li><li>- expanding and refining the support we currently provide to service users</li></ul> <p>ForeFront will mitigate the potential constraints on teaching and learning in the complementary education sector posed by the measures required to control the spread of the coronavirus (physical distancing, wearing of masks or face coverings, regular handwashing, increased sanitation procedures). It will do this having regard to safeguarding the health and welfare of staff, volunteers and service users.</p>	
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