

Borough & Bankside Ward

Ref:	Name of your group:	Name of your projector Idea:	What project is trying to achieve?:	Amount requested [£]
381	Applegarth House Co-operative Ltd	New Chairs for the Community Hall & Social Event in Summer 2021	<p>We would like to replace the 30 chairs that we currently have in our community hall for 60 new chairs, which then could be used in our Social Event for Summer 2021, for which we would also like to apply.</p> <p>We currently have 30 chairs, which are very old (around 30 years old) and uncomfortable, some are also broken. We would like to increase the number of chairs up to 60 to be able to accommodate the maximum possible number of residents (we are over 100 residents) in our meetings/events. We would need a type of "conference chair" that stacks 12 high, so we could easily store the 60 new chairs in 4 piles of 12.</p> <p>We could then use these chairs in the Social Event that we would like to organize in Summer 2021 for the Applegarth House community, where we all could come together and celebrate life after Covid. There would be food, drinks, music and activities for children and everyone will be invited and included.</p>	£4,000
278	Bankside Open Spaces Trust	Volunteering Accessible to All	<p>Our volunteering opportunities bring residents and volunteers from all backgrounds together to improve community green spaces in Borough & Bankside. They volunteer their time to make the environment and green spaces in Southwark better for all.</p> <p>We want to ensure volunteering is accessible to all by providing the support and guidance for volunteers from all backgrounds including those with higher needs or low income. This will help improve the social and ethnic divide in Southwark by encouraging, engaging and bringing together a wider range of people from different cultures, different social economic status and different needs, to sign up to the opportunities. Volunteers can progress onto our Future Gardeners scheme which aims to get people into employment, thus tackling poverty in Southwark. The volunteer coordinator will advertise and recruit widely targeting those hard to reach and contacting local organisations. The Coordinator will keep volunteers updated with opportunities, offer ongoing support and mentoring throughout the programme and be a point of contact for any issues that may arise. This will be support for our existing and new volunteers.</p> <p>We will offer travel expenses to volunteers that cannot afford to travel to the location, which can be a barrier to volunteering for some. We will provide t-shirts and gardening gloves to ensure they feel part of a team and not have to dirty their own clothes or buy new clothing.</p>	£4,758

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			<p>Monthly picnic lunches will be provided to allow the volunteers to socialise and get to know each other from different backgrounds, tackling social isolation and improving community cohesion. To make the volunteers feel valued, celebrate their achievements and thank them for their hard work and time given to the community, we will hold a Thank You Event and present them with certificates. At the end of the year a festive meal will enable our volunteers to come together, at what can be an isolating time for many. If COVID-19 restrictions are in place and we cannot hold an event, we will give them a small gift such as a potted plant and card to make them feel valued.</p>	
322	Bankside Open Spaces Trust	Food Growing and Wildlife for local residents	<p>Diversity Garden and Lancaster Estate are two neighbouring housing areas. BOST would like to engage and support local residents in food growing and improvements to their local housing land. Contributing to the Southwark Council's Greater Estate initiative we would like to set up a new Gardening sessions to get people outdoors helping to improve their local environment on their estate. They will learn new gardening and food growing skills for ongoing care of their estate. Growing food will help tackle food poverty and residents will learn about healthy eating. They will enhance the space for both people and wildlife to enjoy. This will allow residents to connect with nature and not only improve their environment but their well-being too. They will meet new people from their local area working together as part of a team, making them feel part of a community.</p> <p>Our communities face challenges such as poverty (particularly high child poverty), obesity and health inequalities due to our inner-city setting. Mirroring maps on green coverage, local authority data shows c.89% of local households are flats with little outdoor space. Research from the Mental Health Foundation and the ONS shows that all of these factors as well as race and age mean our communities are likely to be disproportionately impacted by the pandemic with potentially long-term ramifications for their health, wellbeing and life chances. This will project will get people outdoors, learning new skills and growing food, improving their well-being and improve their local precious outdoor green spaces, into high quality spaces for the community to come together, feel ownership of the space and enjoy. BOST would deliver bimonthly sessions for adults in food growing, promoting healthy eating, learning about wildlife planting for food growing, companion planting and encouraging pollination of crops, alternating between the two sites.</p>	£3,368.30

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			BOST will hold three workshops on specialist topics such as seed sowing, composting and pruning. BOST will hold three after-school sessions for families to involve all ages on the estate. A resident get together event will be held to bring everyone together involved in the projects to celebrate their achievements on the two housing areas and gardens. Some of the food grown on the sites will be shared at the get together. The project will improve community cohesion and pride in their local area.	
350	Bankside Open Spaces Trust	Reconnecting Bankside	<p>In springtime, as we emerge from winter and the effects of COVID, we wish to bring local people back together, to build relationships, to celebrate and have some fun. Community events are vital to building community cohesion, making people feel happy and well. Yet in 2020 when being together was needed most, we had to cancel community events or move them online.</p> <p>We want to run a series of free, uplifting events called Reconnecting Bankside to reunite people, rebuild a sense of connectedness and give people a feeling of hope. Nature and the seasons will be a central theme, encouraging people to come outside and feel the benefits from being closer to nature.</p> <p>We will start with a Spring Celebration aimed at young families. Activities include a treasure hunt, maypole dancing, music, planting and wildlife sessions, and the launch of our SE1 Sunflower Trail, a project to plant and grow as many sunflowers as possible throughout SE1.</p> <p>During summer, we will hold a Crossbones Summer Open Day with guided tours, herb workshops and outdoor art exhibition. We would also like to bring back our large-scale community festival The Great Get Together, a day of music, food, arts, comedy, dance, children and community activities. This is a huge opportunity to celebrate our community and bring everyone together.</p> <p>Finally, our Winter Warmer event to keep community spirit alive in the darker months, with live music, food, and seasonal crafts. An event to celebrate the season and to help combat loneliness at a time when people without friends or family can feel isolated. Should COVID still be an issue we will adapt our plans as we have this year, such as by producing a radio show, or timed events which people must sign up for in advance.</p>	£9,997

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330	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.	£4,980.18
			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. 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.	
462	Bankside Village	Bankside Village Events	Bankside Village's seasonal events aim to: 1) Bring together people from different backgrounds to promote community cohesion and unity. 2) increase volunteering on the estate. 3) promote a sense of belonging to Bankside Village and Southwark for all local residents but especially among marginalised and disadvantaged minorities.	£1,500
324 & 500	Bermondsey Community Kitchen	Bermondsey Community Kitchen	Bermondsey Community Kitchen is a non for profit community organisation providing a variety of services to our local community, including running our training facility that offers Level 1 Food Preparation and Cookery courses and Level 2 Professional Cookery courses that helps people to gain a qualification and supports them into employment. Our group also provides Chartered Institute of Environmental Health Level 1, 2 and 3 Food Safety certificates. BCK runs free healthy nutritious cooking classes for isolated elderly residents, to bring them together with other similar members of the community and teach them how to cook a healthy meal for one on a budget. Our gardening project works on local social housing estates, building raised vegetable growing beds, flower beds and planting trees. BCK through the Covid 19 crisis used our large commercial kitchen to provide over 5000	£4,500

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			healthy nutritious ready to eat meals to the local community who was in need including elderly isolate vulnerable individuals and families struggling financially to feed their children. During this time the demand for this service continued to increase and it was greatly appreciated by the local community.	
			<p>The Covid 19 crisis has led many local organisations to re-evaluate how they support their local community and how their needs are changing. It has become apparently clear to BCK that not only our immediate area of Bermondsey but across Southwark, the need of food provision services is not just growing but is essential. The local food banks are overwhelmed with their growing clients. Therefore, BCK has decided to open our kitchen as a food provision service in the long term, as we did during the Covid 19 lockdown. Our large commercial kitchen is an asset to the community and something that is rarely found in its size. It is capable of preparing and cooking meals for the local community on a regular basis, as we have previously done during lockdown. The demand from the local community for healthy nutritious ready to eat meals and not just food parcels, is something that other groups are unable to meet, as they do not have the facilities or the procedural experience. During Covid 19, BCK worked with numerous local groups and TRAs to utilise the contacts they already had in the community to those most in need. This is something we would do again in the long term to ensure we are reaching those most hardest to help.</p> <p>This project, as our other services which we will continue to provide, are essential to the local community. Our immediate area is in the top 10% most deprived neighbourhoods in the country, with much of the same being shown across Southwark in areas of high social housing. This will only get worse with the cut backs and unemployment figures being predicted in the wake of Covid 19. BCK will continue to provide our other services as listed above, creating a kitchen schedule so that the time that the kitchen is used is optimal.</p>	
393	Big Local Works	Big Local Works	Big Local Works is a local charity providing essential services to the local community including preparing residents with key skills for employment, providing free 1-2-1 benefit and welfare support for Southwark Residents and supporting enterprise. The project is called Here for Work. Big Local Works will hold monthly Employability Skills and Support courses. BLW has delivered similar programs previously however each year, we commit to learning from the data collected from each course and improve upon what we deliver to residents. Therefore, our next courses will be delivered in a new format. The feedback we received from participants has always highlighted the need for more "one to one" and mentoring support with job search and employment plans. This is the most valuable support in moving towards the workplace.	£4,250

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			<p>Our new course will follow the format of two days of intense training, followed by, up to five days, of one to one support per group. Each participant will have the opportunity to engage with an employment mentor to research, review and get the required support to apply and obtain local jobs. We have found this to be absolute crucial to complement the employability skills training. The skills that will be covered during the training include:</p> <ol style="list-style-type: none"> 1. CV Writing 2. Job Searching 3. The Application and Interview Process 4. Effective Communication 5. The Importance of Professionalism 6. Team Work 7. Conflict Management/Resolution. <p>Our immediate neighbourhood is in the top 10% most deprived in the country. This is much of the same for surrounding areas in Southwark, with large pockets of social housing. The Covid-19 crisis will most defiantly affect our community for the next few years to come, with people who live in the poorest area to suffer the most, with loss of jobs and benefit cutbacks. This outlines the need for a course like ours that will produce sustainable change in peoples lives by empowering residents with the skills and information to apply for an obtain local, well paid and sustainable jobs.</p> <p>This course is designed to empower and provide the participants with all the skills and confidence needed to be successful in obtaining sustainable employment. The training and the employment support means that we can deliver a credible pathway for local residents to get closer to employment. 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>	
372	Cooperative Planters	Peckham Flower Show	In 2016, the Cooperative Planters began with 2 people. Our group took a small area and changed it into a communal garden that is used by hundreds of people per year. Not only did we revitalise an area of land that had long been neglected, but we also brought a community of people together to share in the power of plants and flowers to bring joy and levity.	£11,820

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			<p>We were also successful in securing Council funding and partnership for the 2021 Peckham Flower Show for 2021, and are delighted that this event has already generated such enthusiastic involvement from small businesses, local and national media, local government and, of course, the local community. The Cooperative Planters is seeking funding to continue the positive momentum of the Peckham Flower Show so we can run the event again in 2022, and bring the joy of flowering plants supporting human wellbeing and sustainability to the local area and the local community.</p> <p>On national and international levels, flower shows are a tremendous way to bring communities together around positive and healthful experiences, while simultaneously enhancing Peckham's reputation as an area that represents health, wellbeing, community, and successful local business. In addition, flowering and greening plants do much to promote human health and wellbeing amongst both the young and elder generations. As this event showcases the innovations and wide varieties of flowering plants, we have decided to create the event as a hybrid online and in-person experience. It is intended to have both a micro and macro impact. On the micro-level, will stimulate local businesses all around the region by increasing footfall in the surrounding area. In addition, the event will also encourage local people to the event to engage with community members on the health-giving properties of flowering plants.</p> <p>On a macro level, the local and national media coverage would be an excellent vehicle in enhancing the reputation of Peckham as a prominent area for health, wellbeing and city-greening innovation. We have an amazing opportunity to start something meaningful and impactful whose influence will be felt for generations to come.</p>	
380	Digital Mindfulness	Digital Wellbeing in Schools Project	<p>As part of its focus on digital wellbeing within the education system, Digital Mindfulness intends to enhance support to teachers, trainers and young people on their interactions with social and digital media. The issues of online intimidation and harassment of councillors are on the increase, as the volume and veracity of anonymous and persistent abuse, threats and intimidation are significant causes for concern. At Digital Mindfulness, we believe that educators, education systems and young people are on the front line of such behaviour on a daily basis and require meaningful resources to deal adequately with them. The various resources we propose to create will provide tools and techniques to mitigate online intimidation, digital citizenship, online safety, security and countering the spread of misinformation.</p>	£5,467.44

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			<p>Digital Mindfulness proposes the creation of interactive visual and text-based resources that focus on enhancing digital safety and security, digital citizenship, and dealing with misinformation for both students and educators. Digital Mindfulness would bring to this project the latest academic and industry expertise to create these resources, leveraging our extensive global skill, and knowledge networks to deliver an outstanding experience. The resources would be interactive so it can be made available on school websites. By including the latest thinking and research-based resources on the above topics, students and educators can rest assured they have access to truly innovative and impactful tools and techniques.</p> <p>In addition, Digital Mindfulness proposes the creation of new/updated Rules of Engagement Models that provide clear and actionable guidelines to address intimidation, digital citizenship, online safety, security and misinformation. The models will focus on providing a robust framework of support for educators and students, so they are aware of the most effective and forms of engaging online that mitigate negative behaviour.</p>	
341	Growing Hope Brockley	Growing Hope Brockley	<p>A new, local clinic of Growing Hope. Growing Hope Brockley is charity which provides free therapy for children and young people with additional needs and their families, living in the boroughs of Southwark or Lewisham. 14.9% of children in the education system have an additional need (The Department of Education 2019). Research suggests that families of children with additional needs have experienced a stretch and reduction in healthcare services (Horridge et al. 2019). Growing Hope aims to bridge a gap in NHS provision in order to provide individualised healthcare support for children, young people and families. We provide support for siblings, parents and carers and the family as a whole.</p> <p>Through Occupational Therapy, children and young people with additional needs will be assisted in carrying out usual day-to-day tasks expected of their age - such as feeding themselves, washing, and dressing. As well as Occupational Therapy, Growing Hope Brockley will run a Siblings group and a course for the families of children with additional needs, called 'When Dreams Change'. We will also run a parent meet up weekly, a podcast so that parents can get tips and support on the go and a weekly parent newsletter providing activity ideas and encouragement. During the COVID-19 crisis many NHS services have been re-deployed or significantly reduced due to difficulties with setting up virtual sessions. Growing Hope Kings Cross has supported families throughout lockdown by increasing our virtual support. However, we can now safely</p>	£5,222.85

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			provide therapy in person again, following all the government guidelines. In addition to this all Growing Hope clinics will continue to support families through video sessions and phone calls where meeting in person is not possible. Growing Hope Brockley's clinic is currently being set up, and local schools are being contacted to get referrals, and the clinic will open on 20th October 2020. The clinic costs £45,000 to run a year and we are entirely dependent on donations and grants.	
423	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
425	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 & 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 & empower local residents in the regeneration process.</p> <p>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. Residents currently face an onslaught of proposed changes & 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.</p> <p>Living Bankside recognises the demand for genuine consultation and for empowering residents so 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 & 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>	£10,000

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428	Living Bankside	Grand Iftar 2021	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. The Grand Iftar (2021) aims to: 1) Bring together people from different backgrounds to promote community cohesion and unity 2) promote local art and local talent. 3) promote a sense of belonging to Bankside and Southwark for all local residents but especially among marginalised and disadvantaged minorities.	£2,000
431	Living Bankside	Bankside Festival 2021	Bankside Festival 2021 aims to: 1) Bring together people from different backgrounds to promote community cohesion and unity 2) increase volunteering on the estate 3) promote a sense of belonging to Bankside and Southwark for all local residents but especially among marginalised and disadvantaged minorities.	£2,500
432	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.	£2,500
457	Living Bankside	Celebrating 25 ears of Living Bankside	Living Bankside was 25 in 2020. Due to COVID celebrations have had to be delayed. Local residents have been integral to our work since we were established. We'd like to share our celebrations and the community achievements through a series of mini workshops and a major event in the Summer.	£5,000
458	Living Bankside	Faces of Bankside & Borough	A Collage of hundreds of Faces of Bankside telling the lives of those living and working in Bankside, Borough and the surrounding areas.	£2,500
377	London City Runners	Couch to 5k	Were a running club (called London City Runners). We have created a free Couch to 5k program that will help any Southwark residents that want to take up running into running a 5k. It will provide them with free running sessions around the track each week, as well as online and in-person support from our team of experienced volunteers.	£4,894

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155	Mint Street Music Festival Team	Mint Street Music Festival 2021 / Mint Street Moving Festival 2021	<p>For six years, Mint Street Music Festival has taken place in July in Mint Street Park. In 2020, due to Covid-19 restrictions, this was impossible. So, with the support of Southwark Council and a string of local TRAs, we changed the event to Mint Street Moving Festival, taking a live band for a socially distanced tour of seven SE1 housing estates, performing three songs at each stop. We cannot predict whether mass gatherings will be permissible again in 2021 so this application is to apply for funding that can be used for either a the original free festival format, or another Moving Festival. Mint Street Music Festival is a much loved local event, praised for its community spirit, its support of grassroots music, dance and art and its work with local community groups. If it can be done safely, it would be wonderful to bring local people back together for a free festival in the park.</p> <p>If this cant be done, Mint Street Moving Festival can provide a desperately needed platform for live music, focus for art projects and boost to the spirits of local residents. Because there the equipment for a Moving Festival has now been purchased, the funding would enable us to book two days or touring instead of one, visiting up to 14 housing estates.</p>	£4,130
210	Mint Street Music Festival Team	Borough Mardi Gras 2022	<p>Mardi Gras 2022 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, Borough Academy, Mint Street Adventure Playground, Charles Dickens Primary School and Great Suffolk Street. 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/or dancers will tour the venues.</p> <p>Tour stops can be either indoors or outdoors, based on Covid-19 safety regulations and recommendations. We will make use of the two wooden wheeled stages / float bases to create carnival floats these were made by Blackfriars Settlement Mental Health Woodwork Group and given a mobile electricity supply by Smart Power Ltd. We will work with Blackfriars Settlement Mental Health Art Group to make decorations and banners to be displayed on the floats, with workshops running for 8 weeks. The group has created Mardi Gras artwork for the last six years and members benefit from the creative activity of creating artwork, from the social setting of the group, the shared goal of creating artworks in collaboration to create a display and the sense of purpose and validation that comes from creating artwork that will be shared with the wider community.</p>	£505

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470	Oshpaz	Navruz Central Asian Arts And Food Festival	Navruz is the name of the central Asian annual new year festival in spring. It has been celebrated throughout the Levant and east for many centuries. There is a large community of central Asian people in UK who gather annually in London to celebrate this ancient tradition. Our 2021 project will be open to all local communities, residents and neighbours sharing colourful arts performances and delicious central Asian cuisines including those specifically associated with Navruz. Central Asian new year begins on 22 March, the night of the spring equinox. The message of Navruz celebrations is peace, joy, regeneration and new growth, generosity and love. On the day there will be 4/5 food stations and 4 stages for the central Asian performers positioned throughout Mercado Metropolitano's spacious premises.	£4,980
178	The Orb Space	The Orb Space	<p>The Orb Space is a project tackling our divided communities in Borough and Bankside and surrounds, and stitching them together. It builds on a project funded by the Ministry of Housing, Communities & Local Government. It will further develop our work this year, aimed at bringing people from different communities' together, providing opportunities for people to find what they have in common and build bridges between them. We will run a programme of events, face to face where possible and online whilst not possible. Events will be suggested by current and new participants. This year they include baby massage courses, conversation groups, music appreciation groups, film afternoons, and other regular chances to meet and make friends.</p> <p>Specific aims are:</p> <p>1: Increase opportunities, and reduce barriers for meaningful social mixing between new and existing communities bringing together people who wouldn't otherwise meet/talk, providing opportunities to learn and socialise together, building understanding of other cultures/communities and helping develop mutual trust and respect.</p> <p>2: Increase opportunities for meaningful social mixing for those facing personal or cultural barriers (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 and other local services and opportunities.</p>	£4,910

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84	Unity Music Arts Team (UMAT)	Musicals @ Mint Street Park Summer 2021	<p>Following on from our small scale jazz events held at Bermondsey Square since 2018, I am keen to see Mint Street Park develop a series of fringe style music events. My proposal idea of organising and presenting 'Musicals @ Mint Street Park' is primarily to promote aspiring and seasoned creative musical talent and to support community engagement. These would be two three public events in June, July & August 2021. Held on a Sunday between 2-5pm. Stripped back events such as a showcase of musical theatre tunes and a tribute to The Great American songbook using a digital piano, upright bass augmented with lead and ensemble voices would be perfect for the performance space available at Mint Street Park.</p> <p>These events would involve invited musical theatre students from Mountview, London School of Musical Theatre, The Guildhall and Trinity College of Music and Dance. In my optimistic opinion, I feel there is great potential to establish and grow these musical theatre style events, which in return would compliment this pleasant public space and attract a nice demographic. An inclusive event, similar to West End Live at Trafalgar Square (on a much smaller scale and budget!) I'm proud to say I performed and helped organise the very first West End Cares show at Trafalgar Square in summer 2000. West End Cares (now known as Make a Difference Trust)</p>	£2,300

Chaucer Ward

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402	Active Communities Network	Active Communities Network	<p>Breaking Barriers Leadership programme offers individuals from underrepresented backgrounds the opportunity to develop their own projects based around sport, physical activity, and healthy wellbeing in a community development context. Breaking Barriers participants are receiving intensive vocational accredited and non-accredited training by to help build their soft skills, foster leadership abilities, and increase understanding of community sports development. This training includes mentoring for participants to plan and set up a local community project of their own choice, which they will run from April 1st 2021. In delivering this programme, we aim to recruit, coach, and support the next generation of volunteer community leaders, providing access to learning resources which champion the use of sport and physical activity in delivering and achieving productive social outcomes. The Breaking Barriers programme works to encourage self-confidence, skills development, and healthy wellbeing in its leaders, while facilitating social engagement by challenging perceptions and creating long-lasting bonds between project groups. Literally “breaking barriers, participants are part of a programme that promotes integration, diversity, and inclusivity between people, with the ultimate aspiration to forge a stronger society through volunteering and action.</p> <p>The outcomes for 24 residents are:</p> <ul style="list-style-type: none"> - Improve capacities of local residents to deliver social action in their communities - Improve local decision making, providing a co-produced programme of new activities for residents - Improve the health and wellbeing of up to 250 Southwark residents through new activities and action - Improve community relations of under-represented groups through regular celebrations and multi-estate/ward activities. 	£30,300
324 & 500	Bermondsey Community Kitchen	Bermondsey Community Kitchen	<p>Bermondsey Community Kitchen is a non for profit community organisation providing a variety of services to our local community, including running our training facility that offers Level 1 Food Preparation and Cookery courses and Level 2 Professional Cookery courses that helps people to gain a qualification and supports them into employment. Our group also provides Chartered Institute of Environmental Health Level 1, 2 and 3 Food Safety certificates. BCK runs free healthy nutritious cooking classes for isolated elderly residents, to bring them together with</p>	£4,500

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			<p>other similar members of the community and teach them how to cook a healthy meal for one on a budget. Our gardening project works on local social housing estates, building raised vegetable growing beds, flower beds and planting trees.</p> <p>BCK through the Covid 19 crisis used our large commercial kitchen to provide over 5000 healthy nutritious ready to eat meals to the local community who was in need including elderly isolate vulnerable individuals and families struggling financially to feed their children. During this time the demand for this service continued to increase and it was greatly appreciated by the local community.</p> <p>The Covid 19 crisis has led many local organisations to re-evaluate how they support their local community and how their needs are changing. It has become apparently clear to BCK that not only our immediate area of Bermondsey but across Southwark, the need of food provision services is not just growing but is essential. The local food banks are overwhelmed with their growing clients. Therefore, BCK has decided to open our kitchen as a food provision service in the long term, as we did during the Covid 19 lockdown. Our large commercial kitchen is an asset to the community and something that is rarely found in its size. It is capable of preparing and cooking meals for the local community on a regular basis, as we have previously done during lockdown. The demand from the local community for healthy nutritious ready to eat meals and not just food parcels, is something that other groups are unable to meet, as they do not have the facilities or the procedural experience. During Covid 19, BCK worked with numerous local groups and TRAs to utilise the contacts they already had in the community to those most in need. This is something we would do again in the long term to ensure we are reaching those most hardest to help.</p> <p>This project, as our other services which we will continue to provide, are essential to the local community. Our immediate area is in the top 10% most deprived neighbourhoods in the country, with much of the same being shown across Southwark in areas of high social housing. This will only get worse with the cut backs and unemployment figures being predicted in the wake of Covid 19. BCK will continue to provide our other services as listed above, creating a kitchen schedule so that the time that the kitchen is used is optimal.</p>	

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541	Bermondsey Street Festival Community Interest Company	Bermondsey Street Festival Community Interest Company	Every year for the last fourteen 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.	£6,000
393	Big Local Works	Big Local Works	<p>Big Local Works is a local charity providing essential services to the local community including preparing residents with key skills for employment, providing free 1-2-1 benefit and welfare support for Southwark Residents and supporting enterprise. The project is called Here for Work.</p> <p>Big Local Works will hold monthly Employability Skills and Support courses. BLW has delivered similar programs previously however each year, we commit to learning from the data collected from each course and improve upon what we deliver to residents. Therefore, our next courses will be delivered in a new format. The feedback we received from participants has always highlighted the need for more "one to one and mentoring support with job search and employment plans. This is the most valuable support in moving towards the workplace.</p> <p>Our new course will follow the format of two days of intense training, followed by, up to five days, of one to one support per group. Each participant will have the opportunity to engage with an employment mentor to research, review and get the required support to apply and obtain local jobs. We have found this to be absolute crucial to complement the employability skills training. The skills that will be covered during the training include:</p> <ol style="list-style-type: none"> 1. CV Writing 2. Job Searching 3. The Application and Interview Process 4. Effective Communication 5. The Importance of Professionalism 6. Team Work 7. Conflict Management/Resolution. 	

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			<p>Our immediate neighbourhood is in the top 10% most deprived in the country. This is much of the same for surrounding areas in Southwark, with large pockets of social housing. The Covid-19 crisis will most defiantly affect our community for the next few years to come, with people who live in the poorest area to suffer the most, with loss of jobs and benefit cutbacks. This outlines the need for a course like ours that will produce sustainable change in peoples lives by empowering residents with the skills and information to apply for an obtain local, well paid and sustainable jobs.</p> <p>This course is designed to empower and provide the participants with all the skills and confidence needed to be successful in obtaining sustainable employment. The training and the employment support means that we can deliver a credible pathway for local residents to get closer to employment.</p> <p>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>	
367	Community Projects & Events	Community Projects & Events	<p>This is a spectacular community festival aimed at empowering the community. The project involves bringing together the whole community to socialize, educate, network, recognition of community heroes, music, food, and entertainment. The Decima Street community and neighbours had for twelve years enjoyed that one day of community togetherness which had always connected the whole community together in love and harmony.</p> <p>This social connections is now being demanded by the community. It is one events that had always records the highest turnover of the residents and community. This community connect had always been witnessed by local Councillor's, Borough Mayor and MP. Through this event platform of opportunity are provided for, s major consultation on housing projects, major works, community improvements, community thinking pots had a very high participation of residents in one go. The events had also promoted Youth Empowerment through music and talent shows.</p> <p>As a result of the COVID 19 pandemic, every participant would be made to wear face mask and social distancing will be observed accordingly aimed as it deemed possible.</p>	£5,450

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372	Cooperative Planters	Cooperative Planters	<p>In 2016, the Cooperative Planters began with 2 people. Our group took a small area and changed it into a communal garden that is used by hundreds of people per year. Not only did we revitalise an area of land that had long been neglected, but we also brought a community of people together to share in the power of plants and flowers to bring joy and levity.</p> <p>We were also successful in securing Council funding and partnership for the 2021 Peckham Flower Show for 2021, and are delighted that this event has already generated such enthusiastic involvement from small businesses, local and national media, local government and, of course, the local community. The Cooperative Planters is seeking funding to continue the positive momentum of the Peckham Flower Show so we can run the event again in 2022, and bring the joy of flowering plants supporting human wellbeing and sustainability to the local area and the local community.</p> <p>On national and international levels, flower shows are a tremendous way to bring communities together around positive and healthful experiences, while simultaneously enhancing Peckham's reputation as an area that represents health, wellbeing, community, and successful local business. In addition, flowering and greening plants do much to promote human health and wellbeing amongst both the young and elder generations. As this event showcases the innovations and wide varieties of flowering plants, we have decided to create the event as a hybrid online and in-person experience. It is intended to have both a micro and macro impact. On the micro-level, will stimulate local businesses all around the region by increasing footfall in the surrounding area. In addition, the event will also encourage local people to the event to engage with community members on the health-giving properties of flowering plants.</p> <p>On a macro level, the local and national media coverage would be an excellent vehicle in enhancing the reputation of Peckham as a prominent area for health, wellbeing and city-greening innovation. We have an amazing opportunity to start something meaningful and impactful whose influence will be felt for generations to come.</p>	£11,820
380	Digital Mindfulness	Digital Mindfulness	As part of its focus on digital wellbeing within the education system, Digital Mindfulness intends to enhance support to teachers, trainers and young people on their interactions with social and digital media. The issues of online intimidation and harassment of councillors are on the increase, as the volume and veracity of anonymous and persistent abuse, threats and	£5,467.44

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			<p>intimidation are significant causes for concern. At Digital Mindfulness, we believe that educators, education systems and young people are on the front line of such behaviour on a daily basis and require meaningful resources to deal adequately with them. The various resources we propose to create will provide tools and techniques to mitigate online intimidation, digital citizenship, online safety, security and countering the spread of misinformation.</p> <p>Digital Mindfulness proposes the creation of interactive visual and text-based resources that focus on enhancing digital safety and security, digital citizenship, and dealing with misinformation for both students and educators. Digital Mindfulness would bring to this project the latest academic and industry expertise to create these resources, leveraging our extensive global skill, and knowledge networks to deliver an outstanding experience. The resources would be interactive so it can be made available on school websites. By including the latest thinking and research-based resources on the above topics, students and educators can rest assured they have access to truly innovative and impactful tools and techniques.</p> <p>In addition, Digital Mindfulness proposes the creation of new/updated Rules of Engagement Models that provide clear and actionable guidelines to address intimidation, digital citizenship, online safety, security and misinformation. The models will focus on providing a robust framework of support for educators and students, so they are aware of the most effective and forms of engaging online that mitigate negative behaviour.</p>	
341	Growing Hope Brockley	Growing Hope Brockley	<p>A new, local clinic of Growing Hope. Growing Hope Brockley is charity which provides free therapy for children and young people with additional needs and their families, living in the boroughs of Southwark or Lewisham. 14.9% of children in the education system have an additional need (The Department of Education 2019). Research suggests that families of children with additional needs have experienced a stretch and reduction in healthcare services (Horridge et al. 2019). Growing Hope aims to bridge a gap in NHS provision in order to provide individualised healthcare support for children, young people and families. We provide support for siblings, parents and carers and the family as a whole.</p> <p>Through Occupational Therapy, children and young people with additional needs will be assisted in carrying out usual day-to-day tasks expected of their age - such as feeding themselves, washing, and dressing.</p>	£5,222.85

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			<p>As well as Occupational Therapy, Growing Hope Brockley will run a Siblings group and a course for the families of children with additional needs, called 'When Dreams Change'. We will also run a parent meet up weekly, a podcast so that parents can get tips and support on the go and a weekly parent newsletter providing activity ideas and encouragement.</p> <p>During the COVID-19 crisis many NHS services have been re-deployed or significantly reduced due to difficulties with setting up virtual sessions. Growing Hope Kings Cross has supported families throughout lockdown by increasing our virtual support. However, we can now safely provide therapy in person again, following all the government guidelines. In addition to this all Growing Hope clinics will continue to support families through video sessions and phone calls where meeting in person is not possible.</p> <p>Growing Hope Brockley's clinic is currently being set up, and local schools are being contacted to get referrals, and the clinic will open on 20th October 2020. The clinic costs Â£45,000 to run a year and we are entirely dependent on donations and grants.</p>	
276	Jorge Goia	Jorge Goia	<p>This project will help to keep a safe and supportive Capoeira Angola Community in the Lawson TRA area. Adults and young people from the local area have been attending free weekly classes during the school year since 2013. In the past year, classes got very popular, and we have added an extra session, offering two Capoeira Angola classes per week. 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. Regular practise of this culturally rich art form develops: - 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 A real sense of community is created by playing Capoeira together. All of this contributes to an improved well-being across the community.</p>	£5,000

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246	Lawson Estate TRA	Lawson Estate TRA	Ensure young people in Southwark aged 5-14 are given the opportunity to compete and take part in football sessions in a controlled and safe environment regardless of their ability, ethnicity or background. The club promotes healthy living, community working and encourages young people to work towards a place n a competitive league. Parents are encouraged to support their child/children by supporting them when playing in competitive games towards the end of every session and given free advice regarding their child's safety, welfare and well being including healthy eating options. Outdoor activities are good for young people promoting a healthier lifestyle in a physical capacity.	£6,250
274	Link Age Southwark	Link Age Southwark	<p>We are seeking funding to provide a tutor so that up to 15 older people in the Chaucer ward can continue to benefit from a weekly gentle exercise group and feel less lonely and isolated. Prior to the lockdown, the group takes place at South London Mission Bermondsey Central Hall after the Wednesday morning service which all the group members attend. They have refreshments after the service followed by the exercise group from 12.15 – 1pm. The group is led by a professional exercise tutor who has significant expertise and experience in working with older people with mobility and health needs. Its a lively and sociable group with a regular, committed set of 11 attendees who appreciate the weekly opportunity to exercise it keeps us mobile and fit as well as the chance to meet other older people, form friendships and feel less isolated. 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 the physical group on hold. In its place we arranged for the tutor to call all group participants every week to encourage them to exercise at home. She was also able to suggest some relaxation techniques to one group member who was feeling stressed which was greatly appreciated. This tutor has also started to offer an online class that is open to anyone with digital access. 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. The plan is to have three phases for the groups – lockdown, social distancing and post pandemic and to be able to move back and forth between the phases as needed. Our aim is to ensure that we maintain contact with all group members and keep them mobile.</p>	£2,937.50

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134	Mental Fight Club - The Dragon Cafe	Mental Fight Club -The Dragon Cafe	<p>The project is to support the people identified as most vulnerable with mental ill health and who are the people the Dragon Cafe (DC) most often attracts. We plan a series of 4 workshops with two themes (face to face if possible but to be flexible to either have outside sessions or online) with up to 18 people per workshops. (The workshops may need to be repeated)</p> <p>1. Mindfulness workshops - using mindfulness and mindful movement as an embodied therapeutic tool for those managing non ordinary states of consciousness (psychosis, bipolar, depersonalisation, existential crisis and trauma) and bringing innovative, practical, fun and body-based mindfulness training to individuals of all ages and abilities.</p> <p>2. Actions for Happiness workshops - these are based on the Five Ways to Wellbeing developed by New Economics Foundation as part of the Foresight Project . The workshops would go through the actions in relation to happiness - everyone's path to happiness is different. Based on the latest research, there are identified 10 Keys to Happier Living that consistently tend to make life happier and more fulfilling. These include resilience, relating, giving, direction, acceptance.</p> <p>The workshops will encourage Southwark residents to support their wellbeing, build resilience and more positively look after their own mental health at this difficult time.</p>	£4,850
226	Southwark Playhouse	Southwark Playhouse	<p>In 2021, Southwark Playhouse will be opening its brand new venue in Elephant and Castle. Alongside professional theatrical productions, the new venue will become a hub for our local community, offering a range of projects and activities for all ages within our dedicated Youth and Community Space. This project is intended to launch the new venue, specifically to our local community, by offering a range of workshops, events, talks, tours and other activities for participants of all ages, from young children and families to older members of the community.</p> <p>By demonstrating at a very early stage of our existence just how central we want to be to our local community, we hope to be able to make all sectors of the local community feel welcomed through our doors, and able to engage with us in whatever way they feel most comfortable over the coming years.</p>	£1,400

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506	St George the Martyr Church	St George the Martyr Church	<p>Our project supports some of the most disadvantaged children and families in Chaucer Ward. These families have expressed a need for free, inclusive activities during school holidays that are not restricted by age. Our 11 Holiday Fundays (spread across 2021-2022) give local families the opportunity to come together to enjoy high quality educational activities with a focus on health and wellbeing. Fundays importantly give these families access to high quality nutritious food, with everyone receiving a hot lunch and access to our Borough Food Co-operative. 80% of children attending Fundays are in receipt of pupil premium and many are at risk of holiday hunger.</p> <p>Our all-age activities include art and crafting, cookery, gardening, movement and sports. We aim to reflect our collective local heritage through our activity offer and have a focus on the environment and nature. As an Eco Church we aim to make all our activities environmentally friendly and in line with Southwarks climate emergency policy.</p> <p>Activities are extended beyond the Fundays with our Walking Activity Maps which encourage families to independently explore and engage with their local environment. In line with SNAP (Southwark Nature Action Plan) we want to promote access to nature for everyone and to encourage families to choose greener walking routes. The activity maps encourage children to engage with their local area and encourage walking for health and wellbeing.</p> <p>Our project is designed to be deliverable within current and future Covid restrictions by converting our offer to a "take away service, with additional online content. We acknowledge the importance of a project's legacy and therefore all our resources, and activities will be available on an open access online platform to give maximum benefit to our wider community.</p>	£5,000
526	Tabard Growers	Tabard Growers	<p>Open Day at Stompie Garden is an unique opportunity to have a look inside the tank, meet with locals, artists, history and tank enthusiasts. We had successful Open Days on a voluntary basis in 2018 and 2019, the 3rd open day event postponed to Spring 2021.</p> <p>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</p>	£1,000

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			from a jungle into a community space. We would like to celebrate the hard work of the green fingers who were 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 are involved in the tank tour, we would like to entertain the small kids with activities. We'd also like to invite other community groups.	
533	Tabard Growers	Tabard Growers	Provide an opportunity for the community to celebrate the voluntary work and connections made through growing food and gardening activities on the Tabard Gardens Estate throughout the year. With the health and socio-economic challenges that face residents and families living on the estate with little provision for local people to connect and participate and the increase of new private developments from which local people are financially excluded there is a great need for local events to demonstrate the vibrancy of life on the estate.	£1,000
469	Walworth Community Garden Network	Walworth Community Garden Network	<p>We know that during Covid-19 food insecurity prompted many people locally to think more about growing their own food, both for resilience and for well-being. We want to help connect residents interested in community gardening to connect with local growing projects, and to support new and emerging community growing projects to connect with and learn from more established gardens.</p> <ul style="list-style-type: none"> - 'Share & Learn' events hosted by established gardens, open to all. Bringing together residents from neighbouring community gardens to share experiences & swap ideas. - 'On the Ground' garden visits and practical support sessions for new and emerging community gardens by experienced community gardeners. - 'Garden Connections' - making introductions, sharing resources, increasing diversity of membership, network building. <p>As a network of local community gardeners we know that many of the community gardens in our network would not have started without the support and knowledge sharing of neighbouring gardens. As community gardeners we are now willing to step up and play a role in helping other gardens and growing projects to get off the ground and build local knowledge. We know that when further skills and training are needed, it works best when it is flexible, able</p>	£1,565

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			to take place at residents own growing spaces, and delivered by local experts who understand the specific needs and challenges of community gardening. We know that a key to long term sustainability of community gardens is connecting to other neighbouring growing spaces nearby for sharing of skills, resources and knowledge.	

London Bridge & West Bermondsey

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402	Active Communities Network	Breaking Barriers Leadership Programme - Southwark	<p>Breaking Barriers Leadership programme offers individuals from underrepresented backgrounds the opportunity to develop their own projects based around sport, physical activity, and healthy wellbeing in a community development context. Breaking Barriers participants are receiving intensive vocational accredited and non-accredited training by to help build their soft skills, foster leadership abilities, and increase understanding of community sports development. This training includes mentoring for participants to plan and set up a local community project of their own choice, which they will run from April 1st 2021. In delivering this programme, we aim to recruit, coach, and support the next generation of volunteer community leaders, providing access to learning resources which champion the use of sport and physical activity in delivering and achieving productive social outcomes. The Breaking Barriers programme works to encourage self-confidence, skills development, and healthy wellbeing in its leaders, while facilitating social engagement by challenging perceptions and creating long-lasting bonds between project groups. Literally breaking barriers, participants are part of a programme that promotes integration, diversity, and inclusivity between people, with the ultimate aspiration to forge a stronger society through volunteering and action. The outcomes for 24 residents are:</p> <ul style="list-style-type: none"> - Improve capacities of local residents to deliver social action in their communities - Improve local decision making, providing a co-produced programme of new activities for residents - Improve the health and wellbeing of up to 250 Southwark residents through new activities and action - Improve community relations of under-represented groups through regular celebrations and multi-estate/ward activities. 	£30,300
537	At The Heart	At The Heart's Skills Development Project	We aim to provide skill-development training, workshops and focus groups to young people living in the aforementioned wards from black and minority ethnic backgrounds, focusing on their physical well-being, mental well-being and life skills (i.e. networking, financial literacy,	£4,230

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			<p>stress management, effective communication, problem solving etc.) Two-thirds young people in Southwark are from a BME background. In Southwark, unemployment among young people is above the London average (and is 5 times that for BME communities).</p> <p>According to the Education and Skills Funding Agency (2018), by the time students complete their A Levels, BME students (especially those from black African or Caribbean backgrounds) struggle to attain grades similar to what they had received at GCSE (at least 3 A grades), highlighting disadvantages in accessibility to resources and support, rather than academic ability. Similarly, the same report shows that individuals from BME communities have consistently been less likely to be a part of apprenticeship programmes when compared to their white counterparts since 2002/2003.</p> <p>According to the Higher Education Statistics Agency (2018), of UK-domiciled students, (compared to their white counterparts) individuals from BME backgrounds are less likely to attend university for an undergraduate degree, with an even small percentage of blacks students attending Russell Group universities.</p> <p>The Quarterly Labour Force Survey (2015-2018) also highlights that rates of unemployment are highest for individuals that identify as Black, followed by other ethnic minorities. To support these above findings, https://www.ethnicity-facts-figures.service.gov.uk/ highlights that BME individuals are behind in various aspects of life such as work, education and housing in comparison to their white counterparts. https://www.resolutionfoundation.org/comment/black-and-ethnic-minority-workers-needs-a-bigger-living-standards-reward-for-their-astounding-progress-in-getting-degrees/ highlights that although there have been substantial rises over the past two decades in the proportion of BME people with a degree, rising educational attainment has not directly translated into an end to big disparities in employment outcomes: on average, BME graduates have lower employment rates and when in work are more likely to be in lower paid occupations than their white counterparts.</p> <p>https://www.theguardian.com/education/2014/jun/12/ethnic-minorities-social-mobility-employment also highlights the need for new routes to mobility as being crucial, given the over-exposure of ethnic minorities to deprivation and poverty in Britain.</p>	

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478	Avant Gardening C.I.C.	Fair Street gardens group.	<p>The project aims to engage residents and children with the Fair Street pocket park by setting up a gardening group and an associated programme of activities to promote community development and cohesion. The group will:</p> <ol style="list-style-type: none"> 1. Greening 2. Biodiversity 3. Post Covid recovery 	--
542	Avant-Gardening C.I.C.	Inside Out	<p>The aim of the project is to engage local people with the outdoor spaces on the Fair Street Estate. Evidence shows that green spaces are important for physical and mental well-being as well as for the health of the environment itself. As communities deal with the pandemic and its impacts it has become increasingly apparent that socially-distanced community activities will be an essential part of post-Covid recovery; supporting mental health, the need for physical activity and greater community support and cohesion. We have run a number of activities with local residents and schools in the pocket park and used these as an opportunity to consult with the users of the space. We have also been approached by residents wanting to find ways of being involved in gardening initiatives on an ongoing basis and of linking up the gardening/green projects on the estate. This project will address a number of these identified needs and empower the wider community to take ownership of the outdoor spaces and develop a strategy for sustainability.</p> <p>We will do this by:</p> <ol style="list-style-type: none"> 1. Establishing a residents' gardening group. 2. Running workshops that support residents' ideas for improvements to the green spaces. (EG: raised beds for food growing, improved planting, exploring ways of encouraging more natural play for children etc.). 3. Investigating ways of realising community aspirations (EG: fundraising resident led projects) 4. Working with Tower Bridge primary and a Forest School practitioner to devise activities that encourage outdoor activity and sharing these ideas through a downloadable interactive pdf made with residents. <p>The activities will help to break down the social isolation that people have told us about and will also offer free to access family activities at a time when we will most likely be feeling the economic impacts of the pandemic.</p>	£5,000

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324 & 500	Bermondsey Community Kitchen	Bermondsey Community Kitchen	<p>Bermondsey Community Kitchen is a non for profit community organisation providing a variety of services to our local community, including running our training facility that offers Level 1 Food Preparation and Cookery courses and Level 2 Professional Cookery courses that helps people to gain a qualification and supports them into employment. Our group also provides Chartered Institute of Environmental Health Level 1, 2 and 3 Food Safety certificates. BCK runs free healthy nutritious cooking classes for isolated elderly residents, to bring them together with other similar members of the community and teach them how to cook a healthy meal for one on a budget. Our gardening project works on local social housing estates, building raised vegetable growing beds, flower beds and planting trees.</p> <p>BCK through the Covid 19 crisis used our large commercial kitchen to provide over 5000 healthy nutritious ready to eat meals to the local community who was in need including elderly isolate vulnerable individuals and families struggling financially to feed their children. During this time the demand for this service continued to increase and it was greatly appreciated by the local community.</p> <p>The Covid 19 crisis has led many local organisations to re-evaluate how they support their local community and how their needs are changing. It has become apparently clear to BCK that not only our immediate area of Bermondsey but across Southwark, the need of food provision services is not just growing but is essential. The local food banks are overwhelmed with their growing clients. Therefore, BCK has decided to open our kitchen as a food provision service in the long term, as we did during the Covid 19 lockdown. Our large commercial kitchen is an asset to the community and something that is rarely found in its size. It is capable of preparing and cooking meals for the local community on a regular basis, as we have previously done during lockdown. The demand from the local community for healthy nutritious ready to eat meals and not just food parcels, is something that other groups are unable to meet, as they do not have the facilities or the procedural experience. During Covid 19, BCK worked with numerous local groups and TRAs to utilise the contacts they already had in the community to those most in need. This is something we would do again in the long term to ensure we are reaching those most hardest to help.</p> <p>This project, as our other services which we will continue to provide, are essential to the local community. Our immediate area is in the top 10% most deprived neighbourhoods in the</p>	£4,500

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			country, with much of the same being shown across Southwark in areas of high social housing. This will only get worse with the cut backs and unemployment figures being predicted in the wake of Covid 19. BCK will continue to provide our other services as listed above, creating a kitchen schedule so that the time that the kitchen is used is optimal.	
541	Bermondsey Street Festival Community Interest Company	Bermondsey Street Festival 2020	Every year for the last fourteen 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.	£6,000
167	Big Local Works	Big Local Works	<p>Big Local Works is a local charity providing essential services to the local community including preparing residents with key skills for employment, providing free 1-2-1 benefit and welfare support for Southwark Residents and supporting enterprise. The project is called Here for Work.</p> <p>Big Local Works will hold monthly Employability Skills and Support courses. BLW has delivered similar programs previously however each year, we commit to learning from the data collected from each course and improve upon what we deliver to residents. Therefore, our next courses will be delivered in a new format. The feedback we received from participants has always highlighted the need for more one to one and mentoring support with job search and employment plans. This is the most valuable support in moving towards the workplace.</p> <p>Our new course will follow the format of two days of intense training, followed by, up to five days, of one to one support per group. Each participant will have the opportunity to engage with an employment mentor to research, review and get the required support to apply and obtain local jobs. We have found this to be absolute crucial to complement the employability skills training.</p> <p>The skills that will be covered during the training include:</p> <ol style="list-style-type: none"> 1. CV Writing 2. Job Searching 	£4,250

Ref:	Name of your group:	Name of your projector Idea:	What project is trying to achieve?:	Amount requested [£]
			<p>3. The Application and Interview Process 4.Effective Communication 5. The Importance of Professionalism 6. Team Work 7.Conflict Management/Resolution.</p> <p>Our immediate neighbourhood is in the top 10% most deprived in the country. This is much of the same for surrounding areas in Southwark, with large pockets of social housing. The Covid-19 crisis will most defiantly affect our community for the next few years to come, with people who live in the poorest area to suffer the most, with loss of jobs and benefit cutbacks. This outlines the need for a course like ours that will produce sustainable change in peoples lives by empowering residents with the skills and information to apply for an obtain local, well paid and sustainable jobs.</p> <p>This course is designed to empower and provide the participants with all the skills and confidence needed to be successful in obtaining sustainable employment. The training and the employment support means that we can deliver a credible pathway for local residents to get closer to employment. 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>	
372	Cooperative Planters	Peckham Flower Show	<p>In 2016, the Cooperative Planters began with 2 people. Our group took a small area and changed it into a communal garden that is used by hundreds of people per year. Not only did we revitalise an area of land that had long been neglected, but we also brought a community of people together to share in the power of plants and flowers to bring joy and levity.</p> <p>We were also successful in securing Council funding and partnership for the 2021 Peckham Flower Show for 2021, and are delighted that this event has already generated such enthusiastic involvement from small businesses, local and national media, local government and, of course, the local community. The Cooperative Planters is seeking funding to continue the positive momentum of the Peckham Flower Show so we can run the event again in 2022, and bring the joy of flowering plants supporting human wellbeing and sustainability to the local area and the local community.</p>	£11,820

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			<p>On national and international levels, flower shows are a tremendous way to bring communities together around positive and healthful experiences, while simultaneously enhancing Peckham's reputation as an area that represents health, wellbeing, community, and successful local business.</p> <p>In addition, flowering and greening plants do much to promote human health and wellbeing amongst both the young and elder generations. As this event showcases the innovations and wide varieties of flowering plants, we have decided to create the event as a hybrid online and in-person experience. It is intended to have both a micro and macro impact. On the micro-level, will stimulate local businesses all around the region by increasing footfall in the surrounding area. In addition, the event will also encourage local people to the event to engage with community members on the health-giving properties of flowering plants.</p> <p>On a macro level, the local and national media coverage would be an excellent vehicle in enhancing the reputation of Peckham as a prominent area for health, wellbeing and city-greening innovation. We have an amazing opportunity to start something meaningful and impactful whose influence will be felt for generations to come.</p>	
380	Digital Mindfulness	Digital Wellbeing in Schools Project	<p>As part of its focus on digital wellbeing within the education system, Digital Mindfulness intends to enhance support to teachers, trainers and young people on their interactions with social and digital media. The issues of online intimidation and harassment of councillors are on the increase, as the volume and veracity of anonymous and persistent abuse, threats and intimidation are significant causes for concern. At Digital Mindfulness, we believe that educators, education systems and young people are on the front line of such behaviour on a daily basis and require meaningful resources to deal adequately with them. The various resources we propose to create will provide tools and techniques to mitigate online intimidation, digital citizenship, online safety, security and countering the spread of misinformation.</p> <p>Digital Mindfulness proposes the creation of interactive visual and text-based resources that focus on enhancing digital safety and security, digital citizenship, and dealing with misinformation for both students and educators. Digital Mindfulness would bring to this project the latest academic and industry expertise to create these resources, leveraging our extensive global skill, and knowledge networks to deliver an outstanding experience. The resources</p>	£5,467.44

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			<p>would be interactive so it can be made available on school websites. By including the latest thinking and research-based resources on the above topics, students and educators can rest assured they have access to truly innovative and impactful tools and techniques.</p> <p>In addition, Digital Mindfulness proposes the creation of new/updated Rules of Engagement Models that provide clear and actionable guidelines to address intimidation, digital citizenship, online safety, security and misinformation. The models will focus on providing a robust framework of support for educators and students, so they are aware of the most effective and forms of engaging online that mitigate negative behaviour.</p>	
561	Fair Community Housing Services TMO	Senior Citizens Christmas Lunch 2021	The project is aimed at senior citizens within our community at a time of the year when loneliness is at its peak amongst this group. The event is designed to ensure that attendees feel being part of community as opposed to a sense of being abandoned.	£3,200
341	Growing Hope Brockley	Growing Hope Brockley	<p>A new, local clinic of Growing Hope. Growing Hope Brockley is charity which provides free therapy for children and young people with additional needs and their families, living in the boroughs of Southwark or Lewisham. 14.9% of children in the education system have an additional need (The Department of Education 2019). Research suggests that families of children with additional needs have experienced a stretch and reduction in healthcare services (Horridge et al. 2019). Growing Hope aims to bridge a gap in NHS provision in order to provide individualised healthcare support for children, young people and families. We provide support for siblings, parents and carers and the family as a whole.</p> <p>Through Occupational Therapy, children and young people with additional needs will be assisted in carrying out usual day-to-day tasks expected of their age - such as feeding themselves, washing, and dressing. As well as Occupational Therapy, Growing Hope Brockley will run a Siblings group and a course for the families of children with additional needs, called 'When Dreams Change'. We will also run a parent meet up weekly, a podcast so that parents can get tips and support on the go and a weekly parent newsletter providing activity ideas and encouragement.</p> <p>During the COVID-19 crisis many NHS services have been re-deployed or significantly reduced due to difficulties with setting up virtual sessions. Growing Hope Kings Cross has supported</p>	£5,222.85

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			<p>families throughout lockdown by increasing our virtual support. However, we can now safely provide therapy in person again, following all the government guidelines. In addition to this all Growing Hope clinics will continue to support families through video sessions and phone calls where meeting in person is not possible.</p> <p>Growing Hope Brockley's clinic is currently being set up, and local schools are being contacted to get referrals, and the clinic will open on 20th October 2020. The clinic costs Â£45,000 to run a year and we are entirely dependent on donations and grants.</p>	
435	Kipling Estate TRA	Kipling Estate TRA Senior Gardeners	<p>Elderly residents on Kipling Estate have had almost no opportunity to socialise, to meet or to feel part of the community following Covid 19 rules and regulations. They previously had weekly socials and other organised trips. We believe this funding application will reach them directly in two clearly targeted ways:</p> <p>In safely limited (5) numbers allow them to attend a series of 12 planting/garden classes in our centrally sited Community Room. This familiar space will act as a hub for the classes, advice drop-ins and temporary shelving for growing plants. Our consultant will set up a schedule to enable the groups of 5 to come throughout the day of 12 staged days as the elder residents start from seeds to full grown edible gardens. Those who cannot leave their properties will all have their own seeds, trays, instructions, etc. delivered to their own homes so even those isolating can participate.</p> <p>Ultimately we hope to build a Community Garden on the Kipling estate. We have received funding from the Mayor's Fund for infrastructure and water reclamation and reuse for our large flat garage roofing. We want to recruit as widely from the whole estate as possible and this funding could give our older residents the chance to be at the forefront of these plans. By engaging, instructing and supporting some of our most vulnerable we hope they can be fully active in the garden for years to come and be active participants in an estate-wide community initiative.</p> <p>We have reached out to find a Consultant/Tutor/Community Gardener who is also an artist and a campaigner for best practices, ecological methods and widest possible participation. Known as the Artist Gardener, Dimitri Laudener, has previous experience in community workshop</p>	£3,985

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			<p>projects and local schemes. We will limit class sizes with a rolling programme of weekly classes held on the estate where residents can meet, safely socialise and plan their future growing plans with Dimitri and Leathermarket JMBs Gardening Team. We would also stream the workshops to those who cannot safely attend.</p> <p>After the project concludes, in early Summer, all our senior residents will have food to eat from their own home grown kits. They will also have vital knowledge and experience to be stakeholders in our next stage: a dedicated growing space in a garden close to their homes. We are keen to make sure they are not excluded from any future green schemes and this could be a concrete way to ensure their involvement.</p>	
543	Kipling TRA	Christmas Market Coach Trip	Elderly residents on Kipling Estate have had almost no opportunity to socialise, to meet or to feel part of the community following Covid 19 rules and regulations. We are applying for TWO opportunities to improve the lives of our older residents. This particular application can only be suitable if Covid 19 rules are relaxed and our residents can safely partake in such a hugely anticipated trip out. The trip will be to a Christmas Market in the South East of England (ideally Canterbury) by hired coach. In the past this has been a highlight for residents and it always fills up with seniors eager to get out of the city together.	£800
377	London City Runners	Couch To 5k	Were a running club (called London City Runners). We have created a free Couch to 5k program that will help any Southwark residents that want to take up running into running a 5k. It will provide them with free running sessions around the track each week, as well as online and in-person support from our team of experienced volunteers.	£4,894
511	Nigeria National Community (NNC)	Youth Engagement, Care Of The Elderly, Cultural Day, Summer Bonding Including A Seaside Bonding Group Excursion	We intend to continue to spread different ranges of awareness amongst the youths through activities teaching them about culture and how to be good citizenry in the community. Care of the elderly would bring our elders towards healthy diet and cooking. helping them through good hygiene, interacting, bonding day with showcase of cultural day where members showcase their rich cultural display. Bonding day and seaside is to bring all together yearly that promotes maximum relaxation for youths and elders in the community. Above would all be about sharing unique experiences that strengthen relationships and improve self-esteem.	£5,050

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70	Unity Music Arts Tea (UMAT)	Bermondsey Square Jazz Days 2021	Bermondsey Square Jazz was established in May 2018. The events have become very popular . They benefit the local community, local businesses and attract a wide demographic. We plan to stage a series of FREE fortnightly Sunday concerts from 2nd May 2021 ending 19th September 2021 between 2pm and 5pm . Plus an additional date added as part of Bermondsey Street Festival 2021. (11 events in total)	£8,224

St Georges Ward

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78	Afro-Brazilian Arts & Cultural Exchange Institute	Fighting Inequality Project	<p>The aims of our organization, is to use the arts, Music, dance and performing arts as the vehicle of education and the inspiration for disadvantaged people in the community. Our activities are aimed to support, people to develop their skills in order to have a better chance to integrate in the community and a better future. As a result of our activities we are aiming to reach our outcome of building stronger relationships within the community. and break barriers among members of the community coming from different backgrounds and cultures, facilitating their social inclusion. The main activities of our organisation are: Afro-Brazilian Martial Arts, dance, performing arts and music. Some of the differences that our organisation is aiming to achieve with our project, are:</p> <ul style="list-style-type: none"> • Reduction in the numbers of NEET young people and significant reduction in gang formation in the area of operation. • Reduction of youth crime and drug abuse rates in the areas where the project operates. • Increase in participation in Sport and arts activities among young people ages 4 to 25. <p>We support the young people in their skills development and creation of sense of belonging to a group. Our activities promote commitment, discipline and guided the young people thorough out the necessary steps to pursue their dreams and ambitions.</p>	£3,500
324 & 500	Bermondsey Community Kitchen	Bermondsey Community Kitchen	<p>Bermondsey Community Kitchen is a non for profit community organisation providing a variety of services to our local community, including running our training facility that offers Level 1 Food Preparation and Cookery courses and Level 2 Professional Cookery courses that helps people to gain a qualification and supports them into employment. Our group also provides Chartered Institute of Environmental Health Level 1, 2 and 3 Food Safety certificates. BCK runs free healthy nutritious cooking classes for isolated elderly residents, to bring them together with other similar members of the community and teach them how to cook a healthy meal for one on a budget. Our gardening project works on local social housing estates, building raised vegetable growing beds, flower beds and planting trees.</p> <p>BCK through the Covid 19 crisis used our large commercial kitchen to provide over 5000 healthy nutritious ready to eat meals to the local community who was in need including elderly isolate vulnerable individuals and families struggling financially to feed their children. During this time the demand for this service continued to increase and it was greatly appreciated by the local community.</p>	£4,500

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			<p>The Covid 19 crisis has led many local organisations to re-evaluate how they support their local community and how their needs are changing. It has become apparently clear to BCK that not only our immediate area of Bermondsey but across Southwark, the need of food provision services is not just growing but is essential. The local food banks are overwhelmed with their growing clients. Therefore, BCK has decided to open our kitchen as a food provision service in the long term, as we did during the Covid 19 lockdown. Our large commercial kitchen is an asset to the community and something that is rarely found in its size. It is capable of preparing and cooking meals for the local community on a regular basis, as we have previously done during lockdown. The demand from the local community for healthy nutritious ready to eat meals and not just food parcels, is something that other groups are unable to meet, as they do not have the facilities or the procedural experience. During Covid 19, BCK worked with numerous local groups and TRAs to utilise the contacts they already had in the community to those most in need. This is something we would do again in the long term to ensure we are reaching those most hardest to help.</p>	
			<p>This project, as our other services which we will continue to provide, are essential to the local community. Our immediate area is in the top 10% most deprived neighbourhoods in the country, with much of the same being shown across Southwark in areas of high social housing. This will only get worse with the cut backs and unemployment figures being predicted in the wake of Covid 19. BCK will continue to provide our other services as listed above, creating a kitchen schedule so that the time that the kitchen is used is optimal.</p>	
466	Carnaval Del Pueblo Asociaciã³N	The Latino Hub	<p>The project aims to host a series of music, dance, English & Spanish workshop classes for local residents as a means for combatting mental health problems, like stress and anxieties resultant from COVID-19 isolation. As a result of regeneration, many meet up and gathering spaces to practice these activities have gone. Hence the aims of the project is to facilitate these spaces for the St Georges people, North West Southwark, to make engage with their local community and stimulate wellbeing.</p> <p>The project will be led by a team of co-ordinators who will deliver weekly, free community Latin dance, music, English and 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.</p>	£5,000

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372	Cooperative Planters	Peckham Flower Show	<p>In 2016, the Cooperative Planters began with 2 people. Our group took a small area and changed it into a communal garden that is used by hundreds of people per year. Not only did we revitalise an area of land that had long been neglected, but we also brought a community of people together to share in the power of plants and flowers to bring joy and levity.</p> <p>We were also successful in securing Council funding and partnership for the 2021 Peckham Flower Show for 2021, and are delighted that this event has already generated such enthusiastic involvement from small businesses, local and national media, local government and, of course, the local community. The Cooperative Planters is seeking funding to continue the positive momentum of the Peckham Flower Show so we can run the event again in 2022, and bring the joy of flowering plants supporting human wellbeing and sustainability to the local area and the local community.</p>	£11,820
			<p>On national and international levels, flower shows are a tremendous way to bring communities together around positive and healthful experiences, while simultaneously enhancing Peckham's reputation as an area that represents health, wellbeing, community, and successful local business.</p> <p>In addition, flowering and greening plants do much to promote human health and wellbeing amongst both the young and elder generations. As this event showcases the innovations and wide varieties of flowering plants, we have decided to create the event as a hybrid online and in-person experience. It is intended to have both a micro and macro impact. On the micro-level, will stimulate local businesses all around the region by increasing footfall in the surrounding area. In addition, the event will also encourage local people to the event to engage with community members on the health-giving properties of flowering plants.</p> <p>On a macro level, the local and national media coverage would be an excellent vehicle in enhancing the reputation of Peckham as a prominent area for health, wellbeing and city-greening innovation. We have an amazing opportunity to start something meaningful and impactful whose influence will be felt for generations to come.</p>	
380	Digital Mindfulness	Digital Wellbeing In Schools Project	As part of its focus on digital wellbeing within the education system, Digital Mindfulness intends to enhance support to teachers, trainers and young people on their interactions with social and digital media. The issues of online intimidation and harassment of councillors are on the	£5,467.44

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			<p>increase, as the volume and veracity of anonymous and persistent abuse, threats and intimidation are significant causes for concern. At Digital Mindfulness, we believe that educators, education systems and young people are on the front line of such behaviour on a daily basis and require meaningful resources to deal adequately with them. The various resources we propose to create will provide tools and techniques to mitigate online intimidation, digital citizenship, online safety, security and countering the spread of misinformation.</p> <p>Digital Mindfulness proposes the creation of interactive visual and text-based resources that focus on enhancing digital safety and security, digital citizenship, and dealing with misinformation for both students and educators. Digital Mindfulness would bring to this project the latest academic and industry expertise to create these resources, leveraging our extensive</p>	
			<p>global skill, and knowledge networks to deliver an outstanding experience. The resources would be interactive so it can be made available on school websites. By including the latest thinking and research-based resources on the above topics, students and educators can rest assured they have access to truly innovative and impactful tools and techniques.</p> <p>In addition, Digital Mindfulness proposes the creation of new/updated Rules of Engagement Models that provide clear and actionable guidelines to address intimidation, digital citizenship, online safety, security and misinformation. The models will focus on providing a robust framework of support for educators and students, so they are aware of the most effective and forms of engaging online that mitigate negative behaviour.</p>	
556	Disability Sports Coach	Sports Club And Equipment For Disabled People In Southwark	<p>We seek funding towards to key initiatives:</p> <p>1. PPE for coaches and volunteers at our weekly Community Club for disabled people in Southwark.</p> <p>Our Community Club for disabled people in Southwark has been postponed since mid-March. Covid-19 has intensified the inequalities disabled people already face (United Nations, May 2020). The closure of our clubs means disabled children and young people are deprived of the various benefits that sport and physical activity bring. Many have led sedentary lives for years and have struggled to find local, appropriate and affordable opportunities to keep active. Some</p>	£1,850

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			<p>are unable to comprehend why they cannot attend. One member, Alexandra, has gone from joining five hours of activities a week to none.</p> <p>With disabled people disproportionately impacted by the pandemic, we are working hard to resume our club and anticipate a return to regular service from April 2021. However, we are still mindful that many disabled people feel anxious about returning to community activities. In order to ensure the ongoing safety of participants, we want to provide our coaches and volunteers with personal protective equipment (PPE) to last throughout the year. Equipment includes masks, visors, hand-gel and non-contact thermometers. This will also include provision of PPE for participants who are unable to afford it, removing another barrier to accessing our club in these challenging times.</p>	
			<p>The Community Club ensures disabled residents in Southwark 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% were 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 skills and employability. We won the 2019 London Sport Workforce Award recognising 45% of our workforce have a disability. We also won Best Charity at the 2019 Southwark Business</p>	

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			<p>Excellence Awards.</p> <p>2. Sports equipment packs for disabled people in London</p> <p>Alongside the delivery of our community club, we want to provide 25 disabled people in Southwark with packs of sports equipment. To combat the challenges of Covid-19 and the postponement of our club, we devised alternative methods to enable physical activity opportunities for disabled people in London. With up to 75% of our members lacking internet access, we have sourced and distributed equipment packs to our most vulnerable members. This initiative was an overwhelming success and we have since been supported to provide more packs. Since April, we have distributed over 320 packs of sports equipment, allowing our most vulnerable members and their families to be physically active from the safety of their own homes. We have also created free activity cards of fun and engaging ideas on using the sports equipment. For those with internet access, online initiatives with our coaches will help people stay connected.</p> <p>An additional benefit of this model is to provide natural exit routes to more activities in the community when open. People can join sessions run by community groups as well as our Community Club in the Castle Centre. This ensures disabled people of all ages and impairments can transition to participating in weekly activities in their local community in a safe, comfortable setting. This is important as the risk is that people continue to stay home post-lockdown, which exacerbates issues of segregation. Local community groups in Southwark will also benefit from increased engagement with their members at a time when they may be struggling to do so effectively.</p>	
341	Growing Hope Brockley	Growing Hope Brockley	<p>A new, local clinic of Growing Hope. Growing Hope Brockley is charity which provides free therapy for children and young people with additional needs and their families, living in the boroughs of Southwark or Lewisham. 14.9% of children in the education system have an additional need (The Department of Education 2019). Research suggests that families of children with additional needs have experienced a stretch and reduction in healthcare services (Horridge et al. 2019). Growing Hope aims to bridge a gap in NHS provision in order to provide</p>	£5,222.85

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			<p>individualised healthcare support for children, young people and families. We provide support for siblings, parents and carers and the family as a whole.</p> <p>Through Occupational Therapy, children and young people with additional needs will be assisted in carrying out usual day-to-day tasks expected of their age - such as feeding themselves, washing, and dressing. As well as Occupational Therapy, Growing Hope Brockley will run a Siblings group and a course for the families of children with additional needs, called 'When Dreams Change'. We will also run a parent meet up weekly, a podcast so that parents can get tips and support on the go and a weekly parent newsletter providing activity ideas and encouragement.</p> <p>During the COVID-19 crisis many NHS services have been re-deployed or significantly reduced due to difficulties with setting up virtual sessions. Growing Hope Kings Cross has supported families throughout lockdown by increasing our virtual support. However, we can now safely provide therapy in person again, following all the government guidelines. In addition to this all Growing Hope clinics will continue to support families through video sessions and phone calls where meeting in person is not possible.</p> <p>Growing Hope Brockley's clinic is currently being set up, and local schools are being contacted to get referrals, and the clinic will open on 20th October 2020. The clinic costs £45,000 to run a year and we are entirely dependent on donations and grants.</p>	
301	Isha Foundation	Isha Foundation: Online Yoga Sessions For Southwark	To varying degrees, all of our lives have been challenged by COVID-19. With the Royal College of Psychiatrists warning that mental illness will be the second pandemic, its imperative that practical tools to nurture mental and physical wellbeing are readily available. The Isha Foundations renowned yoga and meditation sessions offer simple, accessible practices to empower participants to take charge of their mental and physical health, from their own homes. Our project aims to contribute to a system of holistic support for the wellbeing of the Southwark Community during these challenging times, by providing 18 free online yoga and meditation sessions over one year.	£5,130

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			<p>Throughout the lockdown period, we established ourselves as a key support for the wellbeing of the Southwark community, offering online sessions through funding from four of Southwark Councils COVID-19 Community Grants. This project would further this support, and also act as a continuation of the online sessions currently being offered to Southwark via our previous Neighbourhoods Fund project: ending on March 31st 2021. We are conscious that community mental and physical wellbeing support will be needed both during and after the pandemic.</p> <p>The Isha Foundation's online sessions 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 that positively impacts the wider community. The workshops are taught by trained teachers, on an accessible scientific basis, providing exercises that are easily incorporated into hectic modern routines, empowering all. Post session support is offered by our teachers; guiding participants through the practices they will learn in the sessions. We also offer a mobile app containing videos and a rich variety of supportive content to help participants keep up with the practices. The Isha Foundation is a volunteer run, non for profit organisation providing holistic answers to physical and mental wellbeing through the science of Yoga. Until August 2020 our centre on Silex Street provided both wellbeing support and volunteering opportunities for the Southwark Community. Located in St Georges ward, our centre was also offered for community projects such as "Blackfriars Stories: Waves of Wonder in 2019. Due to financial constraints caused by the pandemic, we had to close its doors in June 2020. We continue to provide support on an online basis. Since the pandemic started, our online sessions have supported over 12,000 people from the UK.</p> <p>Prior to the pandemic, we had also supported the Southwark community by offering sessions for Kings College Hospital, VAULT, Lambeth and Southwark Diabetes group and LSBU. During the pandemic we have conducted a series of sessions for Su Mano Amiga, and have connected directly with Alzheimer's Society Southwark, The Nest, Groundwork London, Home Start Southwark and Hope for the Young; offering our support to their service users. We intend this project to further these initiatives and build engagements with organisations across the multi ward area. Our website: https://www.ishayoga.eu/</p>	

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527	Walworth Community Garden Network	Share, Learn And Connect In St George's Community Gardens	<p>We know that during Covid-19 food insecurity prompted many people locally to think more about growing their own food, both for resilience and for well-being. We want to help connect residents interested in community gardening to connect with local growing projects, and to support new and emerging community growing projects to connect with and learn from more established gardens.</p> <ul style="list-style-type: none"> - 'Share & Learn' events hosted by established gardens, open to all. Bringing together residents from neighbouring community gardens to share experiences & swap ideas. - 'On the Ground' garden visits and practical support sessions for new and emerging community gardens by experienced community gardeners. - 'Garden Connections' - making introductions, sharing resources, increasing diversity of membership, network building. - As a network of local community gardeners we know that many of the community gardens in <p>Our network would not have started without the support and knowledge sharing of neighbouring gardens. As community gardeners we are now willing to step up and play a role in helping other gardens and growing projects to get off the ground and build local knowledge.</p> <p>We know that when further skills and training are needed, it works best when it is flexible, able to take place at residents own growing spaces, and delivered by local experts who understand the specific needs and challenges of community gardening. We know that a key to long term sustainability of community gardens is connecting to other neighbouring growing spaces nearby for sharing of skills, resources and knowledge</p>	£1,565
197	Webber And Quentin TMO Garden And Social Committee	Webber And Quentin TMO Community Events	<p>The project is to achieve greater community cohesion. It is needed to address resident isolation and concerns over feeling disenfranchised. Our project will benefit residents by appealing to a wide number of interests and across all ages with a variety of community events. These have been highlighted in our recent resident survey. The benefit to residents will be greater connection with one another, encouraging more friendships, support and mental health wellbeing.</p>	£4,330