

Ward: Champion Hill

Ref ID	Organisation	Project Title	Project Description:	Amount Requested [£]:
*3376	Bermondsey Community Kitchen Inc London Community Kitchen	Bermondsey Community Kitchen	<p>Bermondsey Community Kitchen is a grassroots local non for profit community organisation. Our project has operated out of Bermondsey for the last several years providing a variety of services for our local community. However our support reaches across Southwark and because of this we are changing our name to the London Community Kitchen, so more people are aware of our services and are not excluded.</p> <p>This program provides free healthy nutritional homemade meals across the whole of Southwark. The continuing cost of living crisis is greatly impacting many local residents, with rising energy costs and grocery shopping prices rocketing, people will have to decide whether to heat their homes or eat. In some cases people won't be able to afford to do either. Our project will provide a lifeline for those most in need, families struggling financially, isolated elderly residents and vulnerable residents. It will provide them with a meal they haven't had to worry about how much it will cost to buy or even cook. It will be healthy, substantial and tasty. It will help to improve wellbeing and reduce stress.</p> <p>BCK will work with ward councillors, so that they can direct us to groups they already work with and advise how meals should be distributed. BCK will work with numerous local groups and TRA's to utilise the contacts they already have in the community to deliver the meals those most in need.</p>	£4,500
3291	Bessemer Grange TRA	Circus Skills After Schools Club	<p>In a questionnaire to tenants and residents within the Bessemer Grange TRA catchment in 2019, the lack of provision for children and young people under 16 was identified as critical. The 2019 LBS multi-ward survey for South Southwark showed that the Champion Hill Ward has higher than average levels of childhood obesity and higher levels of 0-15s in out-of-work benefit households. Since then we have organised a lively, quality offer of performance and circus skills, delivered by local professionals, using various small grants and crowd funding to maintain provision, albeit intermittently. The successfully achieved aims are confidence building, mobility and group activity, within a safe, non-pressurised and nurturing space. It is very popular and successful with children and families. Recent feedback said: had no confidence and didn't try new things. I can't stop him now. He will give everything a go; Best class ever; I've seen such a change in M. she has come out of her shell. Up to 25 participants are recorded weekly, with capacity for more attendees. We are constantly trying to obtain more secure, longer term</p>	£4,995

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			<p>funding, but the Neighbourhood Fund grants have been the bedrock of our provision. There are few if any activities locally that estate children can access “these are mainly within the wealthier areas of South Southwark and require a financial outlay. The project format is well-established and proven to be a success and as such is ready to roll out again “running termly one evening per week with two age groups. We intend to continue our healthy eating strategy for session participants by providing fresh fruit and refreshments and where possible encouraging the participants to sit and eat together.</p>	
3493	Dog Kennel Hill Adventure Playground	Dog Kennel Hill Adventure Playground (DKHAP)	<p>The project is to create a music festival at the Adventure Playground that takes place around midsummer June 2024 that will become an annual local event. Since Covid, we have increasingly realised the importance of the community coming together. This festival will be open and accessible to all and strengthen community relationships and respect by bringing together and building connections between local people of all ages, backgrounds and beliefs, as performers and participants, for an enjoyable event supporting, celebrating and enjoying local musical talent.</p> <p>The festival will attract local children, families, carers and others to the Playground for a musical event and family day out. Performers will include children and young people who visit the Playground and rehearse there, as well as being open to other young local musicians and more established local performers and bands. It will build on the engagement we have had at previous events. We will provide all of the AV equipment and help the performers to set up. In addition to the all-day music, we will create a festival atmosphere by decorating the Playground and, have face painting and street food.</p> <p>We will utilise the links we have the local schools to encourage more local young people to perform. DKHAP is a large green open space, wild in parts and perfect for an outdoor festival. We are keen to welcome local people to use the space and access the Playground, and the festival will provide an opportunity for more local children to visit the Playground at the weekend and to explore.</p> <p>Quinn and Wilks' (2013) study of small music festivals found that they enhanced bonding between attendees as well as well as between attendees and performers. We will work to minimise the environmental impact of the festival locally and globally.</p>	£2,200

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*3485	Holistic Well Women	Self Care and Wellbeing Hub	<p>Self-Care and Well-being Hub The aim of the project is to improve mental health and well-being and reduce loneliness in the community.</p> <p>We are offering a safe space for people to come together and use creativity, social activities that would address well-being practice and support and enhance health and well-being. Our activities aim to bring people together to support each other through a peer support, creativity and building resilience. We are offering a range of unique range of workshops, Art Therapy, Creative Crafts Machine Embroidery, natural body products Well-being coaching and financial resilience Workshop. We will also offer green connecting in nature in local green spaces and the opportunity to go away for a short weekend break to Camber sands</p> <p>We believe that mental health and well-being will be improved along with Confidence and self-esteem so participants can cope with daily life stress to empower them cope in this unchanging and unpredictable times</p> <p>We will also hygiene products to support people in need and reduce hygiene poverty. We will train well-being connector’s volunteers to support the project. We aim to sign post support and empower our community on a journey of hope, improved well-being using and Holistic approach to take the community on a journey rediscovery and peer support to each other We will also use the five ways of well-being for this project.</p> <p>5 ways to wellbeing Step 1 - Connect. Connecting with others can help us feel close to people, and valued for who we are. Step 2 - Get active. Many people find that physical activity helps them maintain positive mental health. Step 3 - Take notice. ... Step 4 - Learn. ... Step 5 - Give.</p>	£6,500

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3243	Mother Goose Nursery	Community Events	<p>To foster a sense of neighbourhood and community for people in the Champion Hill and wider area by providing outdoor social events primarily aimed at families with young children but open to anyone to attend. We would like to organise a series of events taking place throughout the year to bring people together outdoors and into our natural setting to share food, to be creative, to enjoy live music and in an environmentally sustainable way.</p> <p>We hope to bring people together to reap the benefits of spending time outside in a natural environment and meeting people from the diverse community in the Champion Hill area.</p>	£4,920
*3581	Platform Cricket (Tower Hamlets Youth Sport Foundation)	Dulwich Diamonds Cricket Club	<p>We will create a "Pop Up" Youth Cricket Club in Dulwich that will address the current inequalities in access to cricket, whilst supporting personal and social development.</p> <p>The hub will be open to any child aged 7-11 living in the area, but will be grown from a schools coaching programme (NOT funded through this grant) that will involve:</p> <ul style="list-style-type: none"> - Dulwich Hamlet; Goodrich; Goose Green; Harris Academy East Dulwich; Heber; Judith Kerr; St Anthony's; St John & St Clement <p>Children from introductory activities delivered at each school will be encouraged/supported to migrate to evening/weekend activity which features physical literacy, fitness, strength & conditioning, team-building, problem- solving, nutritional workshops and social events, alongside the cricket content.</p> <p>The activity will utilise the Sports Hall at The Charter School (Jan-Apr) and Dulwich Park (May-Aug). The programme will also feature important competitive opportunities (leagues/cups/festivals) that provide a focus, support identity and allow opportunities for recognition/achievement. These events are also mechanism to get children travelling around Southwark, getting comfortable with new/different neighbourhoods and facilities, and forming new relationships with children from different backgrounds. It will also help to build a relationship with Dulwich Cricket Club, where the project aims to signpost children to from 11 years old onwards.</p>	£5,200

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			Activities will be led by highly qualified coaches with youth work/mentoring experience, alongside participants' family members, local residents and local Sixth Form students who will be trained/qualified as Coach Assistants through the project.	
3377	Stepping Stones Learning and Leisure	Dance and Fitness Classes for Adults with Learning Disabilities	<p>We are requesting funds to support the delivery of a programme of weekly dance and fitness classes for adults with learning disabilities. People with learning disabilities have poorer health outcomes and lower life expectancies than the general population. In addition to health inequalities they are also at great risk of social exclusion and isolation.</p> <p>Taking part in physical activity has been proven to improve physical and mental well-being. The sessions will include accessible and engaging content and exercises, including a chair based class for people who either use wheelchairs and/or have restricted mobility. In addition to the benefits of exercise, these sessions also provide a vital space for socialising and connecting with other members of the community in a warm and welcoming space.</p>	£3,580

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*3547	Dulwich Festival	Dulwich Festival 2024	<p>Dulwich Festival is an annual 10 day celebration of the arts, culture, history, and community of Dulwich and South-East London. In spring 2023 we celebrated 30 years of local arts provision for all ages, contributing to a cohesive & inclusive community for Southwark residents. We've developed a suite of much-loved free community programming items including public events, youth projects, exhibitions, the Goose Green Fair, gallery open days & our ever-popular Artist Open House initiative.</p> <p>We have also created a series of annually changing ticketed events, allowing local creatives from across the arts community to be paid to showcase their work in front of a live audience, and supporting local venues, cafes, pubs, restaurants, church halls, parks, schools and community centres. By platforming local talent and promoting the resources of our neighbourhood, Dulwich</p>	£8,000

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			<p>Festival contributes hugely to our local economy (calculated at £2.8mil in 2023) and strengthens the social capital of our communities.</p> <p>The festival has become an annual calendar highlight for Southwark residents and our 30th anniversary celebrations, including an exhibition of our history, showed how passionately local people feel about the opportunities facilitated by the festival. As we look to the future, we want to invest in more free programming that provides access to the arts for harder-to-reach groups, especially young people, artists from under-represented groups and local residents with protected characteristics.</p>	
3271	Friern Road Street Party Association	Annual Street Party	The aim of our annual street party is to bring local residents together in order to get to know one another better and increase social cohesion. Our street is ethnically and socially diverse and the street party encourages all residents to come out and share in a sit down lunch and participate in outdoor activities such as games, music and dancing. It provides an informal and relaxed situation where neighbours can get to know one another.	£500
242502	Friern Road TRA	Friern Rd TRA community activities	The Friern Road estate has recently set up a TRA. Funding from the Neighbourhood Fund would allow the TRA to run community events and activities such as a summer party, coffee mornings, kids clubs, and day trips for residents on the estate.	£10,000
3314	Link Age Southwark	Seated Yoga	We have been running a seated yoga group at Lew Evans House for a number of years. The group is run in partnership with the Lew Evans House which is an extra care residential setting. The group aligns with our mission which is focused on alleviating loneliness, reducing social isolation and improving health and wellbeing for older people. Sheltered housing units can be lonely places for older people, many of whom spend extended periods in their accommodation unit on their own. Our specialist tutor has worked with us for a number of years and adapts the group to meet the complex health and mobility needs of group members. All those who want to attend the group are required to complete a questionnaire to inform us about their individual needs which is then shared with the tutor. The group, which runs on a weekly basis encourages people to come into the communal living space and to exercise with other residents of Lew Evans House as well as non-residents who attend	£4,272

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			<p>specifically for the group. This provides a social element to the group as group members have the opportunity to mix with their peers both residents and non-residents, as well as the group tutor. For many group members the exercise group provides a focus to their week and a reason to leave their accommodation unit or their home. The tutor ensures that the group is both accessible and fun.</p>	
*3581	Platform Cricket (Tower Hamlets Youth Sport Foundation)	Dulwich Diamonds Cricket Club	<p>We will create a "Pop Up" Youth Cricket Club in Dulwich that will address the current inequalities in access to cricket, whilst supporting personal and social development.</p> <p>The hub will be open to any child aged 7-11 living in the area, but will be grown from a schools coaching programme (NOT funded through this grant) that will involve: Dulwich Hamlet; Goodrich; Goose Green; Harris Academy East Dulwich; Heber; Judith Kerr; St Anthony's; St John & St Clement</p> <p>Children from introductory activities delivered at each school will be encouraged/supported to migrate to evening/weekend activity which features physical literacy, fitness, strength & conditioning, team-building, problem- solving, nutritional workshops and social events, alongside the cricket content.</p> <p>The activity will utilise the Sports Hall at The Charter School (Jan-Apr) and Dulwich Park (May-Aug). The programme will also feature important competitive opportunities (leagues/cups/festivals) that provide a focus, support identity and allow opportunities for recognition/achievement. These events are also mechanism to get children travelling around Southwark, getting comfortable with new/different neighbourhoods and facilities, and forming new relationships with children from different backgrounds. It will also help to build a relationship with Dulwich Cricket Club, where the project aims to signpost children to from 11 years old onwards.</p> <p>Activities will be led by highly qualified coaches with youth work/mentoring experience, alongside participants' family members, local residents and local Sixth Form students who will be trained/qualified as Coach Assistants through the project.</p>	£5,200

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3359	Spring Community Hub	Dawson Heights Holiday Club	<p>Spring Community Hub works to achieve equality in our communities, we want to be a vehicle for positive and lasting change in our clients so that they never need a food bank again.</p> <p>Our Holiday Club is part of a range of wraparound services that we provide for families who are experiencing financial challenges and food insecurity. The Holiday Club, has since its inception, provided nutritious, culturally sensitive food, play and learning opportunities for hundreds of children. These activities and the food provided to the families reduces money worries triggered by food insecurity. Additionally, recent research carried out on the impact of HAF funding found a probable link between food insecurity and poor mental health for parents and carers - this underlines the importance of our Holiday Club provision.</p> <p>The Club provides many social benefits; most of the activities we run are fun and inclusive and they nudge children towards healthy eating, exercise, integration and social inclusion. While our overarching aim is to alleviate hunger, we also give families the opportunity to engage with their children through arts and crafts, cooking, dance, storytelling and our fun trips which have included visits to the sea side, Legoland, museums, and the Tower of London.</p> <p>We are fortunate to receive HAF funding, however, the Neighbourhoods Fund helps us to serve families with children aged zero upwards and we also serve the working poor - many of our families are in employment but are also experiencing food insecurity.</p> <p>Finally, helping to run the Club develops confidence in our volunteers, some of whom are Spring Community Hub adult clients, this means the benefits of the Clubs are shared across the organisation and our efficiency is improved.</p>	£4,174

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3137	Bell House Dulwich	Dyslexia Fair	<p>The annual Bell House Dyslexia Fair brings together families, teachers and the wider dyslexia community to learn more about dyslexia, talk to experts, and discover useful resources and share experiences and advice. With up to 20% of the population being dyslexic, the Dyslexia Fair provides a valuable and unique resource to the local dyslexic community of both adults and children.</p> <p>We offer a diverse programme of talks with experts in their field who will be presenting on key topics such as the use of assistive technology, improving reading fluency and developing spelling skills. We will be featuring our popular primary and secondary school panel discussions which give students, parents and educators a voice and where we can learn from each other, workshops exploring how parents can support learning at home and at school and one to one advice clinics with local dyslexia experts offering free advice. Following demand last year for one to one advice we will be increasing the number of experts available and they are all local.</p> <p>Creative workshops, including our in house letterpress printing, for both adults and children take place throughout the day and there is an exhibition of local and national dyslexia resources and products.</p> <p>The Dyslexia Fair enables the Bell House Dyslexia Group to network with the local community and find out what their needs and concerns are which helps us to shape our programme for the following year.</p>	£2,460
3533	Bell House Dulwich	Outdoor Learning Space	<p>Bell House is a volunteer led charity in Dulwich Village. Our dedicated volunteers help to deliver on our purpose of creating opportunities for wider learning beyond the normal school curriculum. In consultation with schools, both from our ward and beyond, we have delivered successful hands-on experiences incorporating the outdoors and nature for young learners.</p> <p>We would like to build on early successes and extend the reach of these enrichment days, offered at no cost to schools. We are focussed on making best use of the outdoor spaces at Bell House to</p>	£4,100

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			<p>engage, excite, and educate young people. Feedback has indicated that these learning opportunities particularly benefit children who may not otherwise be considered academic or who find mainstream education challenging.</p> <p>Funding will support the creation of a dedicated outdoor learning space which will increase the opportunities to study, to experiment, to discover, to understand more about nature, the green environment, and the bees. The area will offer space for formal presentations and teaching sessions. Space to sit, to write, to read, to draw. We have considered equity and accessibility in order to offer opportunities for as many learners as possible. Our main aim is to connect the pupils with the garden, with nature, to appreciate all matters connected with growing, healthy eating, and green issues. The structured learning space in the garden with the appropriate resources will enable all learners to study and to develop new skills in a safe space.</p> <p>Whilst young learners are very much the intended primary beneficiaries we are fully aware that they would not be possible without the knowledge and commitment of our volunteers. These activities also provide an ideal opportunity for intergenerational interaction and connecting with others, passing on skills that might otherwise be lost and supporting emotional and mental health and wellbeing.</p>	
3376	Bermondsey Community Kitchen Inc London Community Kitchen	Bermondsey Community Kitchen	<p>Bermondsey Community Kitchen is a grassroots local non for profit community organisation. Our project has operated out of Bermondsey for the last several years providing a variety of services for our local community. However our support reaches across Southwark and because of this we are changing our name to the London Community Kitchen, so more people are aware of our services and are not excluded.</p> <p>This program provides free healthy nutritional homemade meals across the whole of Southwark. The continuing cost of living crisis is greatly impacting many local residents, with rising energy costs and grocery shopping prices rocketing, people will have to decide whether to heat their homes or eat. In some cases people won't be able to afford to do either. Our project will provide a lifeline for those most in need, families struggling financially, isolated elderly residents and vulnerable residents. It will provide them with a meal they haven't had to worry about how much it will cost to buy or even cook. It</p>	£4,500

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3138	Dulwich Park Friends	Dulwich Park Fair 2024	Dulwich Park Fair has been running since 2007 and aims to showcase local groups on the stage, crafts and food stalls and foster a sense of pride in Dulwich Park. The Fair is run entirely by volunteers and provides free entertainment including city farm, magician, Punch and Judy, fun fair and a dog show.	£2,500
3212	Dulwich Park Friends	Concert Bands 2024	We aim to showcase the talent of local concert bands, offer free entertainment, enhance a community spirit and foster a sense of pride in Dulwich Park.	£1,150

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3327	Dulwich Picture Gallery	Workshops	<p>We will run arts workshops for 400 children from schools from Southwark.</p> <p>The workshops aim to reduce the stigma around mental health and help children to support their own wellbeing through creativity. They will promote respect, consideration and empathy for others through individual and group activities. We will build the creative confidence of the students we work with, as well as supporting their cultural capital in accessing the Gallery, an important site in Southwark's cultural landscape.</p> <p>Workshops will be delivered by a team of artist facilitators who have experience of working using the arts to support mental health. The sessions will be designed for a whole class to participate at the same time.</p> <p>We will also run a CPD training session for the teachers involved and the Mental Health leads of each school to share our activities and promote a 'whole school approach' which can support each school's mental health plan.</p> <p>We will use the Gallery and our purpose-built art studio as a base for the workshops, drawing on themes from our art collection to promote discussion and enquiry, thinking particularly about feelings which may arise from the artworks. We will introduce the children to 'slow looking' which promotes mindfulness and relaxation. Children will also explore different art techniques which they may not have had access to at school.</p> <p>This project was formulated in response to high demand from teachers for our wellbeing programmes developed in partnership with local healthcare providers. Although many schools have targeted mental health support, our 'whole class approach' reaches those who may not qualify for referral and tackles stigma. The project will benefit from learnings of previous two iterations which were supported by the Neighbourhood Fund 2022/23 and 2023/24.</p>	£4,990

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3233	Lively Minds	Lively Minds - Reaching Out	We are aiming to achieve a continuation of the concept of Lively Minds which was to counter social exclusion, promote wellbeing and maintain links in the community. We are a group of retired seniors, many of whom live alone, and find that attendance and participation in the social activities can improve mental health and wellbeing, increase confidence, improve skills and knowledge and significantly contribute to the members' sense of belonging to the neighbourhood, as well as providing a focus for their week. Unfortunately due to the rising cost of speakers and our dwindling membership/income we have decided that these are no longer affordable and have changed our programme to include discussions on a theme of members' choice, craft sessions and quizzes, armchair exercise sessions, tea parties and bring and buy, homemade soup lunches, board games, DVDs and occasional lunches out. Funding will cover the cost of rent of our premises, plus insurance, enabling us to ensure a base for our Club and continue for as long as possible.	£950
*3581	Platform Cricket (Tower Hamlets Youth Sport Foundation)	Dulwich Diamonds Cricket Club	<p>We will create a "Pop Up" Youth Cricket Club in Dulwich that will address the current inequalities in access to cricket, whilst supporting personal and social development.</p> <p>The hub will be open to any child aged 7-11 living in the area, but will be grown from a schools coaching programme (NOT funded through this grant) that will involve:</p> <ul style="list-style-type: none"> - Dulwich Hamlet; Goodrich; Goose Green; Harris Academy East Dulwich; Heber; Judith Kerr; St Anthony's; St John & St Clement <p>Children from introductory activities delivered at each school will be encouraged/supported to migrate to evening/weekend activity which features physical literacy, fitness, strength & conditioning, team-building, problem- solving, nutritional workshops and social events, alongside the cricket content.</p> <p>The activity will utilise the Sports Hall at The Charter School (Jan-Apr) and Dulwich Park (May-Aug). The programme will also feature important competitive opportunities (leagues/cups/festivals) that provide a focus, support identity and allow opportunities for recognition/achievement. These events are also mechanism to get children travelling around Southwark, getting comfortable with</p>	£5,200

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			<p>new/different neighbourhoods and facilities, and forming new relationships with children from different backgrounds. It will also help to build a relationship with Dulwich Cricket Club, where the project aims to signpost children to from 11 years old onwards.</p> <p>Activities will be led by highly qualified coaches with youth work/mentoring experience, alongside participants' family members, local residents and local Sixth Form students who will be trained/qualified as Coach Assistants through the project.</p>	
242501	Southwark Council Wardens	Dulwich Safer Streets	<p>There are great concerns in our community about a rise in street robbery of teenagers. There have been some very unpleasant incidents this year with children being assaulted by older teenagers who have taken their phones and laptops.</p> <p>The funds will help to support existing community initiatives including providing training to staff of businesses who have agreed to operate as "Safe Havens" for teenagers if they feel threatened on the street. This could be extended to other community members too.</p> <p>We also plan to work with local police and community groups such as the Dulwich Village Safe Neighbourhood Panel and the recently established Love Your Doorstep initiative to support community safety, potentially with additional patrols by Southwark Community Wardens.</p>	£9,000
3497	Southwark Hindu Centre	Diwali (Festival of Lights) Celebration	<p>Diwali, popularly known as Festival of Lights and is one of the most important festival of the year and is celebrated by Indian community with all religions around the world. The festival celebrates the victory of good over evil, light over darkness and knowledge over ignorance.</p> <p>By organising this activity which includes Musical evening followed by Indian traditional Dinner, we are going to achieve Community cohesion by bringing other communities of different religion and faith together. Also to make awareness of Indian culture and festival among different communities especially younger generation.</p>	£2,275

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3415	The Dulwich CC Diversity and Inclusion project, also known as 'The Snow Leopards'	Cricket training, matches and tournaments	The project aims to make club cricket at Dulwich CC accessible to players from a broad range of cultural, racial and socio-economic backgrounds. We approach participants from different backgrounds to join us, through a variety of channels (including the networks of existing participants, Surrey cricket foundation and cricket platform, local schools), and have also had players referred to us by youth support workers in different London boroughs. Several participants have now been involved in our programmes who were referred to us by these channels. The project is not restricted to a particular ethnic group, although as the name suggests, in practice we have a high proportion of Afghanistani young people, many of whom are refugees. This is partly because we have built on our existing group of players and the commitment, we had made to them.	£3,000
*3296	Wild Ride Parenting	The Invisible Doula - Bridging Disparities in Maternal Healthcare and Supporting At-Risk Mothers	<p>The "Invisible Doula" project is a vital initiative aimed at providing comprehensive support to young, at-risk, and low-income mothers in Southwark who face significant challenges during pregnancy and early motherhood. These mothers often contend with financial constraints, limited healthcare access, and a lack of social support networks, leading to inadequate prenatal care and heightened risks during childbirth and the postnatal recovery phase. This situation is further compounded by systemic racism and implicit bias within the healthcare system, disproportionately affecting minority groups such as Black, Indigenous, and people of colour (BIPOC).</p> <p>The project is deeply needed, as research has shown that doula care can be transformative for women and their families. However, many mothers cannot afford, access, or are unaware of this crucial support. To address these issues, "The Invisible Doula" will provide free doula support, ensuring that these mothers receive the guidance, emotional assistance, and practical tools they require to make informed decisions for themselves and their families.</p> <p>Our project will involve leading sessions with mothers, enabling them to build personalised birth and postnatal plans, access practical and emotional support, learn about their options and rights, and make informed choices. Additionally, mothers will have the opportunity to create maternal memory journals to work through any elements of trauma while documenting and cherishing this special moment in their lives.</p>	£2,782

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			As an ongoing informative resource, each woman participating in the sessions will be gifted a "Cradle for Life" micro learning deck to take home. These comprehensive, expert-checked information flash cards will serve as a valuable source of ongoing support, reference and guidance, further empowering them with the knowledge and tools needed for a healthy and confident transition into motherhood.	
3427	Yoga by Jenna	Yoga @ The Library	I would like to apply for funding to use the hall at Dulwich Library to teach an accessible and inclusive community yoga class every Monday evening at 6:30-7:30pm. I am a local resident and fully trained yoga teacher specialising in beginner and inclusive yoga styles. I have been teaching this community yoga class at Dulwich Library since February 2023 and I think it is a really good community initiative. I do not charge and the class is donation-based, there is always between 5-15 people present many of whom have tried yoga for the first time and are enjoying its mental and physical health benefits. I really enjoy teaching the class and getting new people into yoga who might feel intimidated to go to an expensive yoga studio and I want to keep doing it. I provide all the props for the class and advertise in local shops and online on local forums. I'm a local resident, I live in SE22, 5 minutes from the Library. However, even with the community rate, I am struggling to break even every week. I often make a loss on booking the room but I have kept teaching because I think it's an important resource for the community to have. I am applying for funds for 2024 to keep the class going.	£3,120

*3376 also applied in Champions Hill, Goose Green, Dulwich Hill, Dulwich Village, and Dulwich Wood

*3547 also applied in Goose Green, Dulwich Hill, Dulwich Village, and Dulwich Wood

*3581 also applied in Champions Hill, Goose Green, Dulwich Hill, and Dulwich Village

*3296 also applied in Goose Green, Dulwich Village, and Dulwich Wood

Ward: Dulwich Wood

Ref ID	Organisation	Project Title:	Project Description	Amount Requested [£]
*3376	Bermondsey Community Kitchen Inc London Community Kitchen	Bermondsey Community Kitchen	<p>Bermondsey Community Kitchen is a grassroots local non for profit community organisation. Our project has operated out of Bermondsey for the last several years providing a variety of services for our local community. However our support reaches across Southwark and because of this we are changing our name to the London Community Kitchen, so more people are aware of our services and are not excluded.</p> <p>This program provides free healthy nutritional homemade meals across the whole of Southwark. The continuing cost of living crisis is greatly impacting many local residents, with rising energy costs and grocery shopping prices rocketing, people will have to decide whether to heat their homes or eat. In some cases people won't be able to afford to do either. Our project will provide a lifeline for those most in need, families struggling financially, isolated elderly residents and vulnerable residents. It will provide them with a meal they haven't had to worry about how much it will cost to buy or even cook. It will be healthy, substantial and tasty. It will help to improve wellbeing and reduce stress.</p> <p>BCK will work with ward councillors, so that they can direct us to groups they already work with and advise how meals should be distributed. BCK will work with numerous local groups and TRA's to utilise the contacts they already have in the community to deliver the meals those most in need.</p>	£4,500
*3547	Dulwich Festival	Dulwich Festival 2024	<p>Dulwich Festival is an annual 10 day celebration of the arts, culture, history, and community of Dulwich and South-East London. In spring 2023 we celebrated 30 years of local arts provision for all ages, contributing to a cohesive & inclusive community for Southwark residents. We've developed a suite of much-loved free community programming items including public events, youth projects, exhibitions, the Goose Green Fair, gallery open days & our ever-popular Artist Open House initiative.</p> <p>We have also created a series of annually changing ticketed events, allowing local creatives from across the arts community to be paid to showcase their work in front of a live audience, and supporting local venues, cafes, pubs, restaurants, church halls, parks, schools and community centres. By platforming local talent and promoting the resources of our neighbourhood, Dulwich Festival contributes hugely to our local economy (calculated at £2.8mil in 2023) and strengthens the</p>	£8,000

Ref ID	Organisation	Project Title:	Project Description	Amount Requested [£]
			<p>social capital of our communities.</p> <p>The festival has become an annual calendar highlight for Southwark residents and our 30th anniversary celebrations, including an exhibition of our history, showed how passionately local people feel about the opportunities facilitated by the festival. As we look to the future, we want to invest in more free programming that provides access to the arts for harder-to-reach groups, especially young people, artists from under-represented groups and local residents with protected characteristics.</p>	
3239	Friends of Gipsy Hill	Gipsy Hill Village Fete	<p>About the project: A biennial community event focusing on the concept of "village fete" uniting diverse local residents and businesses, held on Long Meadow, a key open green space in the cross border community of Gipsy Hill within easy walking range for many.</p> <p>Objectives: Bring the local community together. Provide a family fun day for all ages. Enrich local knowledge with what's on offer with local support networks. Provide small scale entertainment. Promote local business.</p> <p>Who was involved in identifying the need: Friends of Gipsy Hill (est. 2018) is a local community group formed by local residents. Through consultation, local residents and businesses expressed a desire to have a local community neighbourhood event that was accessible to all. The event was developed as a pilot in 2019 and then successfully run again 2022, bringing the community around Gipsy Hill together.</p> <p>How our project differs and adds value from other events: In Crystal Palace Park (across five boroughs), the Crystal Palace Festival provided a largescale event, "South Facing" is a larger pan-London music festival; the Kingswood Estate including Kingswood Arts host small scale community events.</p>	£8,500

Ref ID	Organisation	Project Title:	Project Description	Amount Requested [£]
			<p>The Gipsy Hill Village Fete is the only large community event in the area that uses Long Meadow as a venue and meeting point, providing enrichment through family craft activities, fact-finding tasks about the locality and information on sustainable greening projects. It appeals to a wider local demographic within easy walking distance. It forms a natural focal point for this community, on a local granular scale, with an opportunity for traditional fun and games appealing to all ages, a place to meet and interact with neighbours, a showcase for local creative talent at a small scale, a dog show for regular users of Long Meadow, a community tent showcases local endeavours/opportunities.</p>	
3572	Holistic Mastery CIC	Rest Bite Drop In	<p>By providing a drop in session mid-week every week (of at least 40 sessions each year) that provides food, shelter, befriending, practical advice and support, mental first aid support and a place to rest and socialise, this will achieve a reduction in isolation, food hunger/starvation, mental health crisis and also increasing and improving on health, wellbeing and positive connections and relationships amongst the residents and wider community.</p>	£5,000
*3485	Holistic Well Women	Self Care and Wellbeing Hub	<p>Self-Care and Well-being Hub</p> <p>The aim of the project is to improve mental health and well-being and reduce loneliness in the community.</p> <p>We are offering a safe space for people to come together and use creativity, social activities that would address well-being practice and support and enhance health and well-being. Our activities aim to bring people together to support each other through a peer support, creativity and building resilience. We are offering a range of unique range of workshops, Art Therapy, Creative Crafts Machine Embroidery, natural body products Well-being coaching and financial resilience Workshop. We will also offer green connecting in nature in local green spaces and the opportunity to go away for a short weekend break to Camber sands</p> <p>We believe that mental health and well-being will be improved along with Confidence and self-esteem so participants can cope with daily life stress to empower them cope in this unchanging and unpredictable times</p>	£6,500

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			<p>We will also hygiene products to support people in need and reduce hygiene poverty. We will train well-being connector’s volunteers to support the project. We aim to sign post support and empower our community on a journey of hope, improved well-being using and Holistic approach to take the community on a journey rediscovery and peer support to each other We will also use the five ways of well-being for this project.</p> <p>5 ways to wellbeing</p> <p>Step 1 - Connect. Connecting with others can help us feel close to people, and valued for who we are. ...</p> <p>Step 2 - Get active. Many people find that physical activity helps them maintain positive mental health. ...</p> <p>Step 3 - Take notice. ...</p> <p>Step 4 - Learn. ...</p> <p>Step 5 - Give.</p>	
3280	Kingswood Arts	Kingswood December 2024	<p>We want to open the doors to Kingswood House where we are based and welcome people in during the winter season 2024. Many people have asked about how the House will be decorated and there are requests for a 'Victorian Christmas' atmosphere, which we will incorporate, whilst also acknowledging the celebrations of other faiths and cultures. We hope to purchase a tree and decorations in time to set the House from November 2024 to February 2025. It will provide a backdrop to a programme of events including performances (by local groups) and activities including Father Christmas visits, Ghost tours and food events. In this way we hope to strengthen the sense of community, attract people to services and facilities that can support them throughout the year, and boost morale and fulfilment by celebrating together.</p>	£5,000

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3085	Kingswood Estate T.R.A	Academic Support (After School Tuition Classes	<p>The aim of this project is ensure young people from low income family that are struggling with their learning have the necessary support to improve on their learning and grades in Maths, English and Science. Statistics have shown that inability of children from deprived area and financially disadvantaged family are unable to achieved the necessary grades that will enable them to progress in their learning to great university due to lack of support for extra tuition classes after school. This have widen the gap between the academic performances of children from rich background to the children that their parents are low income. Sadly, same lack of opportunity to thrive affected the lives of the parents of disadvantaged children. It is so sad that this injustice continue happening in our society. This systemic problem need addressing head on. We are of the opinion that children from BAME community facing this lack of opportunity to excel academically should be given tools to do well like their counterpart. We all know that since the Covid-19 pandemic, children from financially disadvantaged family are still under performing at school as a result of school closure and prolonged visual learning.</p> <p>Also, children with SEND are generally underperforming at school due to regular exclusion from school. Therefore, there will be sufficient support for SEND children requiring 1:1 or 1:2 or 1:4 support in order to improve on their learning and grades at school. So that can have same opportunity with their age groups.</p>	£13,800
3324	Melford Court TRA & Gardens	Sessions with the Community Gardener	<ul style="list-style-type: none"> - continue enthusiasm and interest in community space that was enhanced by previous sessions which brought the gardeners and wider community together. - ensure we sow and harvest seasonal vegetables at the right times. - maintain interest in the community 	£1,500
2154	New Leaf Educational Gardens CIC	New Leaf Educational Gardens CIC	<p>The project has been a part of West Dulwich for several years. We transformed an area that was an eyesore, frequented by drug users and other forms of antisocial behaviour, into an interesting asset. The inspiration for the project is to restore our botanic garden teaching resource at West Dulwich train station, (beside the walkway at Platform 2), where we have turned a roofless bin shed into a community hub, Our purpose is to illustrate the evolution of flowering plants (angiosperms) from their distant origins, over 150 million years ago, to the present day, providing examples of specimen plants in timeline succession.</p>	£3,877

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			<p>When we first took over the site, it was an eyesore, full of litter, some of it quite dangerous; for example broken glass, and drug paraphernalia, including hypodermic needles (these were safely removed with the use of a litter picker and sharps tins. Local residents benefitted by not having to walk past a derelict litter-strewn area, and seeing it transformed into an interesting and beautiful space. We also had two murals, of Carl Linnaeus, Charles Darwin, Alfred Russel Wallace and other science heroes, including Sir David Attenborough and Rosalind Franklin.</p> <p>We have given talks and supervised volunteering sessions to groups of local people from the Borough of Southwark, including schools and colleges, young offenders and older people. This gives people a chance to learn various gardening and environmental skills, and socialise with other people. It also has an effect in reducing antisocial behaviour and minimising litter in the area.</p> <p>The project was well-liked by local residents, station commuters, schools and local and international visitors to the area, especially Dulwich Picture Gallery and Belair Park.</p> <p>The COVID lockdown, and certain health issues, mean that we need funding to restore the garden.</p>	
3367	NextGen Youth club	Bew Court - lordship lane estate	<p>Our project strives to prevent antisocial behaviour and criminal involvement among young individuals. By offering artistic, personal development and life skills programs, we intend to break the cycle of anti-social activity and the stigma against young people. Many young people in the ward face challenging circumstances, including parents having limited money to invest into activities for children, lack of support from the community, limited opportunities and a lack of guidance. The CSHEN Project seeks to be a guiding light, providing them with the tools they need to make positive life choices. For residents of this ward, our project is designed to empower young individuals, regardless of their background, fostering a sense of purpose and direction. By addressing the root causes of antisocial behaviour, we aim to create a safer and more harmonious community. Our tailored programs offer residents the opportunity to develop resilience, enhance their personal growth, and lead more fulfilling lives. Southwark Council asked Lordship Lane residents for feedback in 2020 and residents stated that Antisocial behaviour and noise created by the various activities on the estate and the Lack of activities for young children. Upon gaining some feedback from residents</p>	£4,500

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			of lordship lane estate myself, resident say that antisocial behaviour and lack of activities and opportunities for young children is still a problem. The positive impact of The CSHEN Project and our workshops extends beyond individuals to the entire community. By focusing solely on young people in the area and their needs, inspiring hope, resilience, and a belief in limitless possibilities, we aspire to build a tight community and bring a brighter future where young residents can thrive. This contributes to the overall well-being and prosperity of LSL estate, a reduction in criminal activity and antisocial behaviour leading to safer estates, stronger families a happier community.	
3347	Paxton Green Time Bank	PGTB community hub	Over 36 weeks we will run weekly sessions where local people can drop in, learn and share creative skills, and share a healthy lunch. We will have 4 guest facilitator's too leading special sessions where participants can learn a new craft and take something home to complete. The space will also enable people to talk, share ideas and have a drink and a snack, in a warm safe free space. The benefits will include reduced isolation, art for wellbeing, skills exchanging, signposting to other services and the chance to join the time bank and the pantry. Post pandemic the community is increasingly isolated, and the cost of living crisis means people are struggling even more. There is also a lack of open accessible community space. We will also have 3 inspirational visits to other communities in London to share learning and ideas. All this will spark creativity that will benefit the whole community around the Kingswood estate and local areas.	£3,760
*3240	Phoenix Players	Phoenix Players Theatre Hire 2024-25	<p>Phoenix Players shows bring members and audiences together from across Southwark to help them find community, learn new skills and have fun.</p> <p>Our audiences, made up primarily of local residents, get to experience everything from new works of art written locally to former West End shows at community-friendly prices. They explore themes our community cares about - like love, neighbourliness, trauma and anxiety, workers' rights, austerity.</p> <p>Phoenix is different because we are not non-exclusionary - all local residents can join, no matter their talent, experience or background (most groups require a successful audition). We meet weekly and prioritise creating a safe space for self-expression and growth. A recent member survey showed the most common word member's associate with Phoenix is "inclusive".</p>	£5,000

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			<p>We are a Dulwich Wood group - it's where we rehearse most frequently, meet for socials that support local businesses, hire local artists to support us, and put on many of our shows - although we use other venues across Southwark based on cost and availability.</p> <p>With 40 years of experience, we know how to set up and deliver a show and what milestones to hit. However, recently all our outgoings have increased with inflation - particularly venue hire. Research of nearly 40 nearby venues saw average prices up 500% in 2023 compared to 2020. We cannot meet this cost ourselves without becoming unaffordable to local residents.</p> <p>Your help with venue hire costs for our next season would allow us to deliver another year of amazing shows in Southwark, and to focus on art and community over further fundraising. We believe we epitomise your aims as a local community led project that enhances inclusion, improves the neighbourhood and develops stronger communities - encouraging people from different backgrounds to work together and running projects that promote respect and consideration.</p>	
3287	St Stephens Church South Dulwich	St Stephen's Community children's choir	This choir consists of 33 children who meet on Tuesday evenings to learn to sing, to learn to appreciate classical music, to bond across ethnic and social boundaries, to give concerts and make recordings	£10,700
3296	Wild Ride Parenting	The Invisible Doula - Bridging Disparities in Maternal Healthcare and Supporting At-Risk Mothers	<p>The "Invisible Doula" project is a vital initiative aimed at providing comprehensive support to young, at-risk, and low-income mothers in Southwark who face significant challenges during pregnancy and early motherhood. These mothers often contend with financial constraints, limited healthcare access, and a lack of social support networks, leading to inadequate prenatal care and heightened risks during childbirth and the postnatal recovery phase. This situation is further compounded by systemic racism and implicit bias within the healthcare system, disproportionately affecting minority groups such as Black, Indigenous, and people of colour (BIPOC).</p> <p>The project is deeply needed, as research has shown that doula care can be transformative for women and their families. However, many mothers cannot afford, access, or are unaware of this crucial support. To address these issues, "The Invisible Doula" will provide free doula support, ensuring that these mothers receive the guidance, emotional assistance, and practical tools they</p>	£2,782

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			<p>require to make informed decisions for themselves and their families.</p> <p>Our project will involve leading sessions with mothers, enabling them to build personalised birth and postnatal plans, access practical and emotional support, learn about their options and rights, and make informed choices. Additionally, mothers will have the opportunity to create maternal memory journals to work through any elements of trauma while documenting and cherishing this special moment in their lives.</p> <p>As an ongoing informative resource, each woman participating in the sessions will be gifted a "Cradle for Life" micro learning deck to take home. These comprehensive, expert-checked information flash cards will serve as a valuable source of ongoing support, reference and guidance, further empowering them with the knowledge and tools needed for a healthy and confident transition into motherhood.</p>	

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*3296 also applied in Goose Green, Dulwich Village, and Dulwich Wood

*3240 also applied in Dulwich Wood, Goose Green, North Bermondsey, and Rotherhithe

*3296 also applied in Goose Green, Dulwich Village, and Dulwich Wood

Ward: Goose Green

Ref ID	Organisation	Project Title	Project Description	Amount Requested [£]
*3376	Bermondsey Community Kitchen Inc London Community Kitchen	Bermondsey Community Kitchen	<p>Bermondsey Community Kitchen is a grassroots local non for profit community organisation. Our project has operated out of Bermondsey for the last several years providing a variety of services for our local community. However our support reaches across Southwark and because of this we are changing our name to the London Community Kitchen, so more people are aware of our services and are not excluded.</p> <p>This program provides free healthy nutritional homemade meals across the whole of Southwark. The continuing cost of living crisis is greatly impacting many local residents, with rising energy costs and grocery shopping prices rocketing, people will have to decide whether to heat their homes or eat. In some cases people won't be able to afford to do either. Our project will provide a lifeline for those most in need, families struggling financially, isolated elderly residents and vulnerable residents. It will provide them with a meal they haven't had to worry about how much it will cost to buy or even cook. It will be healthy, substantial and tasty. It will help to improve wellbeing and reduce stress.</p> <p>BCK will work with ward councillors, so that they can direct us to groups they already work with and advise how meals should be distributed. BCK will work with numerous local groups and TRA's to utilise the contacts they already have in the community to deliver the meals those most in need.</p>	£4,500
*3547	Dulwich Festival	Dulwich Festival 2024	<p>Dulwich Festival is an annual 10 day celebration of the arts, culture, history, and community of Dulwich and South-East London. In spring 2023 we celebrated 30 years of local arts provision for all ages, contributing to a cohesive & inclusive community for Southwark residents. We've developed a suite of much-loved free community programming items including public events, youth projects, exhibitions, the Goose Green Fair, gallery open days & our ever-popular Artist Open House initiative.</p> <p>We have also created a series of annually changing ticketed events, allowing local creatives from across the arts community to be paid to showcase their work in front of a live audience, and supporting local venues, cafes, pubs, restaurants, church halls, parks, schools and community centres. By platforming local talent and promoting the resources of our neighbourhood, Dulwich</p>	£8,000

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			<p>Festival contributes hugely to our local economy (calculated at £2.8mil in 2023) and strengthens the social capital of our communities.</p> <p>The festival has become an annual calendar highlight for Southwark residents and our 30th anniversary celebrations, including an exhibition of our history, showed how passionately local people feel about the opportunities facilitated by the festival. As we look to the future, we want to invest in more free programming that provides access to the arts for harder-to-reach groups, especially young people, artists from under-represented groups and local residents with protected characteristics.</p>	
3442	East Dulwich Community Centre	Open day	<p>We are planning an open day at the East Dulwich Community Centre, invitees to include local people and organisations, voluntary and faith groups as well as local schools. A focal point will be a mobile farm. This will benefit local children in a highly urban area who may not have ever been to a farm or met animals before Our aim is to raise awareness in the area of the Community centre and also the activities taking place there. We will invite our centre users to showcase their activities.</p> <p>The event provides free networking for the local community, enabling young/old to meet, the public and community group providers to meet thus furthering community cohesion. We hope to provide taster sessions from some of our users, which might be exercise, for those who may not have considered taking up exercise.</p>	£1,941
3319	Goose Green Coffee Morning	Goose Green Coffee Morning	<p>The Goose Green Coffee Morning (GGCM) continues to attract a regular healthy attendance. It offers an informal atmosphere for people to meet over a coffee and a cake. Regular activities also take place including singing sessions, crafts and a range of talks. In 2022, the GGCM exercise group, Strong and Steady, started. It is an evidence-based exercise programme which reduces falls risk and is led by a level 4 trained postural stability exercise instructor. Participants from the coffee morning, wider community and those finishing NHS exercise programmes attend. In 2023, we increased the number of classes to 2 per week to increase capacity. We are also in the process of setting up a gardening group that meets after coffee morning. We are working towards increasing self-sufficiency</p>	£5,220

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			<p>with 'Strong and Steady' and the gardening group, requesting less funding for this in 24-25.</p> <p>The GGCM seeks to provide a warm and welcoming place that combats loneliness and isolation and provides people with an opportunity to improve their health. We are constantly looking to expand the activities available to ensure there is sufficient variety to appeal to a diverse population. Our exercise programme is aimed at improving physical fitness, preventing falls and promoting functional independence and the activities such as gardening, gathering to chat and organised craft activities are proven to enhance mental, emotional and spiritual health. Current times are challenging with respect to cost of living and access to health and social care. In 24/25, we would like to continue with what works well and in response to GGCM guest feedback expand our offer aiming to hold two half-day courses on health and wellbeing, sessions on nutrition and introduce a Tai Chi class for older people.</p>	
*3485	Holistic Well Women	Self Care and Wellbeing Hub	<p>Self-Care and Well-being Hub</p> <p>The aim of the project is to improve mental health and well-being and reduce loneliness in the community.</p> <p>We are offering a safe space for people to come together and use creativity, social activities that would address well-being practice and support and enhance health and well-being. Our activities aim to bring people together to support each other through a peer support, creativity and building resilience. We are offering a range of unique range of workshops, Art Therapy, Creative Crafts Machine Embroidery, natural body products Well-being coaching and financial resilience Workshop. We will also offer green connecting in nature in local green spaces and the opportunity to go away for a short weekend break to Camber sands</p> <p>We believe that mental health and well-being will be improved along with Confidence and self-esteem so participants can cope with daily life stress to empower them cope in this unchanging and unpredictable times</p>	£6,500

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			<p>We will also hygiene products to support people in need and reduce hygiene poverty. We will train well-being connector's volunteers to support the project. We aim to sign post support and empower our community on a journey of hope, improved well-being using and Holistic approach to take the community on a journey rediscovery and peer support to each other We will also use the five ways of well-being for this project.</p> <p>5 ways to wellbeing</p> <p>Step 1 - Connect. Connecting with others can help us feel close to people, and valued for who we are. ...</p> <p>Step 2 - Get active. Many people find that physical activity helps them maintain positive mental health. ...</p> <p>Step 3 - Take notice. ...</p> <p>Step 4 - Learn. ...</p> <p>Step 5 - Give.</p>	
3307	Link Age Southwark Gentle Exercise Group	Gentle Exercise	<p>Our Gentle Exercise group has been running for a number of years. It was relocated to the United Reformed Church in 2022. The group is well attended with between 10-12 active group members. The charity's mission is to alleviate loneliness and reduce social isolation as well improving older people's physical health and mental wellbeing. The tutor who runs the group has specialist knowledge and experience in adapting the sessions to ensure that they are inclusive and accessible for those with complex health needs and/or issues with mobility. We provide transport to our sessions to encourage those with limited mobility to attend as well as encouraging them to leave their homes and spend time in the company of their peers, our tutor and our volunteers. The social aspect of the group is an important one as group members get to know each other over time and form friendships through attending the group. This helps to encourage people's attendance as they know that there will be people at the group who they know and this helps them to feel included and welcome. For many group members, the group is one of the main reasons that they choose to leave their home each week. At the end of the exercise session, the tutor hosts a small social catch up with the group where</p>	£4,960

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			<p>they spend time talking about what they have been up to and sharing stories about their week or about specific topics if there is useful information that we wish to convey to them. During the period of Southwark's warm spaces initiative we introduced a free lunch and social session in partnership with the United Reformed Church. Many of the exercise group members stay on for this and we have kept this group running through to this winter.</p>	
3103	My First 1000 Days	Yoga workshops for young people at risk of offending	<p>Due to a huge increase in the demand for our activities, we are applying for a small grant to run our project with yoga and self-defence classes for young girls, that come from vulnerable backgrounds, minority groups and that have been subjected or are at risk of domestic violence, abuse or social exclusion.</p> <p>Our classes are aimed for girls that come from extremely poor backgrounds and are not able to afford any paying activity. Girls and young women who experience abuse can suffer from symptoms such as dissociation, physiological regulation difficulties, and mood disturbances that might not respond to traditional interventions. Given the benefits of exercise and sport, we hypothesized that activities such as yoga and martial arts with a focus on self-defence would ameliorate the negative impact of abuse on psychological functioning. After working with teams of professionals, psychologist and local organisations that also offer support to vulnerable women, our findings suggest that frequent exercise practice might ameliorate the negative impact of abuse history on self-concept and coping skills. In addition, our findings suggest that women who incorporate yoga and into other areas of life could get the greatest psychological benefits. Our Project aims to encourage local girls and young women to realize their own potential, especially individuals experiencing isolation and social exclusion or minority ethnic women facing language barriers. Those taking part gain new skills and become more confident in their everyday lives, while becoming involved in the wider community. The project targets girls and young women who are socially isolated and may be experiencing mental health issues. It aims to empower individuals and encourage integration back into the community by building self-confidence through group activities as well as one-to-one support.</p>	£4,650

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3306	Nexus Education Schools Trust t/a Goose Green Primary School	"P is for Poetry" Mental Health Programme	<p>Thanks to last year's Neighbourhoods Fund, we currently offer the "P is for Poetry" programme to all of our children, encouraging them to engage with words and express ideas confidently. Theatre-maker Naomi Cortes use both classic and contemporary poems from around the world as the framework for workshops, encouraging pupils to speak clearly, convey ideas and develop vocabulary, while gaining confidence with reading/sharing aloud. The programme culminates with an end-of-term poetry assembly, enabling participants to recite/perform their class poems.</p> <p>The wonderful gift of poetry is how it makes us feel from within. Being able to climb inside the world of a poem enables our children to develop a sense of belonging and self-worth, creating positive experiences that they can reflect on when necessary. They tell us that, Remembering a poem and the actions that go with it helps me to feel calm and when I sit on my own and think about my class poem it relaxes me.</p> <p>Budget constraints dictate that we can only offer the programme to our KS2 children (aged 8 and above) without external funding. Last year's funding enabled us to reach almost twice as many pupils this year (all of KS1 and KS2), enabling us to offer a much-needed whole-school mental health intervention as an unprecedented time when there simply isn't enough 1-to-1 support available. During the pandemic, a number of pupils suffered with family bereavement, poverty, loneliness and mental health issues. Many pupils suffered due to over-crowded homes, anxiety and lack of access to school support (many did not take emergency school places offered or did not have electronic devices to access school work). Our aim is to help our pupils return to normality and process any trauma/anxieties they have suffered during the pandemic as the scars still affect our pupils deeply.</p>	£7,800
*3240	Phoenix Players	Phoenix Players Theatre Hire 2024-25	<p>Phoenix Players shows bring members and audiences together from across Southwark to help them find community, learn new skills and have fun.</p> <p>Our audiences, made up primarily of local residents, get to experience everything from new works of art written locally to former West End shows at community-friendly prices. They explore themes our community cares about - like love, neighbourliness, trauma and anxiety, workers' rights, austerity.</p>	£5,000

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			<p>Phoenix is different because we are not non-exclusionary - all local residents can join, no matter their talent, experience or background (most groups require a successful audition). We meet weekly and prioritise creating a safe space for self-expression and growth. A recent member survey showed the most common word member's associate with Phoenix is "inclusive".</p> <p>We are a Dulwich Wood group - it's where we rehearse most frequently, meet for socials that support local businesses, hire local artists to support us, and put on many of our shows - although we use other venues across Southwark based on cost and availability.</p> <p>With 40 years of experience, we know how to set up and deliver a show and what milestones to hit. However, recently all our outgoings have increased with inflation - particularly venue hire. Research of nearly 40 nearby venues saw average prices up 500% in 2023 compared to 2020. We cannot meet this cost ourselves without becoming unaffordable to local residents.</p> <p>Your help with venue hire costs for our next season would allow us to deliver another year of amazing shows in Southwark, and to focus on art and community over further fundraising. We believe we epitomise your aims as a local community led project that enhances inclusion, improves the neighbourhood and develops stronger communities - encouraging people from different backgrounds to work together and running projects that promote respect and consideration.</p>	
*3581	Platform Cricket (Tower Hamlets Youth Sport Foundation)	Dulwich Diamonds Cricket Club	<p>We will create a "Pop Up" Youth Cricket Club in Dulwich that will address the current inequalities in access to cricket, whilst supporting personal and social development.</p> <p>The hub will be open to any child aged 7-11 living in the area, but will be grown from a schools coaching programme (NOT funded through this grant) that will involve:</p> <ul style="list-style-type: none"> - Dulwich Hamlet; Goodrich; Goose Green; Harris Academy East Dulwich; Heber; Judith Kerr; St Anthony's; St John & St Clement 	£5,200

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			<p>Children from introductory activities delivered at each school will be encouraged/supported to migrate to evening/weekend activity which features physical literacy, fitness, strength & conditioning, team-building, problem- solving, nutritional workshops and social events, alongside the cricket content. The activity will utilise the Sports Hall at The Charter School (Jan-Apr) and Dulwich Park (May-Aug). The programme will also feature important competitive opportunities (leagues/cups/festivals) that provide a focus, support identity and allow opportunities for recognition/achievement. These events are also mechanism to get children travelling around Southwark, getting comfortable with new/different neighbourhoods and facilities, and forming new relationships with children from different backgrounds. It will also help to build a relationship with Dulwich Cricket Club, where the project aims to signpost children to from 11 years old onwards.</p> <p>Activities will be led by highly qualified coaches with youth work/mentoring experience, alongside participants' family members, local residents and local Sixth Form students who will be trained/qualified as Coach Assistants through the project.</p>	
3404	Roadworks Media CIC	Southwark Youth Justice Service	<p>The publication of a book, which will be launched at an exhibition that will screen a film production, hang canvass art, framed photographs and provide a stage for performance poetry. The book will feature the poems, art, and photography from a workshop, which will provide information about PTSD to young people who are at risk of offending or reoffending. Led by an ex-offender and gang member who can relate to issues that causes the condition to impact mental health. The information will be used to inspire, have discussion, break down boundaries, develop character and support growth for the young participants. There is a need to educate the most vulnerable in society, by helping them to become more aware and knowledgeable about a condition, which is likely to be impacting them will increase their awareness to boost self-esteem, confidence, and belief. Increasing their opportunities and supporting them to avoid crime, drug use and violent gangs. This will also provide a chance for residences from the borough to bridge communities and be immersed into a space that highlights a condition that impacts many despite race, gender, ethnicity, or background. The book will also be provided to the Eighty-Seven Primary and Forty-Two Secondary schools in the borough, so that every young person can read and see how the PTSD condition can be used to influence positivity. Providing</p>	£6,850

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			<p>a literal and visual tool that has the power to deter other young people from harming society, repair negative thoughts or emotions that provides ill informed decision making, but instead empower young individuals to understand their lives have purpose to create a vision and to build a life for themselves. A project like this will increase knowledge that residence and parents with young adults are being given opportunities to confront issues they are likely to have.</p>	
3296	Wild Ride Parenting	The Invisible Doula - Bridging Disparities in Maternal Healthcare and Supporting At-Risk Mothers	<p>The "Invisible Doula" project is a vital initiative aimed at providing comprehensive support to young, at-risk, and low-income mothers in Southwark who face significant challenges during pregnancy and early motherhood. These mothers often contend with financial constraints, limited healthcare access, and a lack of social support networks, leading to inadequate prenatal care and heightened risks during childbirth and the postnatal recovery phase. This situation is further compounded by systemic racism and implicit bias within the healthcare system, disproportionately affecting minority groups such as Black, Indigenous, and people of colour (BIPOC).</p> <p>The project is deeply needed, as research has shown that doula care can be transformative for women and their families. However, many mothers cannot afford, access, or are unaware of this crucial support. To address these issues, "The Invisible Doula" will provide free doula support, ensuring that these mothers receive the guidance, emotional assistance, and practical tools they require to make informed decisions for themselves and their families.</p> <p>Our project will involve leading sessions with mothers, enabling them to build personalised birth and postnatal plans, access practical and emotional support, learn about their options and rights, and make informed choices. Additionally, mothers will have the opportunity to create maternal memory journals to work through any elements of trauma while documenting and cherishing this special moment in their lives.</p> <p>As an ongoing informative resource, each woman participating in the sessions will be gifted a "Cradle for Life" micro learning deck to take home. These comprehensive, expert-checked information flash cards will serve as a valuable source of ongoing support, reference and guidance, further</p>	£2,782

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			empowering them with the knowledge and tools needed for a healthy and confident transition into motherhood.	
3142	Youth Learning Network Ltd	Route 2 Success 2 (R2S2)	The Route 2 Success (Parents Partnership Programme) is a yearlong project that we have put together to target working with children and young people from the African and African Caribbean and other minorities communities with complex and difficult needs within the communities especially those with poor attendance records, poor behaviour and other social needs and above all seeking to address the complexity of poor education attainments in core subjects like English, Science & Maths. These includes direct tutorials, parenting programmes to engage parents in respect to playing their parts both at homes and in their respective children and young people schools and colleges in helping raise aspirations and hope and help narrow the existing education gap that currently exist among the different groupings in the borough and made worse by the COVID - 19. Youth Learning Network has been delivering various projects within the Borough of Southwark over the past 16 years and have been very successful. We have been recognised as a key partner in the fields of supporting and delivering youth development projects and haven awarded numerous accolades in various fields and at different times.	£6,090

*3376 also applied in Champions Hill, Goose Green, Dulwich Hill, Dulwich Village, and Dulwich Wood

*3547 also applied in Goose Green, Dulwich Hill, Dulwich Village, and Dulwich Wood

*3296 also applied in Goose Green, Dulwich Village, and Dulwich Wood

*3240 also applied in Dulwich Wood, Goose Green, North Bermondsey, and Rotherhithe

*3296 also applied in Goose Green, Dulwich Village, and Dulwich Wood