

YOU'RE WELCOME TO DIVINE BUZZ



Akwaaba

Nabata

Ekaabo

Namaste

Maraba

Ndewo

Karibu

Bienvenue

Bem Vindo

JOIN OUR ACTIVITIES



+44 7951 922324

ONE STEP AT A TIME, PROGRESS BEFORE PERFECTION



Social Media: @divinelybuzz

Divine Buzz



Divine Buzz: Our Journey



GLL2019: Women's Exercise Group

- Initial formation, fostering fitness and community.



Local Parks, Daily (Mon-Sun)

- Shut down during COVID, but found safety and connection outdoors.

Divine Buzz Registered (20/10/2020)

- Formally establishing our vision and structure.



A Journey of Connection

- A social setting, A Safe Space to get health, bond and come out of isolation.
- Journey supported by many people coming along side us.
- Taking One Step At A Time watching our progress.



About Us



Vision

Divine Buzz is a community interest company (CIC) based in Thamesmead Moorings. Our goal is to alleviate isolation and loneliness and create a community where people work well together with few instances of solitude.



Mission



Our mission is to empower women, children, and their families through physical exercise, social and educational programmes that promote physical health, mental well-being, and personal development. A community where everyone feels welcome and included, regardless of race, colour, gender, or sexual orientation.

Strategy

Divine Buzz's strategy is to seek funding and collaborate with funding organisations, local governments, and philanthropies that share our vision. We also raise funds through local events and engage in small business, merchandising some of the arts and crafts products created by our participants. For example washable shopping bags, headscarves, beaded jewellery, bonnets, etc.



Funding



Raising Funds



Small Business/Merchandising

Children's Activities



After-School Club

- Tuesdays: Multi-Sports & Tutoring
- Thursdays: Enrichment and skill building.



Trips

It aims to expose children to new places and experiences, which will fuel their imaginations and help them understand the world outside their immediate surroundings.



Holiday Programme

Children's Holiday Food and Fun programme

Christmas Break: December

Easter Break: April

Summer Break: July

Adult Activities



Vocational & Short Courses

Sewing, Hair Braiding, Healthy Eating, RSPH
Understanding Health Improvement, Safeguarding, Health & Safety, Food Hygiene

Social Hour

It aims to provide a safer community space for women to meet, network, and form meaningful friendships while also sharing their experiences and challenges. Also, help reduces stress, enhances mental health, and fosters a sense of belonging in the community.

Physical Activities



Swimming

Morning Physical Exercises such as: Full body exercise, Pilates, and Cycling





Families

For food bags and celebrations,
check out our website!

[Divine Buzz Family](#)



Food Bags

Providing food support to families and vulnerable individuals

Celebrations



Celebrating national/international moments, strengthens family bonds, promotes unity, and creates cherished memories. Also offers opportunities to connect with new individuals, build meaningful friendships, and cultivate a supportive community.

After-School Club Photo Gallery









Intergenerational Performance













Public Health Director's Visit







Mayor's Visit





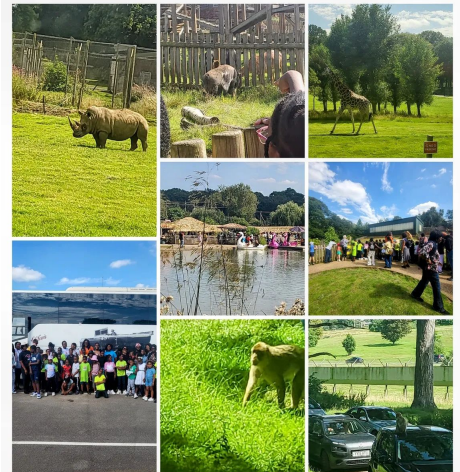


Trainings



Holiday HAF Programme





Women's Photo Gallery











Our Programme

Plan for 2026

Divine Buzz Activities

DIVINE BUZZ PHYSICAL ACTIVITY SESSIONS

TERM-TIME ONLY



MONDAY BEGINNERS SWIMMING

TIME - 9:30 - 10:30 AM

St. Paul's Church,
Bentham Road, SE28 8AS



TUESDAY STRENGTH EXERCISE

TIME - 9:30 - 10:30 AM

St. Paul's Church,
Bentham Road, SE28 8AS



WEDNESDAY PILATES

TIME: 9:30-10:30 AM

St. Paul's Church,
Bentham Road, SE28 8AS



THURSDAY FUN FITNESS CIRCUITS

TIME: 9:30- 10:30 AM

St. Paul's Church, Bentham
Road, SE28 8AS



FRIDAY INTERMEDIATE SWIM

TIME: 9:00 - 10:00 AM

Thamesmere Leisure
Centre SE28 8RE



MONDAY FOR BEGINNERS AND FRIDAY FOR INTERMEDIATES

LEARN TO CYCLE

START DATE AND TIME TO BE ANNOUNCED.

RIDE IN A GROUP WHILE CREATING UNFORGETTABLE EXPERIENCES TOGETHER. BIKES WILL BE PROVIDED. (SUPPORTED BY GREENWICH)



See more @ Divine Buzz

07951922324

St. Paul's Church, Bentham
Road, Thamesmead SE28 8AS



DIVINE BUZZ CHILDREN ACTIVITY SESSIONS

TERM TIME ONLY



TUESDAY MULTISPORTS

AGES: 4-16

TIME - 3:30 - 4:30 PM



TUESDAY AFTER-SCHOOL TUTORING

KS1, KS2 & KS3

TIME: 5:00 - 6:00 PM



THURSDAY EDUCATIONAL ACTIVITIES

AGES: 4-16

TIME: 3:30 - 5:30 PM

Learn to draw, make crafts, debate, etc



THURSDAY SKILLS BUILDING

AGES: 10-16

TIME: 3:30 - 5:30 PM

Learn to sew: Learn patch work, sew bags, scrunchies, and use the fabric to create many fashionable designs
Learn to braid: Learn to braid single plaits, twists, crochet, and other styles.



THURSDAY BAKING

AGES: 10-16

LEARN TO BAKE AND DECORATE DIFFERENT CAKES



See more @ Divine Buzz

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St. Paul's Church,
Bentham Road,
Thamesmead SE28 8AS



DIVINE BUZZ SWIMMING



MONDAY

TIME: 9:15 AM - 10:00 AM

TUESDAY

TIME: 8:15 PM - 9:00 PM

FRIDAY

TIME: 9:15 AM - 10:00 AM

Exceptions will be
announced

Learn to swim at
your own pace

Improve your health,
while having good fun

Learn new skills
with friends

Spend time in a fun,
supportive
environment

Every stroke is a step toward strength!

Thamesmere Leisure
Centre SE28 8RE

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Divine Buzz Activities

DIVINE BUZZ HAIR BRAIDING



Please contact us if you missed this session to find out about the next one.

Hair styling

Wig making

Crochet

Single plaits & twists

Add some fun and colour to your hair!

St Paul's Church,
Bentham Rd, SE28 8AS

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DIVINE BUZZ MAKEUP & SELF-CARE



Please contact us if you missed this session to find out about the next one.

Skin care

Gele tying

Makeup applications

Enhance appearance

Come and build your confidence in doing makeup!

St Paul's Church,
Bentham Rd, SE28 8AS

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DIVINE BUZZ



INVITES YOU TO OUR SEWING CLUB



FRIDAY
Term time only
TIME: 11 AM - 2PM

Pattern cutting

Learn to sew different styles

Learn to measure

Bring your old clothes for upcycling

St Paul's Church,
Bentham Rd, SE28 8AS

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Divine Buzz Activities

DIVINE BUZZ



INVITES YOU TO OUR
*Healthy Cooking & Baking
Sessions*

 **St Paul's Church,**
Bentham Rd, SE28 8AS
 **07951922324**



Maintain your own traditional food but adopt a healthy way of cooking and baking.

Please contact us if you missed this session to find out about the next one.



DIVINE BUZZ Social Hour



Women who come together, laugh together!
Empowering women with great conversations!
Celebrating each other, a step at a time.



Contact us to find out
about the next outing:
07951922324



DIVINE BUZZ



INVITES YOU TO OUR
FOOD GIVING



Please get in touch
with us to find out
about the next session.

Vegetables

Drinks

Fruits

... and more!

Please bring your bag!

 **St Paul's Church,**
Bentham Rd, SE28 8AS

 **07951922324**



*Enjoy our Heavenly
Taste of Africa's
Finest!*

Dine @ Divinely Buzz

"A Heavenly Taste of Africa's Finest!"



Experience the divine difference!



**Waakye, Jollof Rice, Piri Piri Chicken,
Spiced Fish, Kelewele, Shito
Accra plantain Fritters,
Home-made Biscuit, and many more.**

**A bowl of Wakye £10
Cooler of Jollof Rice £90
Cooler of Meat £100**

A tasty blend of traditional African flavours and healthy cuisines. Our signature dish combines nutrient-rich ingredient including wholesome grains, tender legumes, and fresh vegetables, seasoned with exotic spices that bring the soul of Africa to your plate.

Place your order and collect
07951922342.

[See more @ Divine Buzz](#)

**Venue: St Paul's Church,
Bentham Rd, SE28 8AS**

Connect to our Web Page & Social Media



DIVINE BUZZ | ABOUT US



DIVINE BUZZ | ACTIVITIES



DIVINE BUZZ | FAMILY



DIVINE BUZZ | INSTAGRAM



DIVINE BUZZ GOOGLE REVIEW



DIVINE BUZZ | FACEBOOK

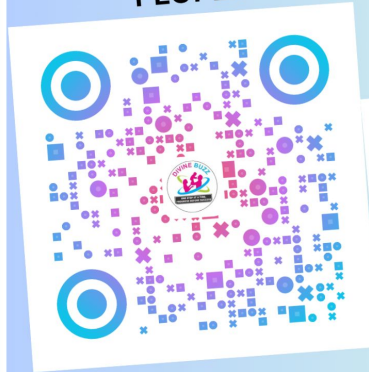
DIVINE BUZZ



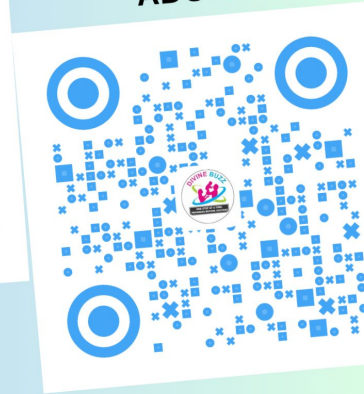
ONE STEP AT A TIME, PROGRESS BEFORE PERFECTION

THAMESMEAD REGISTRATION FORM

CHILDREN AND YOUNG
PEOPLE



ADULTS



Scan Code to Register



Recycle
Reuse
Plastic

Climate change comes from a variety of things such as:
 Green house gases
 Famine and drought
 Methane from 2025
 CO2 from old trees
 Smoke from chimneys
 Smoke from cars
 Brown from acid
 Fossil fuels
 factories etc

CLIMATE CHANGE KILLS

Climate change can pollution has a very large effect on people's lives. It has large effect on the oceans, rivers & grasses. Many it might change is needed.

Recycle
Reuse
Plastic

We should learn not to harm earth

Climate Change can have many impact on our daily life

Recycle
Reuse
Plastic

This is what we need to do. If you don't stop we will be in trouble.

Climate change is BAD!
 give people what you don't need

Don't litter because you not upsetting you not upsetting the planet

Thank You

For Watching

SUPPORTED BY
BBC
**CHILDREN
IN NEED**

