



# Welcome Pack

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Phone: 07951922324

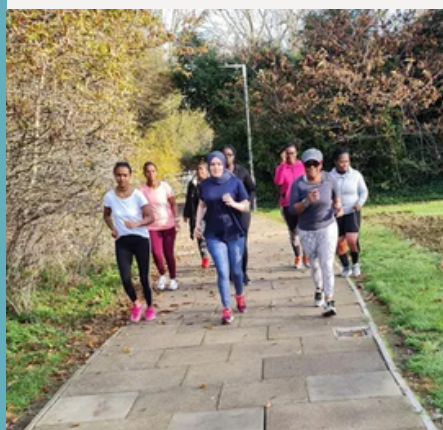
Company registration number: 12961633



**Welcome to Divine Buzz. We hope this welcome pack answer any questions that you may have regarding the sessions and activities that we offer.**

## EMPOWERING WOMEN AND FAMILIES

- Empowering women to, build a better Future.
- Here every one is welcome and supported to thrive.
- Unleashing your potential you never knew you possess.
- Embrace the community don't live in Isolation.
- We dream big and seek to achieve.



# About us

Divine Buzz is a community interest company (CIC) in Thamesmead Moorings. We aim to eliminate isolation and loneliness, creating a collaborative and connected community.

## **Vision**

We envision a supportive community free from isolation.

## **Mission**

Our mission is to empower women, children, and families through programs that promote physical health, mental well-being, and personal development, ensuring inclusivity for all.

## **The Challenge**

Thamesmead Moorings, part of the Royal Borough of Greenwich, faces significant deprivation. With 50% of the population from BAME backgrounds, the community struggles with issues like job scarcity, health problems, and language barriers, worsened by COVID-19 and now rising cost living.





# Our Rich History

Hi, my name is Ellen, and I am the founder of Divine Buzz. Over the past two years, our dedicated team has worked tirelessly on numerous funded and non-funded projects. Throughout this journey, we've faced both highs and lows, particularly during times when funding was scarce. These experiences have equipped us with invaluable skills and knowledge. We have become adept at budgeting and making the most of limited resources. Our approach is collaborative, involving participants in our projects to maximize impact. Our team is composed of individuals with excellent interpersonal skills; we are outgoing, effective communicators who connect well with the general public. Our creativity shines through in our problem-solving abilities. Above all, we are welcoming and accepting, treating everyone with dignity and respect regardless of race, gender, age, religion, or sexual orientation. As the founder and a community member, I have a personal stake in our programs. My own experiences with isolation, loneliness, discrimination, and limited opportunities for community engagement have fueled my passion for this work. I believe strongly in the importance of early community interventions for children, as there are currently few opportunities for them to engage in activities outside of the school curriculum.

In forming Divine Buzz, I reached out to a group of remarkable community leaders who shared my vision and were eager to join me in making a difference. Our team members bring a wealth of diverse experiences, including:

- A Multisport Coach
- A Community Researcher
- A Health Visitor
- An Equality and Diversity Officer
- A Stay-at-Home Mother
- A Financial Planner
- A Children's Home Manager
- A Radiographer
- A Community Nurse



These varied backgrounds have enriched our approach and strengthened our ability to serve our community effectively. Together, we are committed to addressing the challenges our community faces and creating meaningful opportunities for engagement and growth.



# DIVINE BUZZ PHYSICAL ACTIVITY SESSIONS 2024



**TERM-TIME ONLY**

**MONDAY**

## STRENGTH EXERCISE

**TIME - 9: 30 - 10: 30 AM**

**FOOD & DRINK**



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

**WEDNESDAY**

## FUN FITNESS CIRCUITS

**TIME: 9: 15 -10: 15 AM**



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

**THURSDAY**

## PILATES

**TIME: 9: 45 - 10 : 45 AM**



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

**FRIDAY**

## LEARN TO SWIM

**TIME: 9: 00 - 10: 00 AM**

**SWIMMING WITH AN INSTRUCTOR (SUPPORTED BY GREENWICH)**



**Thamesmere Leisure  
Centre SE28 8RE**

**SATURDAY**

## FAMILY RIDE

**START DATE AND TIME TO BE ANNOUNCED.**

**RIDE WITH YOUR CHILDREN WHILE CREATING UNFORGETTABLE EXPERIENCES  
TOGETHER. BIKES WILL BE PROVIDED. (SUPPORTED BY GREENWICH)**



**07951922324**

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





**Divine Buzz invites you to:**

# **HAIR BRAIDING MAKEUP & SELFCARE**

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



**WEDNESDAY  
Term time  
only**

**Learn to do nails**

**Wig  
making**

**Make-up**

**Single plaits &  
twists, Crochet**

**Come and let us learn new skills and make  
new friends.**

**CONTACT  
07951922324**

**SEE MORE AT:  
Divine Buzz**







# **DIVINE BUZZ INVITES YOU**

## **Amazing fashion oriented super stars to the Divine Buzz Sewing Club**

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



**FRIDAY**  
**Term time**  
**only**

**Pattern  
cutting**

**Learn to sew  
different styles**

**Learn to  
measure**

**Bring your old clothes  
for upcycling**

**CONTACT**  
**07951922324**

**SEE MORE AT:**  
**Divine Buzz**



**TIME: 10:30 AM - 1:30 PM**



**DIVINE BUZZ INVITES YOU**

**to our 4 weeks**

**Healthy Eating & Cooking Sessions**

**Starts: 12/11/2024**

**Tuesdays : 11am - 1pm**

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



**Maintain your own traditional food but adopt a healthy way of cooking**

**SEE MORE AT: [Divine Buzz](#)**

**Contact us to reserve your space: 07951922324.**

**If you missed this session, please call to find out about the next one.**



# sessions



## **Sewing**

Learn to use a sewing machine, cut your own fabric & a great opportunity to get creative while using new & recycled materials



## **Hair Braiding & Make up**

Learn to braid & do make up to start your own beauty career



## **Digital Skills**

Whether it's creating your cv, or learning skills for everyday life, these sessions will be beneficial



## **Healthy Eating, Baking and Cookery club**

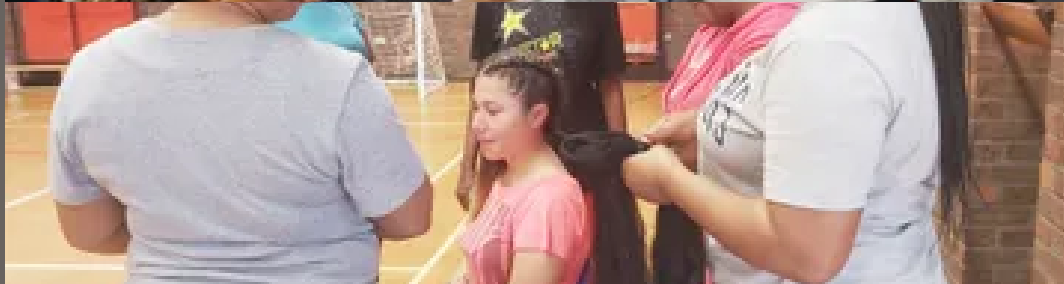
Learning to make some behavioural changes to your food. Taking a step at a time and working toward a better health.



## **Courses**

Different courses to upskill yourself or to help find employment







## VOCATIONAL SKILLS

- Hair braiding and Make up
- Making Jewellery with Beads
- Sewing
- Digital Skills
- Healthy Eating
- cookery
- Baking
- Courses

**Please note, All sessions listed above are term time only.**

**Date and time are also subject to change. Please look out for more information about this sessions on the Divine Buzz WhatsApp group.**

# Our Code of Conduct

## Behaviour rules and expectations for club members

**Respect:** All members are expected to show respect to one another, club staff/volunteers, and property. Disrespectful language or behaviour will not be tolerated.

**Participation:** Active participation in scheduled activities is encouraged. Members should strive to be engaged and contribute positively to the club's community.

**Safeguarding:** Safeguarding is our primary focus. Members must adhere to all safety standards and instructions provided by club staff and volunteers. If members refuse to follow instructions, they will get a warning on the first incident and might be permanently excluded from the club if safeguarding policies are broken again.

**Bullying:** Bullying, in any form, is completely prohibited. We are dedicated to providing a friendly environment in which all members feel welcome and safe.

**Punctuality:** Timeliness is important for the smooth operation of club activities. Please ensure you arrive on time to afford a smooth running session.

**Equipment:** Participants must handle all pieces of equipment safely and with extreme caution. It is important not to damage or abuse the resources and equipment provided.

**Abuse:** No form of abuse will be tolerated from any member. Anyone who abuses a member of staff/volunteer or other members will be permanently excluded from the club.

**Inclusivity:** We celebrate diversity and are committed to creating an inclusive environment for all members, regardless of race, ethnicity, religion, sexual orientation, or ability. Everyone should feel valued and included in all activities.

**Confidentiality:** Members must respect the privacy and confidentiality of other members. Any personal information shared within the club must not be disclosed without permission.

**Support:** We encourage members to support one another, offering help and encouragement. A positive, uplifting environment helps everyone achieve their goals and fosters a strong sense of community.

**Feedback:** Constructive feedback is essential for the growth of the club and its members. We welcome suggestions and ideas to improve our activities and programs. Members are encouraged to voice their opinions respectfully and thoughtfully.

**Health and Wellbeing:** Members should prioritize their health and wellbeing by engaging in activities that promote physical, mental, and emotional health. If you feel unwell or unable to participate, please inform the club staff promptly.

**Commitment:** We encourage members to commit to their personal development and the club's activities. Regular attendance and active participation are key to making the most of the opportunities available.

**Communication:** Open and respectful communication is vital. Members should express their needs, concerns, and ideas clearly and listen to others with empathy and understanding.

# Monthly Dues

Monthly payments of £10 per family will be required to assist us raise funds for our services. If you are having difficulty paying, please let us know.





# DBS DISCLOSURE

At Divine Buzz, the safety and wellbeing of your child are our top priorities. Consequently, it is our policy that every adult who works directly with your child undergoes a 'DBS disclosure.' This ensures that all adults holding roles within our organization have been thoroughly DBS checked.

## GENERAL DATA PROTECTION ACT (GDPR)

Divine Buzz complies with current data protection laws and principles, including the EU GDPR effective from 25th May 2018. These principles ensure that information is:

- Fairly and lawfully processed
- Processed for limited purposes
- Adequate, relevant, and not excessive
- Accurate
- Not kept longer than necessary
- Processed in accordance with individuals' rights
- Kept secure
- Not transferred without adequate protection
- 

Divine Buzz recognises that these principles apply to both paper and electronic record-keeping systems. Information will not be disclosed to any other party without the specific permission of the person to whom it relates.

Any person may request that their details be removed from our records at any time, or request a copy of their information at any time.

Divine Buzz.com is not a government protected database with Police Access.

# Health & Safety

**At Divine Buzz, our general policy is to:**

- Safeguard young people and staff during all activities, on-site and off-site.
- Control health and safety risks from our activities.
- Consult employees on health and safety matters.
- Provide and maintain safe equipment.
- Ensure safe handling and use of substances.
- Offer information, instruction, and supervision to employees.
- Ensure employees are competent and adequately trained.
- Prevent accidents and work-related ill health.
- Maintain safe and healthy working conditions.
- Regularly review and update this policy.

## Safeguarding

At Divine Buzz, we follow the 'Young People First' policy, also known as the 'yellow card' policy. This policy is highly regarded by child protection agencies and trusted by thousands of parents.

Our policy is to safeguard the welfare of all members by protecting them from physical, sexual, and emotional harm. Divine Buzz is committed to:

Prioritising the interests and well-being of young people in all activities.

Respecting the rights, wishes, and feelings of young people.

Taking all reasonable steps to protect them from abuse.

Promoting their welfare within a relationship of trust.

All adults aged eighteen or over, regardless of their role, are responsible for implementing this policy at all times.

**you can find our full policies on our website:**

[www.divinebuzz.co.uk](http://www.divinebuzz.co.uk)

## Directors



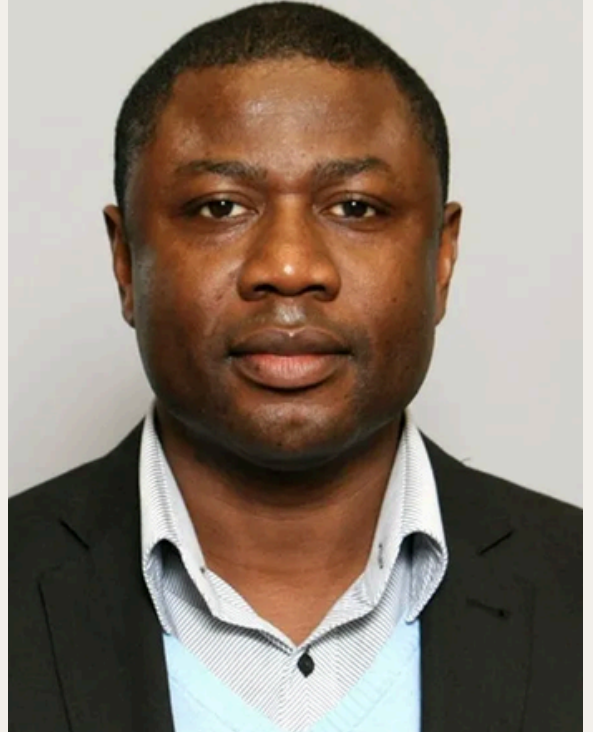
**Grace**



**Ellen**



**Rose**



**Richard**





Carla



Mr Forson



Deborah



Susanna



Esther



Rahel



Pat



Margret



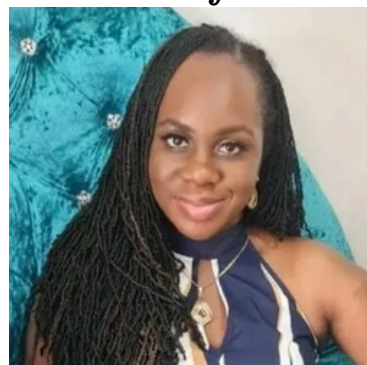
Katty



Mary



Kimi



Gifty



Gift



Adetunji

# We look forward to meeting you soon.

If you have any further queries or concerns, please do not hesitate  
to contact us: via WhatsApp or call us on 07957266097





# DIVINE BUZZ

COMMUNITY  
EMPOWERMENT  
FITNESS



Everyday is a good day!

## JOIN US

