



Divine Buzz in Partnership with the Mayor of London

About Us

Vision

Our vision is to reduce isolation and loneliness and work toward a cohesive, integrated community 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.



Our ethos



- Supporting the lonely and isolated to meet new people, form friendships and connect to our wider community.
- Selfless attitude, belief in everybody, and creating individual true success story.
- Standing firm, one step at a time, progress before perfection.
- Have fun while acquiring new skills and knowledge
- Working together with others to build a better and stronger community for all.

Family Empowerment

Kids Activities

The objective of this project was to support children from primary to secondary school to understand the importance of physical exercise through regular participation and awareness sessions

Physical exercise sessions:

The physical activity included football, basketball, cricket, skipping, jumping, running, jumping jacks, squats, hula hoops, jump rope, ball toss (with a partner), tug of war and dancing.

Educational programmes: They learned about the physical body, how it works and the need to be constant active. It gave the children understanding of the importance of daily exercise, 5-a-day, reducing sugary snack, and the impact it has on their overall wellbeing.

Women's Activities

The aim for the women was to support them integrate in the community, build self confidence, look after their wellbeing, gain skills and knowledge that can create opportunities for employment

Healthy eating sessions: They learned how to use the Eatwell guide to make good choices when shopping for groceries, measure ingredients and using the right amount, for example, salt, sugar and oil

Sewing club: The women learned how to stitch, cut and sew various items such as skirts, aprons, washable shopping bags, bow tie and head scarf

Hair braiding club: Here, the women learned and practised different hair braiding styles and wig making which some have gone on to use these skills to benefit their families and friends

Children and young people's physical activities

The children enjoying different types of physical activities including football, relay running, hula hoops, ball tossing

They participated in choosing some of the activities that they enjoyed the most



Children and young people's educational programmes

In the educational session, the children gained knowledge and understanding of a good balanced diet using the Eatwell Guide.

They learned about how much sugar and salt are in our everyday drinks and food. For example, on the left here, the children matched the number of sugar cubes in each can of drink. They were very surprised the amount of sugar a can contains

We also held hair braiding sessions where the children learned and practised different hair styles for example braiding, and cornrows

In the sewing sessions, the children and young people made various items such as hair bands, hair caps and scrunchies. They also learned to hand sew and fix things like buttons

Good job from our young participants



Showcasing the arts and crafts creations

Young people and the women exhibiting some of their art and craft creation

We sold some of the creations such as wig caps, aprons, headbands, art pieces and scrunchies during our Black History Month celebrations

Proceeds from the art and crafts sale will go towards buying more materials for extra arts and crafts sessions



Exercise and healthy eating activities



The women took part in daily exercise sessions that improved their overall fitness

We also provided healthy eating and cookery sessions where they learned about the importance of using the Eatwell Guide also, how to reduce the amount of salt, sugar and oil in their diets by measuring



Together, we made a few healthy dishes that we enjoyed together and the women were quite surprised how good they tasted and said they are definitely going to incorporate them in their cooking

Together we are stronger!

Hair braiding and Sewing sessions



The women learned about different hair textures and how to choose different products for different hair types

With their gained hair braiding skills, the feedback we have received is that the women are using the skills to help their friends and families save money

We had equally successful sewing project with the women. They can now cut and sew simple skirts among other things as shown in the picture. The next stage for them is to be able to cut and sew more challenging pattern.

The women's progress in both sewing and hair braid were remarkable.



Children Gallery Activities



Women Gallery Activities



It is all about building better community for all!



What we have learned



We learned that there is more need in the community for projects like this.

Early intervention is essential for children and young people with regards to social issues.

For the children and young people, these sessions are crucial in providing them with a good foundation particularly improving one's health and well being.

All together, a sense of pride and belonging!

What would you do differently next time

Some of the things that we would do differently are:

- Try and incorporate some weekend sessions where possible for parents and carers who work full time
- Try and secure rolling funding so that we can engage with more community members
- Recruit more volunteers from the community to assist



What the children, young people and women are saying

I have really enjoyed my hair and sewing classes so much. I came in as a novice to both classes and I can comfortably do simple projects in sewing and make neat and presentable hairstyles for my daughters. I look forward to joining more classes as made available. In addition, I have made friends which has helped and made classes real fun and mentally helpful.
Rita

Yes I'm happy to come here and I make friends and learn some skills which is very good and important, because I want to work in the future with the skills I learn from here.

Drive Buzz have been amazing. It has made me more sociable & I have met new people & made friends. I am more confident in interacting with people. I have also been able to learn some skill to do hair.
H2

My son Ebubechukwu enjoys the kids session. He enjoys the painting, playing with other kids. He learns from the situational talk, safety lectures & also enjoyed learn the new things been taught.
Thank you - Alex & Ebubechukwu

I have really enjoyed the hair and food section so much that I am willing to come back for more classes, reason is that I can make some hair on my girl now without looking for hair maker anymore ~~and~~ much more manage my cooking. In addition this class has introduced me to the reality of life and I have to say that I am grateful to my sister Eileen for more grace and love, soon again.
Abosede

I met a lot of friends and feel very welcome it's a good place to learn and I'm happy to come anytime.

The difference the project made to the community



The sessions have made an impact in the community

The project provided healthy eating, physical exercise, vocational skills for our children, young people and the women in the community. The healthy eating sessions impacted positively on the participants and now they have adopted healthy way of cooking. They also learned about food labelling which will help them to make better and health choices during food shopping.

The physical exercise and education activities have helped the young people and the women to understand the importance of daily exercise, and as a results the number of women attending our daily exercise has increased significantly

Additionally, the sewing, brading and arts and crafts clubs projects have given the young people and the women a lasting skills which they are now using to help friends and families. Also, some of the creation was sold to support the community projects we are doing.



A memorable day!

The project provided opportunity for us to signpost the community to

Concluding remarks

Divine Buzz is a community charity that supports and empowers women and children through physical, social and educational programmes to come out of loneliness & isolation. Our mission is to alleviate loneliness & isolation from our community. We believe no one should live a life of solitude.

→ Milestones

The funding had enabled us to make impactful contributions in the community bringing children, young people and women from different backgrounds together to promote community cohesion and a sense of belonging

→ Highlight

Our highlight was seeing participants from different groups in the community involving in the cookery sessions, making healthy dishes, sitting and eating together and sharing their views about the food and how they are going to adopt the healthy methods of cooking their traditional dishes.

→ Support

Divine Buzz is thankful for the funding from the Mayor of London in supporting our community. It is from such funding that some of our participants can gain life changing knowledge. We also thank our management team, our staff, volunteers, and participants

→ What's next?

We are inspired by the number of participants, the impact on the community, and the positive feedback and encouragement that we are getting, and we hope to continue delivering more activities in the community

Working together for a stronger community



LET'S DO THIS!

One step at a time, progress before perfection

Read more at <https://divinebuzz.co.uk/>