

Divine Buzz Fitness



We stand together

To support our community to live an active and healthy lifestyle, thus improving their physical and mental wellbeing.

This work would not have been possible without the support of our partners.

About Us

Here at Divine Buzz Fitness, we offer free exercise sessions and other social activities through public funding, in order to support local women and children to get active, improve their lifestyle and mental wellbeing.

We are driven to encourage more women and children from different ethnic backgrounds to come out of isolation, get active, alleviate loneliness and stress. Also, they can benefit from social connectivity.



Exercise for the body, mind, and soul!



- Have a selfless attitude, believe in yourself, and create your own true success story.
- Stand firm, one step at a time, progress before success.
- Let's work together to build the core of your muscle groups and set a course for self-maintenance and care.
- Meet new people, form friendships and connect to your wider community.

Create Your own story!

(With a little help from us)

High/low impact/endurance

These are outdoor and indoor sessions. We'll go running, skipping, and we'll engage in low-impact exercise and fun games.



Divine Buzz Fitness organises workshops and skill-sharing events.

→ What

Social Programmes such as

- ◆ Talks on Mental health
- ◆ Healthy Eating
- ◆ Presentation skills
- ◆ Debate/Reading

→ Who

- ◆ Women and Children



Make up Workshop

The gracious facilitator engages the women as they learn make-up tips while enjoying each others' company.

Building a strong community spirit.

Building skills and knowledge

Developing relationships

Sewing Workshop in action

The awesome facilitator guides women to build their skills and knowledge.

Cannot wait for the next session to practice what they have learnt, they say.





As well as exercising together, the group has become a kind of sisterhood, where we support and encourage each other.

Hair Braiding Session

Ladies discovered hidden talents as they learned how to braid

Quick Learners

Friendly facilitator, understanding exactly what the women needed to succeed.



Group Walks

In partnership with the Mason Mile Foundation, we take groups walks for fitness and better health.

Step by step from the couch and build up to a mile.

Meet new families and have fun!



Healthy Eating course



The women attended an online healthy eating session with City Lit and made healthy foods to share.

The women enjoyed making and sharing the salad.

CITYLIT



Our work towards Covid-19

The women of Divine Buzz Fitness have contributed towards spreading the word about the Covid-19 vaccination programme by distributing leaflets to households and on car windscreens.

Benefits

- Encouraging residents to go out and get vaccinated
- Contributing to community sensitisation



Sūpporting each other

Divine Buzz Fitness encourages its members to support each other in times of need with contributions varying from:

- Advice and social support
- Tangible contributions such as food and clothing

Benefits

- Members feel uplifted and supported
- Enhanced community spirit
- Better society

Community spirit - The ladies donated some baby items for a new mum





Children loved it as it was so much fun.

Kids Talent show

One of the mums as a Judge gave great feedback to the children.

“J, I was impressed at the amount of confidence, you excelled at your 12 x tables, yet you are just in year 1. Wow, well done, you get my full 5 points!!!”

“Ohhhh Jo!! You sang so beautifully, the voice is definitely there however, I gave you 4 points because you did not let yourself go. Next time, relax and enjoy yourself so as to take it to the next level.”

Tāks on Mental health

The children at one of the mental health sessions

The children read books about mental health and discuss their feelings for example how they have been affected by the ongoing Covid pandemic.

The children resonated with each other experiences and this helped to realise that they are not alone

Children felt supported and happy that they were able to share with each other.

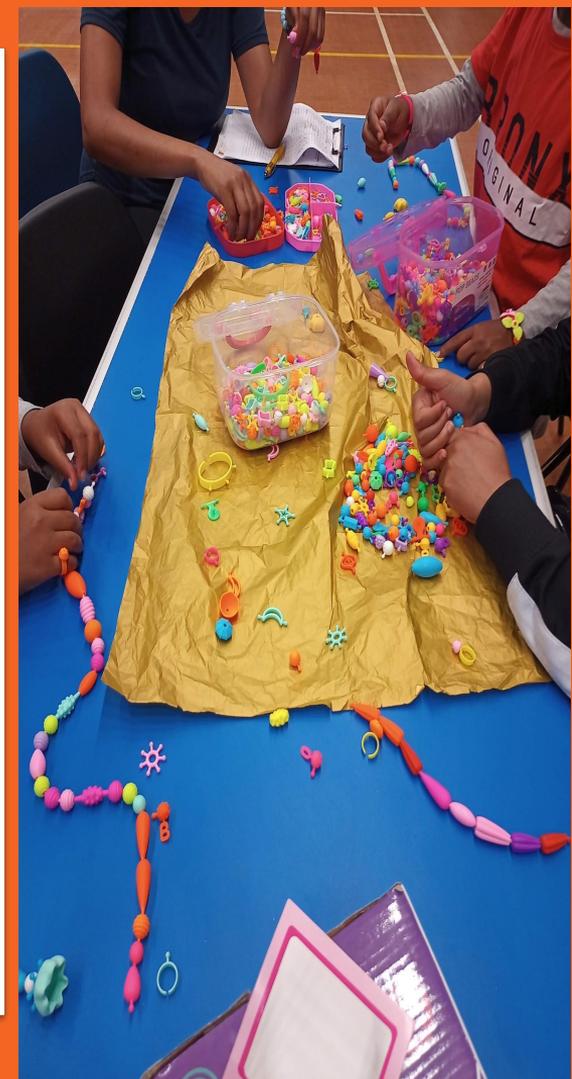




Arts and Crafts

The children enjoyed different types of arts and crafts sessions

- **Make your own**
Each child had a chance to create their own piece of crafts and jewellery
- **Creative**
The children enjoyed creating different types of items such as bracelets, headbands, and animated characters



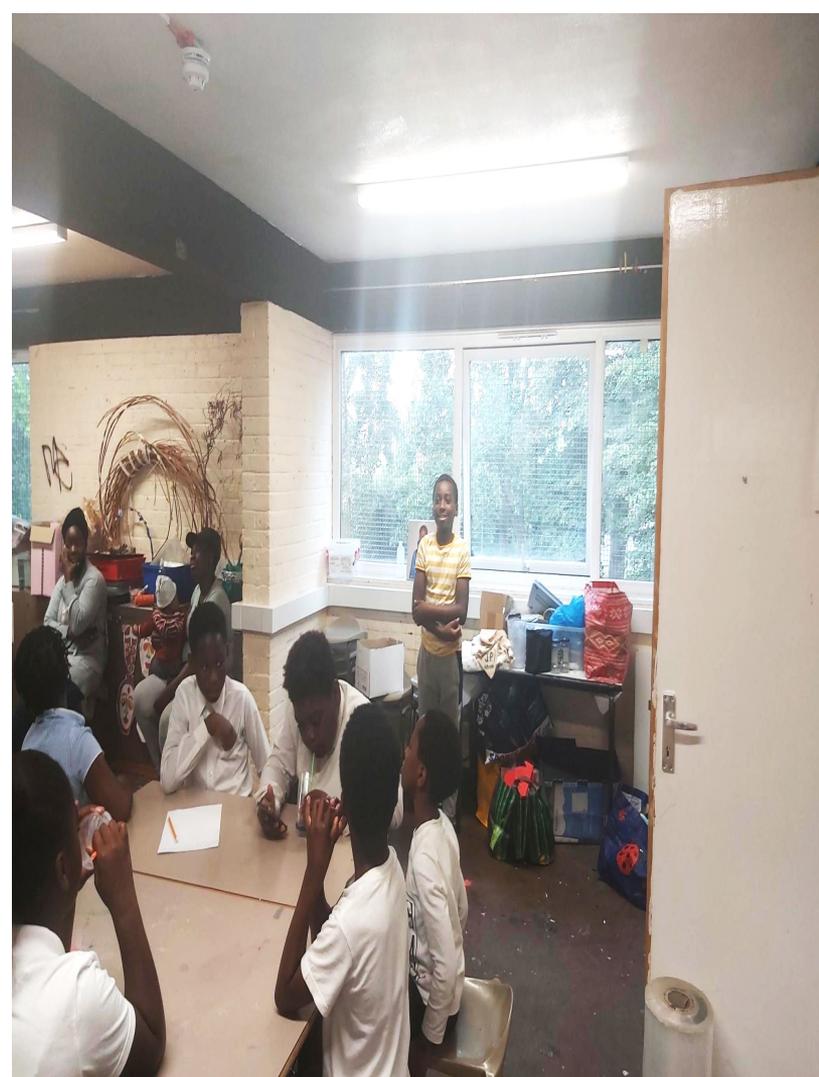
Debating club

The children debated on different topics such as;

- Homeschool learning versus school setting learning.
- Pets should be allowed in school versus pets not to be allowed in school.

Benefits

- The children built their confidence
- Made new friends
- Learned how to politely agree to disagree.





Safe place for families to relax and make family moments!



These free sessions give families and children something to look forward to within their locality since some cannot afford payable sessions.

Summer holiday trips



They left their regular environment and visited places they might have never been before for example, O2, Farm, Greenwich Meantime, cinema, and London Museum in Docklands which increased knowledge of their surroundings and the world.



Read more about Divine Buzz Fitness at <https://divine-buzzfitness.com/>

The sessions have become a safe place for all to enjoy themselves and also improve their overall well-being.

For some of the parents, the program is very important as it is the only way to keep their children occupied during term-time and particularly during the holidays/non-term-time.

It is a place where they have the opportunity to learn practical skills, get information to access the right services, and form lasting friendships.

These services are vital for women who are experiencing issues like domestic violence, language barrier, immigration, stress, and anxiety.

It is a place for them to learn about other cultures and why it is important to respect different cultures. They also benefit from physical activities to lose weight.

Thamesmead Moorings have issues that are mostly associated with any in the city-deprived area typically unemployment, low income, and health issues.

So it is crucial to have these sessions available for those families.



Milestones

October 2020

Divine Buzz Fitness started with fitness sessions for women

May 2021

Divine Buzz Fitness introduced other social activities such as children's fitness sessions, debating club, cultural sessions, hair, sewing and make-up.

2020

2021

April 2021

Divine Buzz Fitness was funded by the Royal Borough Greenwich (Public Health) following a community voting day

September 2021

Divine Buzz Fitness alongside other community charities was recognised by Greenwich Council and the Thamesmead Delivery team for their efforts in supporting the community in the wake of the Covid-19 pandemic.

What the members are saying

Divine Buzz Fitness has helped me not only in achieving my recommended weekly work outs but also in engaging with fellow women and mothers and this has contributed towards our overall growth.
Catherine T.
September 2021

My Name is stella
I joined the Divine Buzz fitness at a very difficult time in my life. The group has improved my health and general well being. (cheers!!!)

Teaching the ladies the use of sewing machine the parts, how to sew in a straight line, zig zag and ultimately making their own personalized face masks was totally amazing. The ladies loved it and it brought everyone together relieving stress off them and overall improving their mental health. A big thanks to Divine Buzz fitness for putting this together.
Ola

My name is macys fitness joined Divine Buzz few months ago and it has really improved my general wellbeing and also make me have the opportunity to engage with my kids outside of the house and also been a single mum I have met very good people here and also Ellen has been of great support but outside of the group and inside too.

Teaching the ladies the use of sewing machine the parts, how to sew in a straight line, zig zag and ultimately making their own personalized face masks was totally amazing. The ladies loved it and it brought everyone together relieving stress off them and overall improving their mental health. A big thanks to Divine Buzz fitness for putting this together.
Ola

~~being~~ the Divine Buzz group was very amazing to me and my family during the holiday and my family had fun, going out with the group want to so many places, like the farm, children want for activities played games, just fun at home all thanks to Ellen for the work she has done for the group at large. And bless you and thank you all the way in Jesus name
Amure

Concluding remarks

Divine Buzz Fitness is a community charity that supports and empowers resident women and children. Our goal is to support each other through fitness sessions and social programmes.

→ Milestones

Since its inception, the number of participants has been growing from strength to strength. Currently, there are ninety children and over seventy women who have registered and are taking part in the various activities. The sessions have become a safe place for all to enjoy themselves and also improve their overall well-being. Both the women and children can not wait for the next session.

→ Highlight

One of our highlights is visiting the O2, children and parents were particularly excited to ride the Cable Car across the river. During the river crossing, some of the children were scared, while others were screaming with excitement.

→ Support

Divine Buzz Fitness continues to thrive with the support of our partners and community funders.

→ What's next?

The project is inspired by the number of participants taking part in each session and the positive feedback and encouragement we are getting from the participants. We hope to double the number of participants as well as acquiring the new funding.

LET'S DO THIS!