

Divine Buzz in Partnership with The National Lottery Fund



Family Project

We partner with the National Lottery Fund

To improve the lives of women and children through physical exercise, wellbeing workshops and personal development.

This work would not have been possible without the support of the National Lottery

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 the wider community
- Selfless attitude, belief in oneself, 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 to build the core of our muscle groups and setting course for self-maintenance and care.
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Project Activities

Children

- Multisports and fun games
- Debating/reading/mental health talks
- Arts/Crafts
- Cultural programmes
- Monthly birthday celebrations
- Trips

Women

- Physical exercise sessions
- Hair braiding/make-up
- Sewing workshop
- Cookery/healthy eating sessions
- Round the table talks

Children Multisports and fun games

Working towards better healthy future

Children & Young People having fun and being active in:

- Running
- Musical chairs
- Skipping
- Hula Hooping
- Football
- Stretches



Children Debating/Reading/mental health talks

Sessions in Progress

- Home schooling versus conventional schooling.
- Debate on climate change and its effect on the planet.
- Lockdown effect on mental health

The children shared their feelings about settling back into school after covid.



Children Educational activities

Engagement with professionals during visit.

- The Fire Brigade
- Metropolitan Police
- First Aid trainer

The children took turns for practical trials in all the activities.

The children learnt about how to react in case of a fire, how the police keep our neighborhoods safe and also what to do in case of a minor accidents.



Children Arts/Crafts

Make your own

- Create your own masterpiece

Creative

- Go wild with their imagination

The children got creative by using arts and crafts to communicate different topics such as:

- Climate change
- Family tree
- Mother's day
- Easter





Children Cultural programmes

Having fun learning about cultural and heritage



Children enjoyed:

- Dancing
- Music
- Drumming
- Story telling
- Games
- Dressing up



Co-operate monthly birthday celebrations

Celebrating important milestones





Families Trips

New environment
New experience

They left their regular environment and visited places they normally would not have visited for example:

- Maritime Museum
- Mudchute Farm
- Docklands Museum
- Trafalgar Square

Women

Physical exercise sessions

Working towards better healthy lifestyle

The physical exercise sessions are a great way for the ladies:

- To keep fit
- Support each other to better physical and mental health
- Bonding & Friendships



Women Hair braiding/make up

Learning Vocational Skills

The ladies engaging in hair braiding and make-up tips while enjoying each others' company. These sessions help the ladies to:

- Build skills and knowledge for possible employment opportunity
- Build a strong community ties
- Develop self confidence



Women Sewing workshop

Awesome

Imagination, creativity & skills building

The ladies using their new found skills to create and make dresses, tops and variety of accessories such as handbags, and hair scrunchies

Some of the items made from the sessions are on sale and we intend to use the profits to buy more materials and treat the ladies to a lunch to celebrate their hard work.



Women Cookery/Healthy eating sessions

Community Partnership Work

Greenwich Co-operative Development Agency (GCDA) provided cookery and healthy eating sessions for the ladies

The ladies learnt:

- Choosing healthy options
- Using the eatwell guide to measure food portions
- Learning to adapt their traditional food to healthier choices for example swapping palm oil for olive oil
- Cooking with less salt
- Reducing sugar



Women Round table talks

Supporting each other

During our round table talks, we encourage;

- Honest and open conversations
- Networking
- Shared experiences
- Advice and social support
- Tangible contributions such as food and clothing

Benefits

- Community integration
- Coming out of loneliness & isolation
- Breaking barriers



Women's educational courses

Personal Development

The ladies working hard and completing;

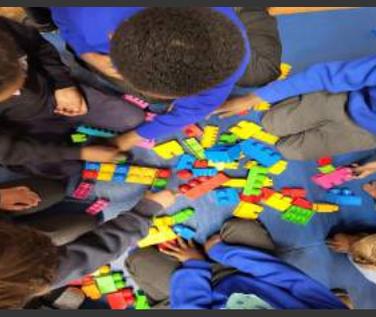
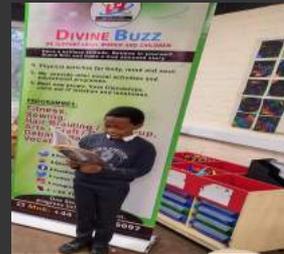
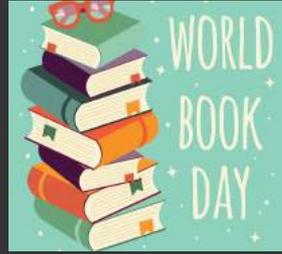
- First Aid
- Cookery and Healthy eating
- Makaton (Sign Language)

Benefits: Participants were awarded:

- Certificates to become First Aiders and Paediatric First Aid
- GCDA 5-week course in cookery and healthy eating certificate
- Level 1 in Makaton (Sign Language)



Marching forward & looking into the future



A safe place for children to relax and make memorable moments!

Change makers

Well done to our staff & wonderful volunteers



What have we learned

We learned that there are more need in the community than we anticipated.

- The importance of involving the community at all levels
- How crucial partnership working is in community work
- The effectiveness of feedbacks, survey, complaints and compliments
- How much impact our work had on people's lives.
- The profound effect the trips had on the children & their families
- Learned how to stretch our budget further.
- Have fun



We would like to take this opportunity to say thank you to the Lottery Fund for the support with these much needed community projects. It has contributed positively to improving the lives of the residents of our communities.

What could have gone better

The projects made a big difference in our communities, however, things would have been better if:

- We had different session times to suit the wider community
- We had more materials and equipment
- We had a creche for the mothers with very young children so that they could leave their children there and join the sessions especially for some sessions like sewing that involve sharp equipment

What went well

With the support of the National Lottery Fund, Divine Buzz is delighted to have contributed to improving the lives of residents in our communities.



- The programme helped about twenty women and twenty-five children to come out of isolation and loneliness.
- The sessions took place at Thamesmead Central with good access to public transport and that made it easy for the participants to regularly attend.
- All participants said they will recommend the programme to their family and friends, and will continue to attend.
- Some of the participants volunteered, and was subsequently employed for the duration of the project by Divine Buzz.
- It also helped to boost some of the volunteers' confidence and they were able to go on and secure other employment with references from Divine Buzz

What would you do differently next time

Some of the things that we would do differently are:

- We will factor in childcare provision in the funding.
- Try and secure rolling funding so that the sessions can be ongoing basis
- Providing varieties of physical activities for the women



What the women are saying

★★★★★ 3 months ago

Absolutely loving being part of Divine Buzz, amongst many others activities and courses I am currently learning how to sew, do hair and make-up, cookery club. have learnt a lot sewing skills and made a few projects. My children are enjoying the children's sessions.

★★★★★ 4 months ago

Lots of fun activities for kids and the whole family. Also exercise sessions for women every morning. Ellen is very good and is helping the community.

★★★★★ 3 months ago

Ellen is a fantastic, friendly lady. Whos is doing something truly wonderful for the local community

★★★★★ 3 months ago

Working with the children and their families has been a wonderful experience and a blessing. I've seen firsthand the impact of our work in bringing families from different backgrounds together, seeing positive impacts in children's development, and seeing women gain new skills and improve their physical and mental health. I have gained knowledge and understanding of our community's needs due to my community service. It's fantastic to work alongside these incredible women to make an impact and bring about change in our community.

Thank you to everyone who has left a review or visited our website!

Thank you @TNLComFund and @ThamesmeadYouthClub

★★★★★ 3 months ago

I am learning a lot about myself and also from the other woman, fitness, sewing, hair and I'm looking forward to the makeup session. Best of all I am also having a good time. Thank you all.

★★★★★ 3 months ago

This is a fantastic project that is meeting the needs of families. It is good to see that children are happy and enjoying the activities which will enhance their development holistically. This is the type of project that shows that every child matters. Also it is awesome to see women learning skills for life which will enhance their self esteem, provide them with a career and for them to care for their families instead of depending on the state. I will take this opportunity to say a big thank you to Ellen who had this vision and went for it. Well done Ellen for your contribution for the wellbeing of families. Keep going !.

See more feedback and videos here: <https://divinebuzz.co.uk/resources>

Milestones

January 2022

Divine Buzz started women's and children's sessions following award of funding from the National Lottery Fund

Started with:

Ladies: 60
Children: 77

March 2022

Divine Buzz continued strong providing sessions such as children's fitness sessions, debating club, cultural sessions, hair, sewing and make-up.

Ended with:

Ladies: 108
Children: 139

February 2022

Divine Buzz gained more members amounting to a 20% increase following the half term activities

April 2022

Divine Buzz successfully concluded the planned sessions. The ladies finished with the First Aid training that has empowered them with life skills

The difference the project made to the community

- The children enjoyed exercising and playing together for better physical and mental health
- They learnt some skills such as First Aid and fire safety
- They also had a lot of fun going on trips together, forming friendships, and learning about different cultures.
- It helped with community integration and reduced loneliness and isolation
- The children and their families bonded
- Most importantly the children feel engaged and part of a caring community that looks out for their interests. They have made new friends, reduced screen time and gained knowledge on how they can contribute to



The difference the project made to the community

The sessions have made an impact in the community

- The ladies learnt some valuable skills such as sewing and Divine Buzz has secured a small contract with designer to attach labels on garments. The ladies also made bags that are currently on sale.
- The ladies also gained other life skills such as cooking tasty healthy food for their families, first aid training.
- Most of all, the ladies go together with each other and their families and enjoyed each others company.



Beef with rice, mix leaves salad, beetroot and fried plantain.

21



Concluding remarks

Divine Buzz is a community charity that supports and empowers resident women and children to come out of loneliness and isolation through physical, social and educational programme.

→ Milestones

Since securing the funding, Divine Buzz has been able to make impactful contributions in the community bringing women and children from different ethnicities together and promoting community cohesion and a sense of pride in our diversity.

→ The funding has enable us to hold regular sessions that have attracted new members and we are continuing to grow from strength to strength. The sessions have become a safe place for all participants to enjoy themselves and also improve their overall well-being. Both the women and children look forward for the next sessions.

→ Highlight

One of our highlights was the involvement of Dads, Mums and Carers in our planned trips and activities, it was good bonding experience for all.

→ Support

Divine Buzz is thankful for the support that we received from our partners and management, volunteers, and our participants.

→ 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 continue delivering these and more sessions to the community



LET'S DO THIS!

One step at a time, progress before success

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