

Divine Buzz in Partnership with The RB Greenwich Winter Grant



Divine Buzz and the RB of Greenwich Small Grant

**We stand together with the Royal Borough of
Greenwich**

To support our community and improve the lives of those who are disadvantaged

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.



Working together for a better community 2023



Divine Buzz and Greenwich are working together to support the community 2023

We are providing families with:



- £40 worth of gas and electric
- Clothing for kids
- Family food bag
- Healthy eating/cooking sessions



Please call Ellen on 07951922324

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 to build the core of our muscle groups and setting course for self-maintenance and care.

The Winter Project

Children

- Healthy eating
- Food Hampers
- Clothing

Women

- Gas and electricity contribution
- Food hamper bags
- Cookery/Healthy eating sessions

Children and young
people gardening

Food Provision for Children and Young people

Working towards better healthy future

The grant allowed us to provide meals and snacks for 200 children and young people both after school and during the half-term

- . Half-term Family picnic
- . A visit Greenwich Peninsula Ecology
- . After-school session meals

Children and young people enjoyed their half-term and after-school meals courtesy of Royal Borough of Greenwich



Children Clothing

Clothing & Shoes for Children/Young People

Sixty children and young people were given clothing and shoes.

That included shoes, dresses, T.shirts, shorts, vest, socks, underwires and many other things.

The children and young people were excited to receive their packages and their parents were grateful and appreciative of the support from Greenwich at this difficult financial period.



Women Cookery/ Healthy Eating Sessions

For a better healthy & brighter future

We completed 5 sessions over the period of 5 weeks. In total 12 women participated.

- The ladies had a good time learning and preparing delicious and healthy meals
- How to Read Food Labels
- Developing new cooking techniques
- lowering salt intake
- lowering sugar intake
- Making new dishes together
- Learning to cook dishes from various cultures

The feedback is that they all enjoyed learning healthy way of cooking. They were surprised that the food tasted good and said, they will recommend it to their family and friends.



Family Food Hampers

Variety of Food Hampers was given to families

A total of 100 homes received food hampers, serving a total of 300 people.

They received 5kg bag of rice, cooking oil, paster, tuna, sardines, marckel, milk, plantain, yam, tomatoes and tomatoes sauce, sweet peppers, fruits and many more.

They were all grateful and happy to have received the food hampers, which they said it will help them save money on their weekly food shopping and can feed their family at least a week.



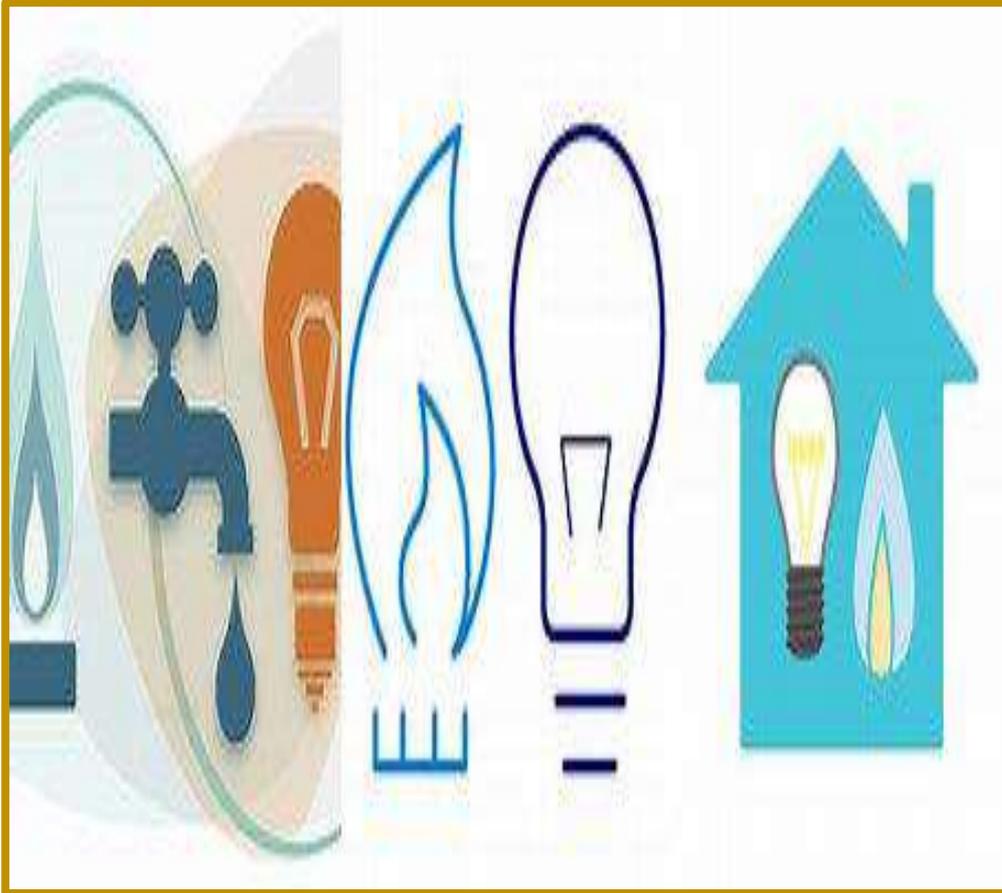
Gas and electricity

50 people received support for their gas and electricity that included the vulnerable and elderly

Prepaid cards and monthly bill payers both received £40 towards their gas and electricity bill

They were all grateful for the assistance and support, especially given the current high cost of gas and electricity

There were more applications than we could supply



Garden

Enjoying the outdoor spaces

- Children and young people were enjoying gardening session.
- 30 children participated
- While enjoying the outdoors, they learn how to plant seed, how to water and how it grows.
- They had the opportunity to harvest some potatoes





It is all about building a better community for all

What have we learned

We learned that there are far more need in the community than we first anticipated due to the high cost of living.

All of the participants stated that they will participate again or recommend the programme to their family and friends.

The project emphasised the amount of need in the community, as demand outstrips supply.

It was discovered that there are people in the community who have been left behind because of issues such as language and cultural barriers, and immigration statuses

What could have gone better

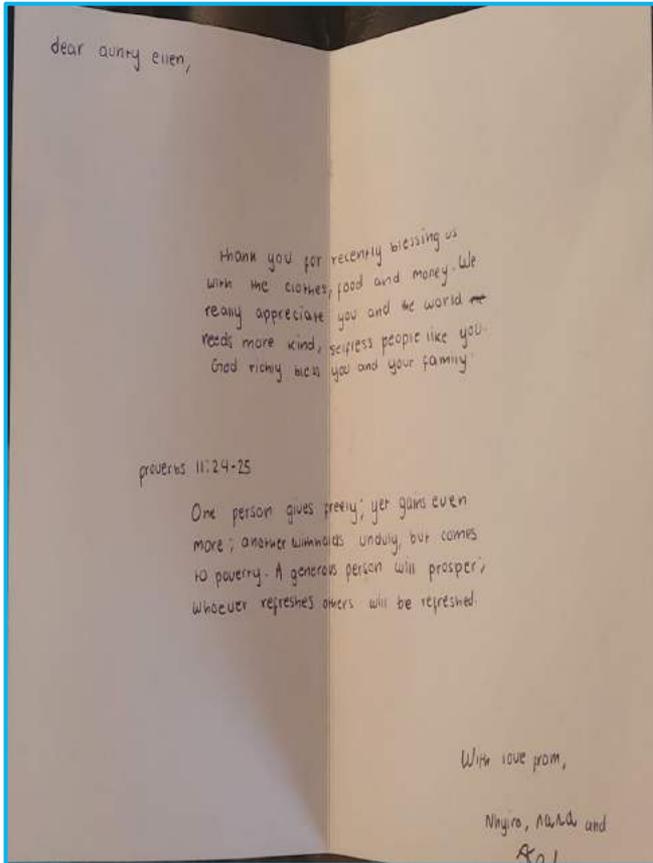
The projects made a big difference in our communities, however, things would have been better if:

- Having more funding to reach more people
- Try and secure rolling funding so that it can be on an ongoing basis
- Recruit more volunteers from the community to assist

What went well

- The programmes were very popular and the community appreciated the support they received from Greenwich.
- The healthy eating and cooking sessions taught women how to adapt their traditional dishes to improve their health and overall well-being
- The utility (gas & electricity) payments helped vulnerable and low income families to heat their homes especially with the current high cost of energy.
- Over ninety-six percent of participants said they will take part again or recommend the programme to their family and friends.
- They appreciated all the support they received

What the Children said



Thank you very much for taking us out to buy some clothes for ourselves and others in need it was a very good day and thank you for all the food bags for our family.

Jurgesa

Thank you so much for taking us out to buy us clothes and being independent outside it was a very enjoyable day it was a pleasure for taking us out.

Celestine

J.A

I want to say a big thank you to Divine Buzz and to especially Anti Ellen for all the help and activities that place.

Thank You for the money for the gas and electricity and clothes.

Thank you for the money and trips also the activities. I would like to go on more trips like going to the beach and going to a fair. I just like having fun and thank you for all clothes you have given to us.

FROM Joshua to divine
buzz 

What the Family said

Thank you for all that you do, your generosity means everything to us and the whole community. Many people say they want to help but very few actually step up the way you have.

Thank you for being one of the very few and stepping up with your important work. Thank you for all the clothes, food, gas and electric and of course, for everything else and more.
Frida & Family.

I so appreciate your help through Divine Buzz. We were able to get help for the gas and electricity which I desperately needed and also for the food and clothes. My family was really grateful to her for all Divine Buzz' work. Please support her as she passed it on to us. Thank you very much.

Thank you so much for the support for electricity and gas. I was able to sell some money and use it for other things as it lasted almost for a month and we really enjoyed and the food and also the clothes my daughter was very happy with is all she got especially the trainers. Thank you C.A. X A.N

Thank you Divine Buzz for helping me get involved with the community. I'm also grateful for the assistance with my gas and electricity.

Thank you very much for all what you have been doing for us. We appreciate it very much. You have been assisting us with food items several times, and again assisting us with electricity and gas children and adults with clothes and play materials.
M.A.A

The difference the project made to the community

The project made a huge difference and impact in the community

The meals served during the half-term and the after-school sessions were very helpful to struggling families as it provided lunch and some occasions dinner for the children and young people.

It saved families money that they would have spend on clothing and shoes.

The food hampers were extremely beneficial to low-income families, as they reduced the cost of their weekly shopping, which is especially important given the current high cost of living

The women's cooking classes have helped them adapt healthy ways of cooking their own traditional dishes, the learnt to reduce oil, salt, and sugar. Also, learnt to use different ingredients and other dishes.

Most importantly, the families felt listening to, involved. The project made a significant difference and impact on them

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

Through the small grants, Divine Buzz was able to reach out to various communities

Highlight

One of the highlights of this project was how surprised and excited people were to receive food bags, gas and electricity and clothing for their children.

Divine Buzz is grateful for Greenwich's support of our community, as well as the management team, volunteers, and participants.

→ What's next?

We are moved by the number of households and families who have benefited from this grant. Furthermore, based on the positive feedback and encouragement we have received, we hope to continue delivering these and other community sessions.



LET'S DO THIS!

One step at a time, progress before perfection

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