

Divine Buzz in Partnership with Sports England



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.

Beyond Active Sports Club

Kids Activities

The project aimed and supported children from primary to secondary school. They were provided with:

Physical exercise sessions: These helped them to understand the importance of daily exercise. The physical activity included skipping, jumping, running, jumping jacks, squats, hula hoops, jump rope, ball toss (with a partner), tug of war and dancing. They also learn about the physical body, how it works, and the need to be active

Educational programmes: These gave the children understanding of the importance of daily exercise, the importance of 5-a-day and reducing sugary drinks and snacks, and the impact it has on their overall wellbeing



Children and young people's physical activities

The children and young people enjoying different physical activities including, football, basketball, hula hoops, running, and handball

The physical activities are mostly the highlight of the day for them. They are always looking forward to get out and play



Children and young people's educational programmes



In the educational classes, 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

Also, they learned about the importance of having their 5-a-day, and had opportunity to try different types of fruits

Job well done from our young participants



What the children, young people and women are saying



The healthy eating has made all of us more happy and eat more fruit and vegetable. The football is very active and fun for all of us.

I am happy that we do the activities it is fun I enjoyed football it is good I have improved on my skills. I can get past other children. When I started playing I met new friends. I like football because when I was 5 I watched it and it was amazing I wanted to start playing with I ~~had~~ joined a football club.

I met some new friends and are nice, I am happy that I am here with my friends,

I love to see my friends even my class friends from school. I am happy that my miss told me ~~have~~ I love her.

THANK YOU
Divine
Buzz

Since coming to the session I met new people and made new friends, In addition I like the food and activities.

What we have learned



We learned that there is more need in the community more than we have anticipated

For the children and young people, these sessions are crucial in providing them with a good foundation so that they could adopt good healthy practice and carry it into adulthood

The children's interest in both physical and education activities were more than we thought

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 the children who cannot attend during the weekdays
- Try and secure rolling funding so that we can admit with more children and young people
- Recruit more volunteers from the community to assist



The difference the project made to the community

The sessions have made an impact in the community

It provided opportunity for sixty children/young people to learn new skills. They now have understanding of healthy eating and the importance of physical exercise.

They have learned about different types of food and drinks, how much sugar and salt is in them, also, food traffic light which gives them the knowledge to make better choices.

The children came from different ethnic groups in the community, and some have formed friendship which will impact positively on community integration.

Took the children away from home, therefore reducing loneliness and isolation, as well as reducing screen time.



A memorable day!

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

Seeing the children from different ethnic groups playing together and forming friendships which has had positive impact on how the parents interact with each other

→ Support

Divine Buzz is thankful for the funding from the Sports England in supporting our community. It is from such funding that the children and young people have gained new skills, life changing knowledge and made new friends. 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/>