

# Divine Buzz in Partnership with The RB Greenwich HAF Programme

26th July to 19th August 2022



# 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.

Royal Greenwich Together  
**HOLIDAY  
FOOD and FUN**

**We're taking part!**

<b>Name</b>	Divine Buzz
<b>Location</b>	St Paul's Church, Betham Road, Thameasmead SE28 8AS (Tuesdays, Wednesdays, Thursdays) Hawksmoor Youth Club, Bentham Rd, SE28 8AS (Fridays)
<b>Ages</b>	4 - 14 years (children under 8 years parent have to stay)
<b>Days</b>	Tuesdays, Wednesdays, Thursdays and Fridays (10.30 - 14.30)
<b>Number</b>	07951922324
<b>Website</b>	<a href="https://divinebuzz.co.uk/">https://divinebuzz.co.uk/</a>

ROYAL Borough of GREENWICH

We stand together with the Royal Borough of Greenwich

## 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 partnership to build a stronger community

# The HAF Programme Activities

- Healthy eating
- Gardening
- Hair Braiding
- Beads making/ Building Blocks
- Trips
- Birthday celebrations

- Multi -Sports
- Swimming
- Arts & Crafts
- Hand sewing
- Topical discussions like climate change and bullying

# Healthy eating sessions

Children & Young People learnt about the importance of a good balanced diet using the Eatwell Guide.

Other topics learnt:

- Understanding food labels
- Importance of eating more fruits and vegetables
- Reducing sugary snacks
- Drinking more water
- Ways of using fruits and vegetables to make smoothies and fruit skewers

The young people prepared and enjoyed vegetable and fruit salads as well as fruit smoothies.





## Gardening

From our vegetable and fruit patch, the children picked some of the produce such as salad leaves, beans, and potatoes.

Visiting the garden gave the children an understanding of how our food crops are grown.

The children took part in some light pruning of the vegetable and it was a rewarding experience for them.

The children took some of the produce home, and we hope that it would encourage lifelong interest in gardening.



# Hair Braiding

We also held hair braiding sessions for some of the older children, this can be long life skills. Interest shown by the boys was quite surprising.

The children tried their hands on various braiding styles, these boosted their confidence to try different hair styles they would never have considered.

We chose different ethnic mannequins so that they would experience different texture of hair that represent various race.







## Jewellery making/ Building Blocks

The children learnt to use beads to make different jewellerys, neckless, hand bracelet, and rings.

The younger children also enjoyed block building sessions together, while developing their problem solving and motor skills.

All the children had an enjoyable experience!

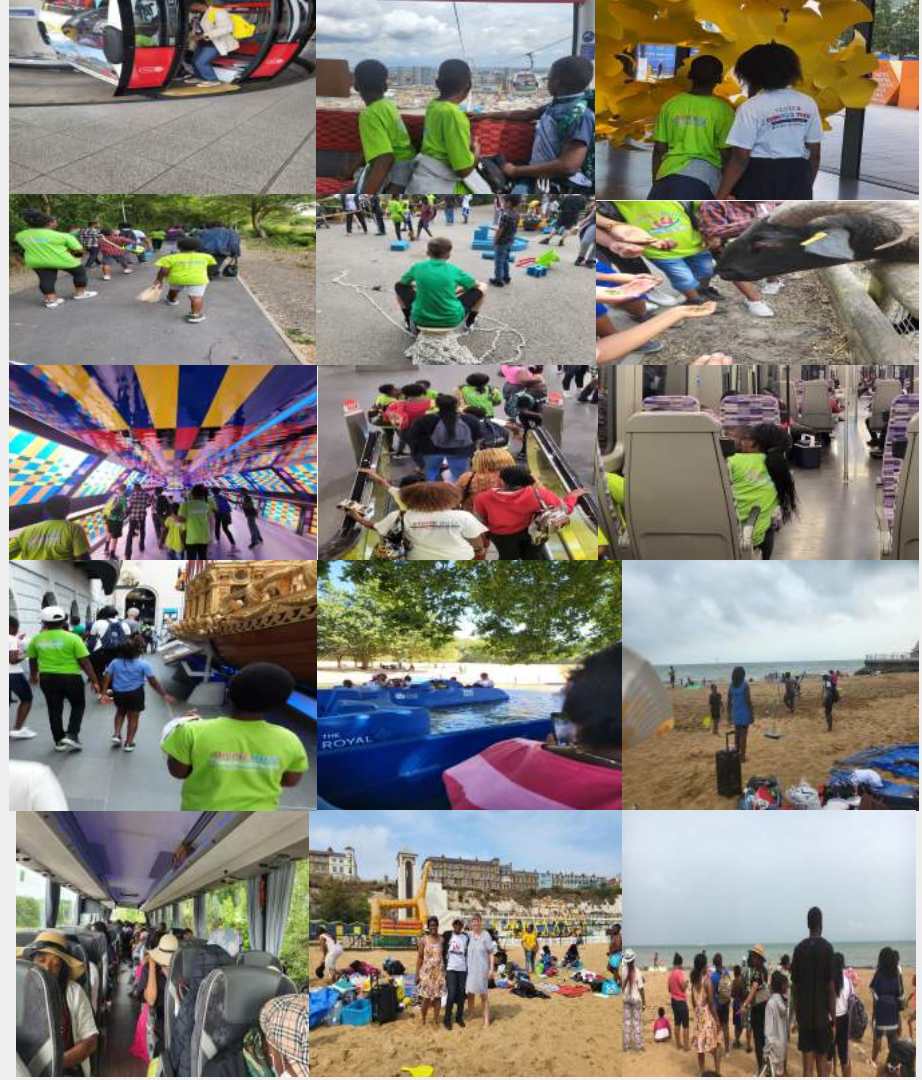


# Trips

We organised day trips to the O2 Cable car, Greenwich Peninsula Gallery, Greenwich Maritime Museum & Park, Mudchute Farm and Broadstairs Beach.

The trips were the highlight of the HAF programme for the children without a doubt. From the children's feedback and our own observation, the trips were the clear winner. The excitement and joy they showed on the trips was wonderful to see.

Some of the children feedback that they were the first to travel on the new Elizabeth Line in their family.





## Birthday & end of programme celebrations

At the end of every month, it is our tradition at Divine Buzz to celebrate the birthdays of the children born in that month and this holiday was no different.

We had two celebrations for the July and August born children. We combined August and end of programme celebration as we won't meet until school reopens in September.

The children always look forward to this special treat where they get to share birthday cake and snacks with their friends.



# Multisports

During our multi-sports sessions, the children tried out various games such as:

- Football
- Basketball
- Mini golf
- Badminton
- Cricket
- Table games
- Volleyball

We also enjoyed walks in our local neighbourhood, and the children appreciated the nature and greenery that we have in our immediate surroundings.







## Swimming

We had weekly swimming sessions at the local leisure centre. While the able swimmers enjoyed the main pool, the beginners used the small pool.

Swimming was such fun for the children, particularly, going on the slide. Some of them said that they were going to ask their parents to enrol them in swimming lessons.

Also, It was encouraging to know that some of the children are inspired to take up swimming through this programme.



# Arts and Crafts

The Arts and Crafts sessions were such a thrill for most of the children.

They took part in creating various art and crafts pieces. They used their favorite colours to learn how to tie dye.

The younger children worked together to create a beautiful collage out of their colouring creations, and it was incredible to see the finished piece.





## Hand Sewing

We held sewing sessions for the older children where they got to try hand sewing. They made hair bands and cushions.

Some of the children expressed that the skills they gained from the session would help them to mend their clothes that need minor alterations.





# Topical discussions and Training

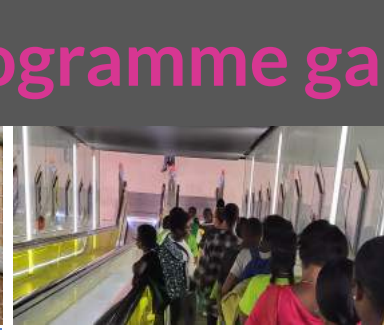
We held topical sessions such as:

- Climate change
- Bullying
- First Aid

- The children enjoyed their First Aid training and learnt how to carry out CPR as well as how to care for minor cuts and choking. They proudly showed off their certificates at the end of the programme.
- They also learnt about how they can help in minimising the effects of climate change.
- Additionally, we discussed about effects of bullying and what they could do to identify and report any bullying behaviour.



# HAF Programme gallery



# What have we learned

- We learned that such programmes are important in the community as they give parents who do not have the means of entertaining their children to have an outlet for engaging their children.
- Most children enjoy their time with peers in social settings and can easily make new friends.
- During such programmes, children can be encouraged to eat more fruits and vegetables more than they would at home.
- At corporate environment, the children are most likely to participate in exercise sessions up to the level recommended for a day.
- With little encouragement, boys and girls will participate in vocational activities regardless of popular or traditional beliefs.
- The project highlighted the amount of need in the community as demand outstrips the supply.



# What went well

- The programme was very popular and the children were happy and looked forward to the next day. Their best phrase before leaving each day was “ what are we doing tomorrow”.
- The children enjoyed the food we provided for them, and there was enough to go round for them to have a second plate. They were encouraged to take the leftover fruit & veg home everyday.
- The taste test was popular as the children had opportunity to try different fruits and vegetables
- Most of participants said they will take part again or recommend the programme to their family and friends.
- From the feedback that we have received from the parents, the children are having more fruits and vegetables in their diet and we are pleased with this development.
- The families also got to learn about the Eatwell Guide and how to use it to plan their food shopping, purchase the right ingredients and the right measurement needed to be used in a dish.
- The Friday’s jollof with salad and chicken was very popularly and the children always looked forward to it.

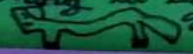
# What would you do differently next time

## Some of the things that we would do differently are:

- Plan for more time for the sessions, sometimes, the time was not enough and this got slightly stressful
- Try and secure more funding so that the sessions can be held each half term
- Recruit more volunteers from the community to assist with the programmes
- Encourage more parents to get involved

# What the children are saying

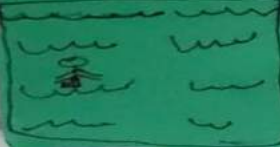
During our camp at...  
I enjoyed...  
In the future, I would like to go to Spain and Austria. I have also enjoyed fishing in the park. We can watch a football match.

I have enjoyed going to the farm and looking at different animals 

While I stayed at the summer camp, I enjoyed the variety of different activities especially the swimming and the broad leaved beach. If I was to ever go back again, I would be delighted to go to an adventure theme park with many different rollercoasters.

So far I have enjoyed doing lots of sports activities and going out to swim. In December I would like to go to bowling and arcade.

I have enjoyed my things like playing football, trips and things. I would like to go to Paris.

My favorite is the swimming pool. 



I enjoyed the Farm trip and I got to see...


I want to go to Timmys and Legend Leogard

So far I have enjoyed my self

I enjoyed going to the swimming pool and to the park. I would like to go to a different country.


I enjoy everything but I want to go to Nadeb's

Making a new friend   
Visiting places  
Going swimming 

I enjoy the beach it was fun. The next thing I want to go to the cinema 

I enjoyed going to the swimming pool and to the park. I would like to go to a different country.




my favorite part was swimming. 

I have enjoyed going swimming and fishing. I would like to go to the zoo.

I liked going to the swimming pool and to the park. I would like to go to a different country.

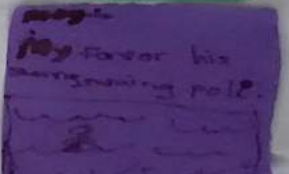


  
Movies

go to the zoo I like it because it was fun and excellent

I've enjoyed everything because it was fun and excellent

I enjoyed all the activities with words and words including...

my favorite is the swimming pool. 



# What the children are saying

Friday 14<sup>th</sup> August 2022

During my time at the youth club I have really enjoyed many things such as being sports going on trips learning ect.

One of the things that really intrigued and entertained me was when we got to go to the farm it was really fun and cool seeing all the various animals. I especially enjoyed the goats and sheep and it made me laugh when I got to feed the baby goats as their tongues tickled my fingers.

Another thing I enjoyed was learning about the food eatwell guide and how much sugar is contained in each food and snack and how we can cut down our converts to fruits. It was interesting hearing about different food groups.

One more thing I already enjoyed was the swimming and trips. I loved it. I shared all my swimming skills to everyone and going how good I am. My favourite trip was the trip to the beach as it was good to take a break from always working.

Some people I especially enjoyed this summer were Sarah because she always makes me laugh and she's extremely kind and caring towards me. Another person is Bob as he enjoys getting involved in everything and he makes things fun.

## My summer 2022

In our first summer trip in 27<sup>th</sup> of July youth club sent us to the cable cars North Greenwich it was super fun and entertaining you could see a landscape of the river Thames and I got very good pics out of it. My favourite moment is when two very noisy twins that were shouting like babies just because they thought they will fall. By the way this was my favourite trip.

The next trip on the 3<sup>rd</sup> of August we went to is the Farm it was full of animals, my favourite animals there were the goats, the rabbits and the guinea pigs, my favourite moments were when I feed very aggressive goats and when the only cow, which I called Missy, scared me while I was staring at my phone and when I looked, she got me.

The third trip which was on the 10<sup>th</sup> of August we were sent to the museum we saw cool artifacts and it also had exhibits. My favourite moment is when I smelling and guessing herbs from all around the world. This wasn't all of it, we also rode paddling boats it was fun, but we kept bumping into the wall of the pond or other people's boats.

This holiday we also went swimming four times I really enjoyed that especially holding breath competitions and it was the best way to stay refreshed in a hot summer day in the UK. This has really been a great summer, **Thanks.**

Obviously ~~also~~ <sup>we</sup> didn't go to the beach, but I <sup>heard</sup> ~~heard~~ from people that it was a great experience.

Thank you for taking you time to organise this wonderful camp. I really enjoyed these couple of weeks with you and the friends I made there. If there was a camp next year I would love to come!



My Divine Buzz

## experience

The summer program at Divine Buzz has been very fun. On Tuesdays we learnt new things, on Wednesdays we went on trips, on Thursdays we went swimming and on Fridays we had bead-making, sewing and outdoor games.

We learnt about the Earwell guide, and a nutritionist came in to teach us more. A professional came in to treat us with a first-aid course, and we now know how to treat burns, and perform CPR. We displayed teamwork when we practiced this on our mannequins.

We went on cable cars in North Greenwich, then we visited a ~~farm~~ farm, a ~~museum~~ museum, and a beach.

During my time sewing I learnt how to make a scrunchie, a banner and a headband.

My overall favourite moments were the cable cars, because of the view, the beach, because it was my first time, and learning how to sew. During the program I developed many key skills.

## My summer trips

This summer I was lucky to have joined Youth Club (A club for youngsters that school in greenwich) in their numerous fun trips.

Our first trip was in the 27<sup>th</sup> of July to the cable cars in the O2 it was a tiring ride although it was all worth it for the quaint landscape. It was a bit noisy in the cable cars because of the unreasonable fear of falling from the other passengers. After visiting the cable cars we also spent some time taking a walk around the O2.

Our second trip took place on the 3<sup>rd</sup> of August to the farm where we visited animals in their natural habitat and sometimes even feed them. They were multiple aggressive animals fighting for food although no one got hurt, though someone dropped their phone which was luckily retrieved.

The third trip was to the museum I didn't go but I do know the transport more adventurous since they used paddling boats to get across and back the river.

There was also a trip to the beach which I also didn't go to but I was told was massive fun which I unfortunately missed.

We also went swimming every Thursday which was a really nice addition. The activities there were fun and the slide was an adventurous addition.

Youth club was overall really fun and it made it one of the best summers I have ever had, if you are looking for a fun way to spend your summer you now know where to go. **Thank you so much youth club you made my summer!**

# The difference the project made to the community

It created an opportunity for the children to come together as a community and share a holiday experience together. Some children, particularly those who have no siblings would have play in isolation or being lonely, they had chance to play with other children.

It helped the children in the community to form new friendships, engaged in new activities, and visited places they have never visited before.

It helped community integration, during trips days parents from different sections of the community came together and interacted with each other.

Parents had opportunity to have break from their children and have sometime to themselves.

The children enjoyed the Healthy Eating sessions and learnt how to use the Eatwell Guide for preparing a healthy diet, which will impact on the way their families eat. For example, avoiding the use of too much fat, sugar & salt in meals

The children learnt new skills such as sewing, hair braiding and making beads jewellery

# 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

Divine Buzz has been undertaking several community programmes and we are proud to work with RB of Greenwich on our first HAF programme collaboration. We have immensely enjoyed the programme especially seeing the direct impact it has on the community.

## → Highlight

The highlight of this programme for us is, the overwhelming positive feedback that we have received from the parents/carers, expressing their appreciation of how their children have engaged and enjoyed the summer holiday. One parent mentioned how his child came home everyday with a smile.

## → Support

Divine Buzz would like to thank RB of Greenwich for sponsoring the HAF holiday programme. We would also like to thank the management team, our volunteers, and most of all our participants.

## → What's next?

We are encouraged by the impact we have been able to make in the community and we hope for more collaborations such as this with the RB Greenwich. Together, we are stronger!





**LET'S DO THIS!**

**One step at a time, progress before perfection**

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