

# Divine Buzz in Partnership with T and V



#### 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.

# Activities

#### Gardening

We planted some fruits and vegetables on our vegetable patch

#### Children and young people's sessions

Our young participants taking part and enjoying gardening.

#### **Cookery club**

The ladies sharing meals after one of our cookery sessions.

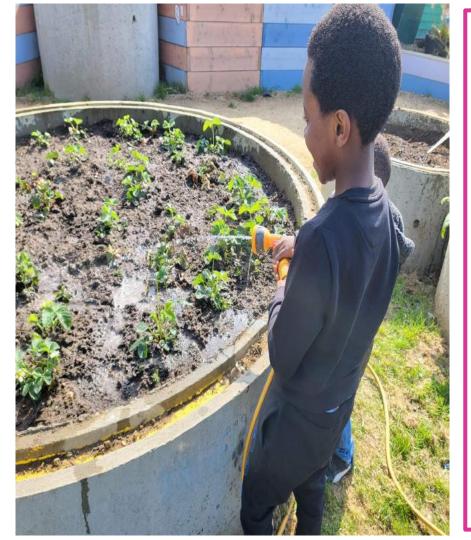
#### Baking

Children/young people and their families learn to bake African pastries

#### Gather and eat

Young people showing various African flags during our gather and eat celebration for Black History Month.





# Gardening

Over the months, we have been tending to our vegetable patch

We are really pleased to say that we have harvested a variety of vegetables and fruits from it

Some of the vegetables and fruits were used to make salads at our gather and eat celebration, also lunch for the children/young people during after school club.

# **Gardening Gallery**



## **Cookery and Healthy Eating Club**

We held weekly healthy eating and cookery sessions for women over a six week period

The women gained knowledge on how to read labels while shopping so as to avoid foods that are high in fat, salt and sugar

They learned about how to use the Eatwell guide to ensure that they are maximising nutritional values

They also learned about the importance of measuring and reducing sugar, salt and fat for better health

Additionally, we partnered with Public Health Greenwich to have a talk about the dangers of obesity



## **Family Baking Session**



The children/young people and their families learned how to bake African pastries

The children were equally excited to bake and eat

Parents were happy about the opportunity to gain these new skills

Some parents were setting baking dates with their children after the sessions

# **Cookery and Healthy Eating Gallery**



## Divine Buzz Black History Month Celebration 27/10/2022



We had a successful day of celebration in the community

We had 145 - 150 people from the community joining us, including our local councillors, representatives from RB Greenwich Public health, Peabody, our partner Red Big Bus and the Greenwich Domestic Violence and Abuse Services

We had various activities for the children to show off their talents, they did character speeches, drumming, singing, and dancing. We also set up arts and crafts stalls to showcase our creations and sell to raise funds.

The children played Ghanaian tradition precession of Nana Yaa Asantewaa of the Ashanti tribe with drumming, dancing and singing.

It was very interesting to see Africa tradition on display

## **Gather and Eat Gallery**



It is all about building a better community for all!

## What we have learned



The vegetable patch opened doors for our women and children to come together, grow, harvest and enjoy delicious vegetables and fruits together

We have learned that when people come together, it encourages them to learn new things about others, share their views and become a better neighbour.

Improve community integration, cohesion and alleviation of solitude.

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 secure rolling funding so that we can engage with more community members
- Try and engage more male parents and carers
- Recruit more volunteers from the community to assist with the activities



# What the children, young people and women are saying

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The black history day was very memorable. It was wondeful to See the children dressed in African attires. I Paticulally love the Songs and the children impersonating the Past and present hero. The day was enjoyeds for both children and their Parts. Their you Driver BD

## The difference the project made to the community



#### The sessions have made an impact in the community

The community enjoyed visiting the garden patch and helping themselves with the products. Some people said it was therapeutic for them to visit.

The cookery sessions for both women and children helped estimated hundred people to learn about the importance of eating well, using the Eatwell Guide. Some parents feedback that their children have taken to eating more fruits and vegetables after attending the cookery sessions.

The project brought different ethnic groups in the community together, particularly the Gather and Eat Celebration, we engaged with each other, ate different foods, danced together and celebrate our difference.

## **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 and their families from different backgrounds together to promote community cohesion and a sense of belonging and pride in our diversity.

#### → Highlight

The were many highlight during the project, for example people visiting the garden and talking to staff and volunteers, the children visiting the garden for the first time, and staff explaining the cultivation process to them. However, the stand out moment was the last day during the Gather and Eat celebration, where we had the community coming together, Blacks, Whites, Asians and others eating and dancing together

#### → Support

Divine Buzz is thankful for the funding from T&V and for their support in our community. 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 to the community

#### Working together for a stronger community





One step at a time, progress before success

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