



Divine Buzz in Partnership with T and V

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.

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



Low fat cheesecake

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



Gather and Eat Gallery



A wonderful day enjoying good food and good company



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

I learnt a lot from the
Cookery session. How to live
and eat healthy. How to prepare
healthy meals. I learnt more
about the ^{Positive x no negative} effect of excess
Salt, Sugar, fat to our health
Thank you Divine Buzz for
this wonderful opportunity
- Alero

The Black history month celebration
was beautiful and colourful as
well. We had an amazing time. My
kids loved it and they talked
about it all through the week.
The food, ~~the~~ drinks was delicious
it was memorable and fun.
We enjoyed ourselves so much
and the kids presentation was
on point, they did very well
and we are so proud of them.
All myself and family are so
thankful to Divine Buzz.

The garden has been enjoyable,
a good way of enjoying
the outdoor space and
meeting new people as well.
as making friends. Planting
and harvesting our produce
has been especially fantastic.
My children and all the other
children attending Divine Buzz
were ecstatic to see and eat
~~the~~ some of the produce.
It has been enjoyable!

I enjoyed the Black
History Celebration. The
children's performance was
fantastic as well as their
dancing. There were different
fruit punches, food and snacks
it was delicious. My children
enjoyed themselves and had a
wonderful time. The beautiful
colours made the celebration special.

I have enjoyed working in the
garden. I have learned a bit about
gardening how to look after
the things we planted and we all
we've ~~also~~ ^{also} collected a lot
of the products we planted (like tomatoes,
Courgetts, sprouts, strawberries,
Potatoes and use it to cook for the
children and took some home as
was very nice. Unfortunately
we could not try the corn as it was
destroyed. Overall I enjoyed working
there. Thank you Divine Buzz.

The black history day
was very memorable.
It was wonderful to
see the children dressed
in African attire. I
particularly love the
songs and the children
impersonating the
past and present heroes.
The day was enjoyable
for both children and their
parents. Thank you Divine Buzz.

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

There were many highlights 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



LET'S DO THIS!

One step at a time, progress before success

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