

## Community Led Recovery Programme: Confirmed Grantees

Updated: Friday 29<sup>th</sup> October 2021

### London Community Story Grantees

The London Community Story grants create a platform to engage with the lived experiences of Londoners throughout Covid-19. These experiences are valuable insights which can take the form of community led reports and interviews, young people's films, cultural collections, poetry, imagery and more. We recognise that these types of insights provide a rich resource when planning how to better support communities through the city's recovery.

Organisation	Project Description
<a href="#">Apsara Arts</a>	<p><b>Covid-19 Stories</b></p> <p>The project explored a variety of experiences during lockdown when people were confined to their homes. The interviews were conducted either socially distanced or on Zoom. Participants, mainly from Asian community, were from all walks of life and their ages ranged from 10 to 80. There were many stories covering experiences and emotions that were universal – mental health, isolation, bereavement, the joy of a new baby, rediscovering hobbies, finding new interests and much more. The lockdown also inspired two ten-year olds to write poems expressing their vision of the world. The stories were culminated into 24 short films giving a snapshot of life in pandemic.</p>
<a href="#">Badu Community</a>	<p><b>The Badu Lockdown Logs</b></p> <p>The Badu Lockdown Logs is a Documentary project capturing a series of videos highlighting the changes in young people's lifestyles as a result of the COVID-19 Pandemic. This is a youth led project for young people by young people. One young person in particular came up with this idea and is in charge of the editing and filmmaking and editing to further develop her skills. Focusing on young people from the Badu Network aged 14-18 years old, specifically those from the Badu mentoring groups.</p> <p>All the lockdowns put in place by the Government have proven to be a difficult for lots if not all people. The project aims to show the journeys of the young people and how they navigate through this most recent lockdown. Many of them have missed out on crucial exams, for the second year in the row, there are a lot of opinions and thoughts on how these drastic changes will affect them down the line, that will be shared with a wider audience through these logs.</p>

<p><a href="#"><u>Caporales</u></a>  <a href="#"><u>Centralistas San Miguel London</u></a></p>	<p><b>The Light of Hope (La Luz de la Esperanza)</b>  This project seeks to give a voice to one of the UK's most overlooked minority communities, the Latin American Community, many of whom are on the front line. We will collect video material of interviews and online cultural projects we have carried out over the pandemic into a 30-minute documentary with English subtitles and original audio in Spanish.</p> <p>If successful, once the documentary is made and published online we would like to build on it by hosting follow-up discussion sessions online over 2 months, including inviting Decision Makers to explain to the LAC how their needs and views are being taken into account in policy decisions, and how the GLA, other parts of government, and Latin Americans in London can enjoy a better relationship and understanding of each other going forwards.</p> <p>We've called it The Light of Hope because we want to share some of our experiences of how life has been impacted by the Covid-19 pandemic, lockdown restrictions, and illness, but also show how the community has responded by supporting each other, keeping cultural life alive and engaged despite this adversity and even how the pandemic has itself inspired creative projects.</p>
<p><a href="#"><u>Fotosynthesis</u></a></p>	<p><b>Picture This!</b>  We have gathered many stories through photographs, audios, and creative writing from migrants all across London during COVID 19 through a creative photography and ESOL online project.</p>
<p><a href="#"><u>Groundswell Arts</u></a></p>	<p><b>We Are Here the collection</b>  Between April and July 2020 Groundswell Arts responded to the pandemic in our Tottenham neighbourhood through a Socially Distanced Family Festival designed to build connection and hope amongst our neighbours. Our first series of events 'We Are Here' included a photograph trail of children's photos of lockdown, a neighbourhood family Jam and Big Chalk day with over 300 families chalking their walls and houses across the area. Our second phase of activities 'We Are Still Here' included a neighbourhood post box and postcard trail, front yard Art, and a socially distanced street performance with a dancer and musician</p> <p>"During lockdown the events that were organised helped to connect us to the community in a period where we would have otherwise felt very isolated. It inspired a communication that allowed us to relate to each other through a shared experience and brought about a feeling of togetherness. I think the We are Here events allowed families and children to reach out to one another. It linked the community together as well as providing entertainment outside of the home in a safe way. It also offered something to look forward to while there didn't seem a lot going on." (Local parent)</p>

<p><a href="#"><u>Growing Hope</u></a></p>	<p><b>Growing Hope's Goals</b></p> <p>Growing Hope provides free therapy for children and young people with additional needs in partnership with local churches. Throughout lockdown we continued to support families with virtual therapy sessions at our two clinics: Growing Hope King's Cross and Growing Hope Brockley. Children have participated in occupational therapy, music therapy, physiotherapy, speech and language therapy and children's counselling. We have gathered data on the therapy goals achieved by children with additional needs and stories about them throughout an extremely challenging year.</p> <p>With the support of their parents and carers, children have continued to develop their functional skills through virtual therapy sessions. They have worked on a range of goals like learning to tie shoelaces, learning to write their name, learning play well with a sibling, and trying new foods. In 2020 91% of the 141 goals set with children were achieved. We know that the disruption and withdrawal of support and services during the pandemic deepened existing inequalities faced by those with additional needs and their families. This is why we want to celebrate all the families, we have worked with, who have shown the resilience, determination and strength it takes to reach their goals.</p>
<p><a href="#"><u>Hackney Cooperative Development Trust</u></a></p>	<p><b>EAST EATS</b></p> <p>We are a food distribution service with a Caribbean twist. We deliver 70 meals a week via a network of volunteers, and we connect with the recipients via weekly calls as well. We cater cultural familiarity to the tastebuds of in need Afro-Caribbean diasporic communities in Hackney. Also, among our recipients are people with physical disabilities, mental health issues, and visual impairments, who are each suffering varying financial difficulties too.</p> <p>We are currently in the final stages of creating an online interview series which explores our recipients' lived experiences of COVID-19 against the backdrop of marginalisation, discrimination and underrepresentation in key decision making, employment, and other realms of life and society.</p> <p>With your grant we could extend this project to produce at least two other pieces and to increase the extent to which we can share all materials produced. The new pieces would feature:</p> <ul style="list-style-type: none"> <li>• a data-packed report featuring infographics and maps which petition local council and local MPs to increase financial support as well as to address extortionate food prices in the borough,</li> <li>• a digital newsletter for our following to amplify the voices of the hidden and vulnerable members of Hackney, raising awareness and garnering further support for our petition.</li> </ul>
<p><a href="#"><u>Jazanne Arts CIC</u></a></p>	<p><b>Through my Window - Life in the pandemic</b></p> <p>Jazanne Arts ran an online creative writing and performance project for 16 isolated older people aged 60 - 96 who primarily came from Caribbean communities in the boroughs of Newham and Enfield. They wrote radio plays about their experiences and imaginings of life in lockdown, some had never written creatively before. They then performed their plays at a launch for family, friends and those with an interest in the project. The programmes they made will remain online and</p>

	<p>shared with radio stations across London. They were supported digitally to access the project online. The participants commented throughout on the positive effect the project had on their confidence and well-being. 'I'm doing things now, I never dreamed I could do' 'I enjoy every minute, I look forward to seeing you all - it makes my week'. We would like to be able to collate and analyse all the feedback, techniques and benefits we have learnt during the project, plus document the very positive impact it has had. We want to share the plays created by our older people, with a wider audience and be able to influence policy in London's recovery.</p>
<p><a href="#"><u>Joy of Sound</u></a></p>	<p><b>Making Covid19 Time Creativity Time</b>  For almost a year now, JOS has been engaging Londoners, trapped in repetitive cycles of lockdowns and restrictions in their everyday lives, in joyous storytelling, creative thinking and writing, making artworks and videos. The project has revealed new ways of enabling inclusive participation via Zoom sessions and other digital platforms. Taking part in our "Lockdown Dance Film" gave the dancers the opportunity to talk about themselves, their motivations and inspirations, what they enjoy doing, their likes and hobbies, and their feelings about 'interrupted normality'.</p> <p>The collection of stories, poems, prose pieces and videos gives an insight into the newfound and amazing talents of people who, before the pandemic, wouldn't usually have had the time and space to discover and express their creative imagination, back when going out was a normal everyday activity, and social distancing and shielding were terms nobody had any experience with. People participating in these new on-line art therapeutic workshops come from all walks of life, but are mainly impaired and disabled people, people facing mental health challenges, and elders. All participants are equal co-creators, generators of process, outcomes and outputs for which all participants are acknowledged. Volunteers are experientially trained to co-deliver new sessions.</p>
<p><a href="#"><u>Kayd Somali Arts &amp; Culture</u></a></p>	<p><b>Covid19 Vaccine: Collective stories and social media Perceptions in the Somali Community</b>  Since January 2020, Kayd has been commissioning Somali artists to create message about the Covid19 vaccine resulting in series of spoken word, singing, photography, and painting as well as messages from frontline workers and community leaders in Somali and English. Additionally, from Feb 2021 till March 31st we repeatedly asked the same three questions in social media polls (Would you allow a vulnerable dependent to take the vaccine? Would you take the vaccine yourself? Do you feel like you have information about the vaccine?) over a to map perceptions in the community change. We shared all the work on our social media platforms and website by giving a platform to each artist every week on Instagram and Facebook and a chance for audience to interact with them. It's been incredibly enriching experience during this pandemic to showcase such diverse Somali backgrounds and talented British Somalis, contribute to discussions in the community &amp; share encouraging and informative messages on vaccine with the community. Analysing the work submitted by the artist, the interactions &amp; comments from the audience and the polls results will provide information reflecting response to Covid19, map community perceptions as well as remarkable art that it produced.</p>

<p><a href="#"><u>Move Dance Feel CIC</u></a></p>	<p><b>Move Dance Feel Online</b>          Covid-19 continues to have a profound impact on our cancer community – many of our participants are deemed clinically vulnerable and have been shielding since March 2020. For others the stress and anxiety of interrupted cancer treatments or postponed appointments has been debilitating, with potential life-limiting consequences. By offering joy-filled creative dance sessions Move Dance Feel Online is unique in supporting the physical health, and mental and social wellbeing, of women living with and beyond by cancer – all from the safety of home.</p> <p>We have been evaluating the impact Move Dance Feel Online during the Covid-19 pandemic and wish to present participant stories as well as our data/findings (reflective text, statistics, survey responses) in an engaging way - via create two infographics and two pieces of short animated content. The infographics and animations will be created with future participants, healthcare professionals and policy makers in mind, and will visually communicate the positive impact Move Dance Feel makes to the community. They will highlight the value of dance, a holistic physical activity, in the context of cancer diagnosis and recovery. Presenting our work in this way will help us to disseminate our extraordinary findings across different digital platforms.</p>
<p><a href="#"><u>On the Record CIC</u></a></p>	<p><b>Moments of Grace: A Sonic Clock for Nursing &amp; Midwifery</b>          Nurses' labour is time-critical, and ever-present this year, recalling "the Nightingale lamp which glowed through the night", says one nurse.</p> <p>'Sonic Clock for Nurses &amp; Midwives' distils their 24-hour presence into an hour of gripping audio. Time is expressed through nurses' oral histories and an original score inspired by their words. Layered voices and musical refrains make the repetitive rhythms of the shift audible – walking, dressing, hand-washing, ventilating, feeding, observations. But, in singular moments, one voice comes to the fore in the composition. You'll hear, in these "moments of grace", how nurses create quality time despite the march of clock time. It is nurses who hold the hands of our loved ones as their time comes to an end, reminding us that we are never alone, not even now. It is nurses who give their patient's "an hours' variety" in the slow dreary time of sickness. It is nurses who make time to chat or to sing with traumatised colleagues between shifts, so the "cycle of care" can continue the next day.</p> <p>"Sonic Clock" will be available online, along with a summary of each nurse's insights for those who want to learn more about the audio archive.</p>
<p><a href="#"><u>Philippa Found</u></a></p>	<p><b>Lockdown Love Stories</b>          Lockdownlovestories.com is a participatory art project website, created by artist, Philippa Found, where people can anonymously submit their true stories of how lockdown has affected love and relationships for them: whether good, bad or complicated, whether romantic love, platonic or familial. Launched in May 2020, to date more than 800 stories have been</p>

	<p>shared and published on the site as part of this collection. When lockdown was announced Found anticipated that the shift to relationships would be profound and was anticipating that many people would experience heartbreak, loss and longing as a consequence of social distancing. The project aimed to counter the feelings of loneliness, shame and isolation that loss, longing and heartache can trigger, by sharing the emotional reality of love in lockdown to positively impact on mental health by normalising this reality and create a feeling of connection and empathy through storytelling at a time of social distance.</p>
<p><a href="#"><u>Phosphoros Theatre CIC</u></a></p>	<p><b>But everything has an ending</b>  “But everything has an ending” is a series of short films performed by London-based emerging artists who came to the UK as refugees. They were devised, written and self-filmed in April 2020 during the first UK national lockdown. In the films the actors reflect on the impact of COVID-19 on themselves and refugee communities in London more broadly. Each film focuses on a different theme; the difficulties faced by those that couldn’t access support due to ongoing asylum claims, the safety of workers in precarious jobs, the mutual-aid response amongst refugee and diaspora communities, parallels between lockdown and forced migration, dreaming of family members they can’t reach. The films are creative insights into the experience of the pandemic, from the often unheard voices of people whose lives have been interrupted before.</p>
<p><a href="#"><u>Quilombo UK</u></a></p>	<p><b>Together in Isolation</b>  In April last year we embarked on a project called "Together in Isolation". It was created as a way to encourage those who were vulnerable or susceptible to becoming isolated as a result of the pandemic to continue to engage with the community. Using Zoom technology we hosted and broadcast 2 Cooking Classes each led by a professional chef. The classes were targeted at particularly minority communities in Kingston (Tamil &amp; Korean) so that alongside encouraging participation of often isolated and vulnerable groups, through the broadcast we were also able to educate about cross cultural understanding.  Alongside the engagement of participants, the broadcast also enabled us to engage with a new set of volunteers from a wide range of backgrounds, including those who were unable to access the job market as a result of the pressures of the pandemic and others who had been furloughed.   This funding will promote this project showing how we have been able to i) support people to engage with others during lockdown; ii) continue to build relationships between different communities; iii) keep people keep busy through volunteering; and iv) continue to build skills to enable them to get into or back into employment.</p>
<p><a href="#"><u>Sport4Health CIC</u></a></p>	<p><b>Filipino Workers in the Front Line</b>  We have worked with and for the local Filipino community for several years most of whom work in health &amp; social care or in domestic service. The pandemic has placed them in the front line of risk but many are isolated from their families and networks and have faced stress and hardships alone. We want to use our engagement and knowledge to tell their stories -</p>

	<p>of a community that is essential to the wellbeing of thousands of Londoners but which is largely unseen and grossly undervalued. We will illustrate what it is like to have to work 60 hours per week, to look after someone else's children whilst not seeing your own for over a year; to work in Covid wards where you are exposed to the virus every day; and to feel apart from the mainstream community.</p>
<p><a href="#"><u>The Show Crib</u></a></p>	<p><b>On Lock</b>  We wanted to find out our young peoples thoughts and experiences with the pandemic and lockdown. After being on lockdown from the end of March until summer, we wanted to know how our young people felt about, how they coped, their first thoughts and how they feel about the pandemic now. So we decided it would be great to document this with our young people, therefore we made the decision to start recording the young peoples experiences. When we had young people coming in during the summer, we got them to record a video of themselves in the office discussing all their thoughts and feelings. We then decided it would be great to get some parents and adults in our communities experiences, so we asked some people to record videos of themselves in their spare time and send them to us. Additionally we have more footage documented by 2 volunteers, as well as photos and music.</p>
<p><a href="#"><u>The Thanet Youth &amp; Community Centre</u></a></p>	<p><b>Life on Pause - A Series of Short Films</b>  Our project has revolved around capturing young people's voices and stories in North London during the pandemic. Our organisation has been uniquely placed during 2020 and into 2021, whereby we have engaged with over 100 young people aged between 14 and 25 years old during that time. As many young people told us we were the first projects they had participated in since the start of Covid, we quickly realised that they had many stories to tell and share with the group. We have been working with a film production crew that have given us access to cameras and high quality microphones, so that we could interview young people on camera during the course of 2020. We have gained invaluable insights from the interviews and our ambition is to share these stories with the outside world, through a series of short YouTube videos and documentaries, that would all be centred around young Londoners talking about their personal experience during the pandemic and the several uk lockdowns. We want to also take this further by using audio from these video interviews to create a new podcast series which would bring the stories and experiences together over the course of several episodes.</p>
<p><a href="#"><u>Therapy4Healing</u></a></p>	<p><b>Bringing Sunshine, Fun and Wellbeing Throughout Lockdown</b>  The Diamond Club and T4H have worked together through the lockdowns to Bring Sunshine and Health &amp; Wellbeing sessions to the older members of our community.</p> <p>During Covid19 Bring Me Sunshine brought activity packs, exercise classes, zoom bingo, music, poetry and song to over 100+ older people, many in care homes. This has been achieved by door-to-door delivery, singing and music on people's doors steps and putting activities and shows onto memory sticks and YouTube. This caused the Diamond Club to both up skill themselves and the older people in their communities so that members could access support despite a 70% lack of</p>

	<p>access to the internet or Smart phones in April 2020. By February 2021 85% of the older people - had been supported to use ZOOM/Youtube/Memory Sticks on their phone, tablet or smart TV. Staff in care homes were also supported to help residents achieve this.</p> <p>Through this up skilling, T4H delivered ZOOM health and wellbeing sessions to reduce stress and anxiety and help with any aches and pains. This included taking down memories of 'happy places' visited during the relaxation sessions.</p> <p>The project also includes a bi-weekly magazine which includes oral histories of members and their photographs.</p>
<p><a href="#"><u>Wapping Youth FC</u></a></p>	<p><b>LockdownZine</b></p> <p>As demonstrated in the media London has heavily been affected by coronavirus. Those who have suffered the most are from the densely populated lower-socio-economic areas, BAME backgrounds and fall with the unemployment category. There has been a direct connection to London's larger NEET population of 11.1% of young people aged 16-24 to their background, household and struggle in gaining opportunities and employment.</p> <p>This percentage is only increasing due to the impacts of the pandemic. A huge sense of joblessness, lack of openings, low morale and loneliness has overcome the community, with the official of national statistics proving 2.6 million Britons feel lonely in this lockdown.</p> <p>Our project started in January and is 12-weeks long. We want to collate all of our weekly magazine findings in to one big magazine for this project. Each session had a theme, such to tell a story of small community groups affected by Covid-19. We targeted communities often forgotten and started telling their story through our weekly magazine. The project highlighted the difficulties of our forgotten communities and aim to bring support for them from key stakeholders in our community. This project allows us to put all our finding together and present it to our city.</p>

## Community Led Action Grantees

Community Led Action grants will support community organisations to propose their own solutions to the challenges facing London using a mix of action and reflection to identify learning which can be used to support the successful delivery of the recovery missions.

Organisation	Project Description
<b>All Faiths and None</b>	<b>Sahara Sisterhood</b> Creative Conversations are lively workshops which enable young people from diverse backgrounds to share experiences and build confidence Covid19 has had a negative effect on the wellbeing of young people, often female, and from Asian backgrounds. Issues that have arisen for these vulnerable young people due to the pandemic include isolation, bereavement, and, leaving many feeling lost and traumatised. We are offering a platform for these people to engage in creative conversations online and in live workshops. Our tutors and guest speakers are experts in motivation and trauma release, health and mindfulness. The workshops allow young people to unfold and share experiences in a safe space that allows healing and rehabilitation as well as a process of reconciliation. We benchmark our work before and after sessions, using questionnaires and learning logs. With our partners, Sahara Sisterhood specialising in working with women-only groups, we focus on those BAME, primarily Asian, minorities who share a cultural, linguistic and social heritage that includes male domination and women's disempowerment, with consequences for some of physical and emotional abuse, including sexual harassment. We work with participants to build confidence, integration into wider society, and preparation for life and work.
<a href="#"><u>Chapel of Mercy</u></a>	<b>Homework Assist</b> This project is designed to help 30 children in Romford, hone their Key Stage 1 and 2 Maths and English skills. We recognise that some parents, especially low-income earners are not financially able to pay for a private tutor during this Covid-19 pandemic period. Some also do not have the skills to support their children with their schoolwork. According to an article from British Council's EAL Nexus Project, this skills-gap is more pronounced with parents in homes where English is a second language, as is the case with most of these children. Compared to their peers, these children require more time to assimilate each subject in the English language, then mentally translate it to their first language in order to fully understand the subject. Their inability to understand these subjects as quickly as their peers, creates anxiety, leading to self-isolation, and in many cases, could lead to truancy.
<b>Connected Routes CIC</b>	<b>The Routes Community</b> We support refugee and asylum-seeking women with their professional development in the UK. Due to covid, the situation for refugee women looking for work has worsened, and we are seeing an increase in referrals to our mentoring programme. On top of this, women who graduate the programme are requesting continued support as we move into a period of economic instability.

	<p>We have some funding available to extend the support of the mentoring programme that we currently have on offer, but we want to ensure that this new work is shaped by our community members. We have a community of over 100 extremely capable and intelligent refugee and asylum-seeking women who rarely get a chance to take leadership roles within the sector. This project is enabling us to put the power of decision making into our community. Community members who have already been through our mentoring programme will be trained and supported to develop a leadership group which will gather insights from the wider community, create a set of recommendations for extending our support and then oversee the implementation of these new support measures.</p>
<p><a href="#"><u>Empowering Deaf Society</u></a></p>	<p><b>BSL Economic Recovery Project</b>  The project will provide employment workshops and one to one support to Deaf people in BSL. This will help Deaf people overcome the barriers they face to employment. In enabling Deaf people to access employment we will be lifting them out of poverty and improving their mental health and wellbeing and reducing their isolation. We will be making sure that Deaf people are part of London's Economic recovery and are not left behind.  As part of this project we will train Deaf people who are currently employed to share their experience of the working world and their employment journey with Deaf people who are seeking work. They will learn how to support Deaf people with their job search. They will also learn how to deliver Deaf awareness sessions to employers and advocate on behalf of Deaf people facing difficulties or discrimination at work. In doing so we will build the capacity of the Deaf community to address the challenges we face and help more Deaf people gain and keep employment.</p>
<p><a href="#"><u>Evelyn Tenants and Residents Association</u></a></p>	<p><b>Evelyn Community Garden</b>  The Evelyn Community Garden is a project that aims to create a thriving community garden in the heart of the Evelyn estate in Deptford. The garden will concentrate on engaging Black and Minority Ethnic (BAME) communities in growing their own food, supporting members of these communities to practice mindfulness and providing a high-quality green space on their doorstep.  Our Tenants &amp; Residents Association (TRA) will work with Sydenham Gardens and local housing providers to create a space where residents can improve their mental health, grow their own plants and actively engage in COVID recovery as we slowly leave lockdown.  The garden will also link with Evelyn community store to provide fresh vegetables for the 100 families who use the store every week.</p>
<p><a href="#"><u>Goldstar Creative Marketing</u></a></p>	<p><b>Goldstar Skills Programme</b>  Goldstar Employability and Soft Skills Training for Young People is a project which targets disadvantaged young women from the orthodox Jewish community and seeks to empower them and guide them to new pathways to employment. Young women from this traditionally hard to reach community face significant barriers when accessing employment training and</p>

	<p>support, and upon entering the workforce a significant proportion of these young women access entry level dead-end jobs, often never getting the chance to maximise their talents and potential. Our goal is to strike the issue at its core, and to train them in employment and soft skills so they are confident of their talents and abilities and are motivated to mapping and shaping their employment vision. We will do this through offering them a tailored employment and soft skills curriculum, which has been designed to meet their cultural needs, ensuring that it resonates with them, and motivates and engages them. Based heavily on experiential learning activities, and supplemented by a strong mentoring support network, this programme will train women from within the community to lead on and facilitate the program, with a goal to guiding young women to take ownership and work towards a better future.</p>
<p><a href="#"><u>Gold &amp; Silver Interprises CIC</u></a></p>	<p><b>Tapestries for Recovery (Sewn Together)</b>  Tapestries for Recovery builds on the Sewn Together community crafting projects designed and delivered by local residents since 2018.  Providing easy access, high-quality, creative, and cultural crafting workshops and activities using recycled, re-purposed; textiles, plastics, and natural products.  Engaging women from BAME families aged between 30 - 70 living in low income and single-adult households, economically inactive, with diagnosed or lived experiences of long/short term physical or mental health conditions.  Localism and civil involvement are at the heart of the programme which will reach across several communities promoting genuine inclusion, providing a platform for individuals to participate fully, shaping their environments, tackling local problems and their personal barriers.  Working closely with participants the programme will provide evidence documenting the best approaches used supporting behavioural change, promoting greater transparency with data outcomes to be published locally and nationally.  Our long-term goal is to develop 'The Haringey Hobby &amp; Crafting Alliance' with an engaging introduction to various cultural and heritage crafts, the goal of each topic to increase the resident's participation in existing community groups and encouraging the emergence of new groups.  Highlighting the benefits of crafting and green environmental activities as a healthy lifestyle for their futures and future generations.</p>
<p><a href="#"><u>Granville Community Kitchen</u></a></p>	<p><b>Granville Community Kitchen – Good Food Box</b>  The Good Food Box (GFB) has been developed as a response to the many challenges that our community faces in accessing fresh produce with the pandemic highlighting the need even more. The marginalised have accessed our food aid, a model based on the surplus food system which we have struggled with due to the ebbs and flows in supply.</p> <p>We set up the GFB in October 2020, working with farmers at home and abroad and charging our members through a social equity payment model. This is a model based on dignity and the right to food. We offer fresh, seasonal local food and ethically sourced produce from local producers and abroad to ensure every culture has access to food.</p>

	<p>Moving away from food aid, we want to support people into accessing the GFB, subsidising their bag and trialling them on the scheme, allowing them to transition comfortably to a sustainable model of food accessing. We also will continue to charge two prices for our bags, a model that will allow nutritious fresh veg to be available to the whole community. We want to gain new insight into this kind of model as this work isn't happening in the UK.</p>
<p><a href="#"><u>Middle Eastern Women and Society Organisation</u></a></p>	<p><b>Tackle Domestic Violence around Migrant Women in London</b></p> <p>We have been contacted by hotels, hostels and shelters around London and other counties to support women and children because we are able to assist in two key issues. The first being lack of language and information about their rights in this country. The second issue relates to domestic violence, trauma, and homesickness.</p> <p>Through this project, we will be able to help by providing English language classes and a platform where women in similar situations can socialise and learn from one another, particularly from women who have been in the UK longer and can share the insights and experiences. An advisor will liaise with solicitors and help those women experiencing domestic violence or are struggling with welfare issues. By creating a safe space for networking and socialising in group-led activities on Zoom, we enable migrant women to learn from each other, become empowered, and equip them with the skills to protect themselves and their children from any further harm.</p> <p>We will provide a range of workshops on health and wellbeing, educating about their rights in the UK, and English Language classes, with particular focus on refugees and asylum seekers from Kurdistan (Iraqi/Iranian), Syria, Iran, Afghanistan and Iraq.</p>
<p><a href="#"><u>MVP Media CIC</u></a></p>	<p><b>Break Bread and Build - The Podcast</b></p> <p>MVP proposes the “Break Bread and Build - The Podcasts” project, a public conversation between the youth and sector experts.</p> <p>In this triple objective project, six cohorts of young people from a disadvantaged background will build investigative skill to create a series of podcast, giving an insight into current social aspects from the viewpoint of young people. Sector experts then provide reaction videos to the podcasts, as part of the series.</p> <p>Project aims:</p> <ul style="list-style-type: none"> <li>- Build investigative skill and offer judgement</li> <li>- Dissect a range of current social aspects and present them to an online audience</li> <li>- Develop self-reflection, personal and social development and positive change of the mindset techniques</li> <li>- Promote health, wellbeing and healthy lifestyle choices</li> <li>- Build soft and employability skills</li> </ul>

	<ul style="list-style-type: none"> <li>- Create a portfolio of work</li> <li>- Upskill sector specific vocational aspects (journalism, investigation, video production, digital media, online campaigns)</li> </ul> <p>Mentoring sessions will be led by Ailey CIC.</p> <p>Youth led:</p> <ul style="list-style-type: none"> <li>- Research and content creation will be led by MVP's digital media and video production staff team</li> <li>- Engineering/ postproduction will be tasked to MVP's digital media team</li> <li>- Content release and promotion will be led by MVP's social media team</li> <li>- Volunteers support the sessions</li> </ul>
<p><a href="#"><u>National Food Service London</u></a></p>	<p><b>Community Food Organising in North Hackney</b></p> <p>Community Food Organising catalyses community-led hyper-local food justice projects. This project supports members of our community who are experiencing food insecurity to build capacity, skills, connections and their own solutions to their food insecurity challenges.</p> <p>We will engage over 80 people in conversations about their experiences of food and financial insecurity and precarity and how they would like to overcome their challenges. We aim to gain a deeper understanding of experiences and what's important to people. This will inform how we engage, remove barriers and include those most vulnerable and hard-to-reach in our community in the transition towards a just, resilient and sustainable food system.</p> <p>Through these conversations we will identify residents who are keen to develop sustainable models in their community to address food insecurity. We will support these residents to set up their own food cooperatives with their neighbours. Food cooperatives are small buying groups, providing their members with free and affordable groceries, sourced in bulk. We aim to support the establishment of four food coops in four different estates in North Hackney. This project will dramatically change access to food in the long-term for 40-60 households who have been experiencing food insecurity before and during the pandemic.</p>
<p><b>Powerhouse for Women</b></p>	<p><b>Project Upskill</b></p> <p>We would like to work with the Powerhouse members, who are women with learning disabilities living mainly in the Borough of Newham, to help them realise their ambitions. We will do this through developing individual goal plans for each member, updating their Curriculum Vitae, running interview skills training and introducing a mentoring schemes. We will also develop existing and new links to other organisations like Canning Town and Custom House Library, local schools, disability arts organisations such as Together2012!, Stratford Royal Theatre, Living Song, local arts galleries and colleges</p>

	<p>to make suitable work placements and opportunities for the members. We will offer guidance and reflection space to help negotiate these experiences and any difficulties that may arise.</p> <p>Most of the women have been socially isolated during the lockdown periods, a few have been shielding since March 2020. In the main they are digitally excluded due to financial reasons, learning disabilities and lack of support. Project Upskill will help their confidence, motivation and help them to get involved their communities by supporting their potential. Part of the project will involve facilitating a Learning Disability Awareness workshop run by the Powerhouse women open to Newham Active Volunteers.</p>
<p><a href="#"><u>Refugee Café</u></a></p>	<p><b>The Refugee Cafe Training Project</b></p> <p>The Refugee Café is an organisation run by and for refugees. Formed in November 2019 by refugees from Syria, Sri Lanka, Ecuador, and Nigeria, our mission is to combat the issues that we ourselves have experienced: poverty, social isolation, and unemployment. We believe that our experiences make us uniquely equipped to help Lewisham’s most vulnerable citizens thrive in their community.</p> <p>As such, we have developed an innovative eight-week catering course with: employability training, counselling, CV guidance, work placements, and an accredited catering qualification. This programme can accommodate six refugees at a time and our aim is to provide training to up to 30 local refugees in 2021. Upon completion of the programme, alumni will be offered a paid position with the option to run their own event, work on Refugee Café’s market stall, or coach new trainees. We will promote the food on our online platforms and through our established business network, providing ongoing opportunities for local refugees to share their culture through food and have an empowered position in our community. Through our programme, refugees will gain meaningful employment and establish a life within the community so that the UK can start to feel like home.</p>
<p><a href="#"><u>South Norwood Community Kitchen</u></a></p>	<p><b>South Norwood's Kitchen Table</b></p> <p>South Norwood Community Kitchen (SNCK) is a community-led organisation that uses the power of food to bring people together and build collective action. We would like to support a small group of SNCK’s members to become community organisers and lead a new project called the Kitchen Table, a face to face or digital weekly community hub. These community organisers have been disproportionately impacted by the pandemic themselves, and so are best placed to lead our community’s recovery.</p> <p>At the ‘Kitchen Table’, local people will:</p> <ul style="list-style-type: none"> <li>- share a nutritious meal</li> <li>- get involved in discussions around the issues that affect them</li> <li>- take part in positive activities designed to reduce isolation and build new networks</li> <li>- access one to one support and advice around issues relating to benefits, housing and health</li> </ul>

	<p>Many of our community members feel like their voices are ignored and do not feel included in conversations that impact their lives and their communities. As part of this project we will actively listen to and amplify these voices so that they can be heard by the wider community and by decision makers. The future work of SNCK will be shaped by what we learn at the Kitchen Table.</p>
<p><a href="#"><u>Women's Inclusive Team</u></a></p>	<p><b>Promoting good mental health for Somali children and their families</b></p> <p>Somali children and young people in Tower Hamlets have been disproportionately affected by the pandemic in every way, not least in terms of mental health. Through educational booster sessions we hold with 450+ children and young people, we hear direct reports of low-mood, anxiety and fear. These feelings are also expressed through creative writing and artwork, and a decreased ability to focus and engage with tutors and peers. For many reasons, including structural racism and cultural attitudes, parents/carers are often unable to support young people within the family, identify their needs and access additional help.</p> <p>We will therefore hold a series of age-appropriate group-sessions with 5-16-year-olds about mental health. The open discussions and creative workshops will be facilitated by our qualified tutors, a Children and Young people's Mental Health First Aider, and local youth-led organisation/social media experts Leaders in Community. They will encompass issues such as self-care, who to turn to, peer-to-peer support etc. The groups will produce creative written/artwork and a series of short films for wider dissemination, giving advice/support for their peers and insight for decision makers. Concurrent professionally led workshops for parents/carers will promote and support good mental health within the whole family and generate insights to share.</p>