DOWNHAM REMEMBRANCE SERVICE

Two Minutes Silence pause to remember

11am Friday 9 November Downham War Memorial,	Northover, Downham, BR1 5JR	
Corner of Downham Way and Bromley Road	Agenda & Project Booklet	
In attendance will be Heidi Alexander MP, ClIr Julia Fletcher, Conon John Kavanagh Good Sheppard, Father Stuart Leck St Barnabas Church, young people from Bonus Pastor Catholic College, Good Sheppard School, St Johns School and other Downham schools.	1 . Introduction CIIr Julia Fletcher Chair Downham assembly 7.00pm	
On Sunday 11 November community Remembrance service will be held at Lewisham War Memorial and locally at St Barnabas Church.	2. Meet the project providers 7.10pm	
Downham Christmas Festival	3. Hand in the voting cards 8:15pm	
Second Saturday in December 2012 @ the Downham Health & Leisure Centre 11am – 4pm	4. Food & Networking 8:20pm	



Downham Assembly Voting Event

Thursday 8 November 2012, 7.00pm – 9.00pm St Luke's Church Northover, Downham, BR1 5JR

5. Results & Close

Project 1 – Aquatic Youth Club

Project Description

Swimming games including water polo, flip n fun diving, rookie lifesaving, relays and any activities the group would like to undertake. One hour of fun in the pool lead by a qualified level 2 swimming instructor.

Ward priorities the project addresses

- crime & Antisocial behaviour.
- Activities for young people.

Who will be involved?

Local schools will be involved in this project to attach the children to the project. We will also work closes with Youth Services and Phoenix Community Housing to promote the sessions to all local children in the area. A qualified swimming teacher who is a local resident will be delivering the project How much will it cost?

Expenditure			
Swimming teache	r		£17.40
Pool hire			£30.65
£48.05 x 40 weeks	5		£1922.00
Minus £14.40 for 1 library cards x 40	10 swimmei	rs to bring their	- £576.00
	Total Proj	ect Expenditure	£1,346
Assembly Fund	requireme	nt	£1346.00
Other funding (please specify)	Applied for	Confirmed	
Lewisham Free Swimming Library Card scheme		£14.40 per week for 40 weeks	£576
Payment in kind for marketing		£260	
	Total	Project Income	£2182.00

Project 21 - Downham Youth Football Club Project for Under 11s

Project Description

Downham Youth Football Club Project is for under 11s, organised by Dream sports (Fitness & Dance) Ltd. We provide, facilitate, maintain, supervise and manage 5 a side x2 indoor court or 11 a side x2 (Outdoor/Pitches for young boys).

Ward priorities the project addresses

- crime & Antisocial behaviour.
- Activities for young people.

Who will be involved?

Dream Sports (Fitness & Dance) Limited will facilitate, maintain and manage the outdoor and indoor activities for the football programme.

The football club project is for youths who are residents in the Downham area. The local youths would play as individuals and teams with time specific play times for boys and girls.

How much will it cost?			
Expenditure			
Insurance			£100.00
Purchase of Certificates @ £3 X	10 = £30. @ £	23 x 22 =	£96.00
£66	_		
Professional fee			£200.00
Stationary			£50.00
Football ball @ £2 x 3			£6.00
Referee Whistle £2.50 & Stop Wa	atch £4.99		£7.49p
Hall Hire per hour @ £20 x 10 sessions At Downham			£200
Community Centre (Wesley Hall			
Cones x 6 cost £2.50, Medal £1.50 x 22 cost: £33 and			£47.03p
ribbon 55p x 22 cost: £12.01p			
	Total Project	Expenditure	£706.79
Assembly Fund requirement			£500
Other funding (please specify)	Applied for	Confirmed	
Dream sports to cover the		Confirmed	
extra £206.79p			
Total Pr	oject Income		£706.79p

Yes I Can is a joint initiative project aimed at intergeneration group from the Downham community. The project is designed to attract the attention of the delegates, educate, engage, inspire, motivate and also empower them.

The project will achieve the following: impacting awareness, education, motivation, confidence building, rejuvenate their aspiration, empowerment and social cohesion among the youths.

Ward priorities the project addresses

• Activities for young people.

Who will be involved?

The joint Initiative involves ET4G Limited, a non-profit organisation and Unincorporated, both are local organisations. Local residents would predominantly be the invited delegates. Delegate who will give testimonies and also profile their businesses are local residents. In addition other local businesses are invited as guest. Similar organisation, Safer Neighbourhood Team (SNT), faith organisation, social & cultural organisations etc

How much will it c	ostr		
Expenditure			
Hall Hire @ £21pl	h x 5 hour	S	£105
Projector Acer			£100
Projector Screen			£54
Design, Printing	& Advert		£50
Insurance			£50
Professional Fee	s		£200
Refreshments		£80	
Total Project Expenditure		£639	
Assembly Fund requirement		£500	
Other funding (pl	ease spec	ify)	
Own fund	£139	Confirmed	
	Tot	al Project Income	£639

Project 2 – Zumbatomic for Children

Project Description

Zumba is taking over the fitness industry currently and this is now being rolled out for children with Zumbatomic. This will provide sessions for 3-6 and 7-10 year olds for half hour each. This will achieve providing children with a fun form of exercise meeting one of their requirements for 5 x 30minutes of exercise per week.

They will learn dance routines, make friends within the group, and exercise without realising it

Ward priorities the project addresses

- crime & Antisocial behaviour.
- Activities for young people.

Who will be involved?

Local schools will be involved in this project to attract the children to the project. We will also work closes with Youth Services and Phoenix Community Housing to promote the sessions to all local children in the area. A qualified zumbatonic instructor who is a local resident will be delivering the project and will be supported by all staff at Leisure Connection.

Expenditure			
Instructor £24.30	per hour f	or 40 weeks	£972
Studio hire £25.52	per hour	for 40 weeks	£1020.80p
Т	otal Proje	ect Expenditure	£1992.80p
		•	-
Assembly Fund requirement		1992.80p	
Other funding (ple	ase speci	ify)	
Own fund	£139	Confirmed	
Payment in kind		£260	£260
for marketing			
Total Project Income		£2252.80p	

Project 3 - Stretch and Relax with lunch at Downham

Project Description

This project will deliver a stretch session for the elderly, to keep them physically active. It will also provide the opportunity to engage in social activity with a lunch provided in the café ensuring a healthy option is provided. This will meet the needs of issue 1 & 2 on provisions for the elderly.

Ward priorities the project addresses

• Provisions for the elderly

Who will be involved?

The project will involve local residents to engage members of the community to attend the group. We will also work in partnership with Lewisham Pensioners forum to promote the group and advertise the sessions. The project will be run by a qualified fitness instructor to guide the stretch sessions. The café team will also be involved to provide the lunch and to encourage social interaction amongst the group. And set a social environment for the group to enjoy a chat and relaxing lunch.

How much will it cost?

Expenditure			
Lunch per week for 20 people with main and drink		le with main	£70
Stretch session	on per week fo	or 20 people	£43.05
	Total Pro	ject Expenditure	£3956.75
Assembly Fu	Ind requirem	ent	£3956.75
Other funding	(please speci	ify)	
Own fund	£139	Confirmed	
	Tota	I Project Income	£3956.75

Project 19 – Keep fit class for senior citizens

Project Description

This project will enable the elderly to interact, keep fit and socialise with the community. This is important to prevent isolation and enable opportunities for daytime activities.

Ward priorities the project addresses

- Provisions for the elderly
- Adult Education

Who will be involved?

The project will involve local residents, a fitness instructor and any other local people who attend the age exchange or Lewisham Pensioners forum.

How much will it cost	?	
Expenditure		
Fitness instructor (1	0 sessions) £30 per	£300
session		
Tea, coffee & biscuit	IS I	£10
Specialist PE equipr	nent	£150
T	otal Project Expenditure	£460
Assembly Fund re	quirement	£460
Other funding (pleas	se specify)	
	Total Project Income	£460

Weekly hour sessions for the elderly to support them with basic ICT skills, which will enable them to access local services confidently and contact friends or relatives via a method of communication which is usually difficult for them to access. The children will have the opportunity to share their schooling experiences with members of the community. The elderly will be supported 1:1 by pupils in year 6 and overseen by an ICT expert. This then benefits both the elderly and the younger members of society, which reinforces our 'Values Education'. Which in the long run, helps to make our pupils more helpful, caring and responsible individuals. And this project also provides a valuable sociable day time activity for the older generation, thus covering two of the ward's priorities. Ward priorities the project addresses

- Provisions for the elderly
- Adult Education

Who will be involved?

Local residents, pupils, teachers and any adults/elderly that attend groups like Age exchange or the Lewisham Pensioners group.

How much will it cost?

Expenditure		
Cost of tutor £20 p	er session overall £200	£200
Paper/ink		£40
Advertising per co	urse	£10
	Total Project Expenditure	£250
Assembly Fund r	equirement	£250
Other funding (plea	ase specify)	
	Total Project Income	£250

Project Description

Downham Family Choir is a community choir that was born out of the Sing Out Lewisham project, set up by Lewisham Council in partnership with the BBC singers in 2011. The project was initially fully funded however since then funding has ceased completely. The Choir is led by myself and is a project extended primarily to those who live in the borough as well as others outside it. Rehearsals are held in Downham Leisure Centre every Saturday 12:45 to 2pm and facilities are fully accessible to all.

Ward priorities the project addresses

- Provisions for the elderly
- Activities for young people

Who will be involved?

I will be working in partnership with Downham Leisure Centre as they provide the facilities for rehearsals, the Local assembly to keep the awareness in the community and Lewisham arts service to be aware of upcoming events the choir can participate in.

Local business will also be kept informed of the choir activities to ensure awareness is still vibrant and continually open for interested parties.

As the group grows, it will be necessary to use a more professional instrumental accompaniment and work with other more established choirs to increase the repertoire of music available to the group.

Expenditure		
Artistic fees-keybo	pardist	£240
Room hire		£750
Marketing and doo	cumentation	£350
Overheads		£250
Professional time		£300
	Total Project Expenditure	£1890
Assembly Fund	requirement	£1890
Other funding (ple	ase specify)	
	Total Project Income	£1890

Project 5 - Free golf lessons at Beckenham Place Park Golf Club.

Project Description

We would like funding to provide free golf lessons for all ages in Beckenham Place Park Golf Club. The lessons will take place on the weekends for young people and during the weekdays for older participants, although this will be flexible. Lessons will be run by John Good, the golf club Pro, who has plenty of experience of coaching different age groups to a high standard. The lessons will be completely free of charge for participants and will aim to get more people active and interested in sports.

Ward priorities the project addresses

- Provisions for the elderly
- Activities for young people
- Crime and ASB

Who will be involved?

Our project will be run by the golf club and primarily, the Head Pro. The Pro will run and monitor all the coaching sessions with the help of assistants working at the club. Therefore, we do not need external expertise or to hire in any coaches.

How much will it cost?

Expenditure Coaching fees (40 ho groups of 6 at £50/ho	•	£2000
То	tal Project Expenditure	£2000
Assembly Fund req		£2000
Other funding (please Advertising	e specify) £???	£???
	Total Project Income	£2000

Project 17 – Sugar Plum Handmade Crafts Family Learning Workshop

Project Description

This project intends to deliver family learning workshops at Downderry Children's Centre. The facilitators, who are local residents, would like to teach participants how to make jewellery, hair adornments and handmade decorations with recycled materials such as scrap fabric, buttons, bits and materials with different textures. The target audience will be parents and/or carers and children aged 5-11.

Ward priorities the project addresses

- Adult education
- Activities for young people
- Environment

Who will be involved?

The delivery of the sessions will be carried out by Karyn Cecchini from One Crafty Mama and Tanya lanciuc The target audience will be local residents, mainly those with disadvantaged characteristics, such as lone parents/carers with vulnerabilities and parents/carers out of employment or low income. Also families with poor attachment, whereby parents struggle building a positive relationship with their children. Children that are underachieving academically will also be targeted. Outreach Workers from Downderry Children's Centre will promote the workshops and recruit the families.

Expenditure		
Family learning fa	cilitator x 2 x 10 hours	£300
Handouts, materia	Is and marketing	£200
	Total Project Expenditure	£500
Assembly Fund	requirement	£500
	Total Project Income	£500

The introduction of solids foods can be a stressful time for both parents/carers and babies, and lack of knowledge and skills can make this transition stage from breast milk /formula feeds to solids a difficult time for many parents. The Weaning Club will offer a relaxed and comfortable atmosphere to all parents who are either starting or have already started introducing solids to their infants.

The club will deliver weekly drop-in sessions (over 4 weeks) for parents/carers with infants between 6-12 months.

Ward priorities the project addresses

- Adult education
- Activities for young people
- Crime and ASB

Who will be involved?

Livia La Camera (Paediatric Dietician, Public Health Lewisham NHS South East London) Downderry Children centre (outreach workers have expressed their intent to support of this course whilst running at their centre)

guest speakers (Local resident/parent)

How much will it cost?

Sessions	£180
Volunteers + guest speaker travel expense	£33.60p
Equipment (accessories for infant feeding	£30
e.g. floor mats, bibs, cutlery)	
Ingredients (stock cupboard and fresh	£40
ingredients) 4 sessions x £10	
Publicity: printing (flyers, posters)	£80
Recipes and handouts	£28.80p
Administration (bookings, telephone,	£50
gas/electricity for preparation of food)	
Pre-planning (e.g. cooking, delivery of	£50
flyers)	
Total Project Expenditure	£493.40p
Assembly Fund requirement	£493.40p
Total Project Income	£493.40p

Project 6 – Regal Educational Arts Project

Project Description

A number of activities developed and delivered through REAP to include: expansion of the REAP tuition service; A Downham achievements awards ceremony; A Downham Children's Community Choir and a Downham's got talent open mic competition.

Ward priorities the project addresses

- Activities for young people
- Crime and ASB
- Environment

Who will be involved?

Other than the community members directly (local residents), I feel it will more be public sector organisations that will be used to enable such as schools, youth clubs and community groups and parents. As within the Downham achievement awards we would want to recognise all those that are doing well.

Expenditure	
PA Equipment to buy	£500
Hire Downham Hall 2hrs twice a month for 6	£600
months £100 per month to re-start another	2000
supplementary school.	
4 Staff to run the project twice a month for 6	£840
months £70 per session x 2= 140 a month x 6	
months =	
Flyers and designs for 3 flyers –choir, awards	£300
ceremony, talent shows @ £100 each	
To help expand educational centre just hall fees	£840
for 1 year Downham hall @35 per session (per	
week) £140 per month x 6 months	
Hire Knights academy for 3hrs awards	£500
ceremony (estimation) and staff	
Medals, certificates (estimation)	£200
Total Project Expenditure	£2940
Assembly Fund requirement	£2940
Total Project Income	£2940

Project 7 – A 10 week (2 hours per week) for women who feel they have no confidence with numbers

Project Description

This course is for women who feel nervous about working with numbers and who believe their understanding of numeracy is poor. Women will learn some numerical skills that they believe are 'beyond them' due to inadequate teaching and/or or bad experiences in their past when learning maths. Or they may just feel the subject is too difficult.

Ward priorities the project addresses

• Adult education

Who will be involved?

These sessions will be delivered by Sandra Endersby the Director and owner of Endersby Training Limited. The Marketing will be done by Gayle Wallace of GW Training and Associates. A training room will be required. The project will target 15 local women.

How much will it cost?

Expenditure			
Outreach & marketing			£400.00
Room Hire			£450.00
Refreshments			£75.00
Training Materials		£100.00	
Writing and Delivery of training		£1,725.00	
Evaluation and post training report		£150.00	
Total Project Expenditure		£2,900	
Assembly Fund requirement		£2,900	
	Total	Project Income	£2,900

Project 15 – Meadows Youth Club

Project Description

To continue running the Friday night Youth Club in the Meadows Community Centre, on the Meadows Estate, from January to March 2013. The project has been running successfully for a number of years and provides the young people on the estate with somewhere to go on Friday evening.

Ward priorities the project addresses

• Activities for young people

Who will be involved?

The main beneficiaries will be the young people who live and play in the Meadows Estate; however the youth club is open to all young people.

Expenditure		
Youth Worker in Charge		£870
Curriculum Youth Wor	ker	£680
Youth Worker		£450
Hall Hire		£585
Project Management		£1560
Total Project Expenditure		£4145
Assembly Fund requ	irement	£2000
Phoenix Community Housing	In Kind	£780
Be Totally You	In Kind	£780
Hall Hire	In Kind	£585
Total Project Income		£4145

The two fitness clubs assist in keeping the elderly residents healthy and active. They also offer the opportunity for local elderly residents to meet up regularly, reducing social isolation.

The outcomes of the project are:

- Increased take up of health and well being programmes among targeted population;
- > A reduction in self reported falls among participants;
- Improved indicators of positive mental well being among target population.

Ward priorities the project addresses

- Provision for the elderly
- Crime and ASB

Who will be involved?

Overview: This project is both a social and health project that increases the wellbeing of older people living in Lewisham. The project is delivered in partnership with SAGE and is delivered from Hazelhurst Court Community Hall and Grovehill Court Community Hall.

How much will it cost?

Please see expenditure sheet attached.

Project 8 – Women Mean Business – be your own boss!

Project Description

The overall aim of this training day for women to explore whether self employment and starting one's own business is for them what starting and running a business entails. The participants will gain a greater understanding of themselves and how their own personality is suited, or otherwise, to working independently.

Ward priorities the project addresses

Adult education

Who will be involved?

The delivery of this will be by Sandra Endersby the Director and owner of Endersby Training Limited. The Marketing will be done by Gayle Wallace of GW Training Limited. A training room will be required. The project will target up to 20 local

women.

	51:		
Expenditure			
Outreach & marke	ting		£450.00
Room Hire			£150.00
Training Materials	i		£25.00
Delivery of trainin	Delivery of training		£475.00
Evaluation and post training report		£100.00	
Total Project Expenditure		£1,200	
Assembly Fund requirement		£1,200	
	Total I	Project Income	£1,200

The project will work with a group of 8 young men aged 11-16 years old In our current climate, it is all too common to see too many young men involved in violence, drugs and gangs. On top of this, many make a conscious choice to show a lack of respect for their community and its inhabitants (anti-social behaviour). This project, Martial Mentors aims to be the solution to such attitudes and lifestyle. This aim will be achieved through a weekly session where martial arts and self defence are taught and students receive mentoring from older males.

Ward priorities the project addresses

- Activities for young people
- Crime & ASB

Who will be involved?

The project will work with young men (11-16) from Downham, primarily the Downham Housing Estate. We will use our link with local schools to create the group. 2 martial arts instructors have been acquired and are ready to commence the sessions once things have been confirmed. They are also youth mentors.

How much will it co	ost?		
Expenditure			
Martial arts instru	ictors fees ((x2 instructors)	£1680
Renting of space			£480
Refreshments			£50
Project coordinat	Project coordinator		£360
Total Project Expenditure		£2,570	
Assembly Fund	Assembly Fund requirement		
Other funding	Applied	Confirmed	
(please specify)	for		
Printing fees	Yes	Yes	£30
	<u> </u>		
Total Project Income		£2,570	

Project 13 - Snow marshals pilot project

Project Description					
The pilot project is a service that is being tested for its viability and likeability the community. Our snow Marshalls duty among others would be to clear side streets and roads of snow during the winter season. The pilot project aims to achieve: Friendly and safe community, snow Marshall support aware community and community cohesion. With the support service of our snow Marshalls, it can be reasonably expected, that there would be less falls caused by snow in the winter seasons for the residents especially for the children, disable and elderly people in Downham. Ward priorities the project addresses					
Provision for	the elderly				
Who will be involved?					
3 Management team an					
member(s) of staff from					
volunteer staff will be a		rovide suppor	t during the		
	winter (in particular snow periods).				
How much will it cost?					
Expenditure					
1 Second Hand Transit		£1500			
Stationeries & phone ca	alls expenses		£100		
Snow boots 1 @ £10 x 7			£70		
Spades 1 @ £4 x 6			£24		
U	<u>x 6</u>		£18		
Snow Jackets 1 @ £10 x 7			£70		
Professional fee (supplements cost of ad, van			£1000		
service, Mot, Car Insurance, admin, breakdown					
cover, public liability insurance) Total Project Expenditure			£2,782		
Assembly Fund requirement			£2,500		
Other funding (please Applied for Confirmed			· · · ·		
specify)					
Donation from BPD	£282	Yes	£280		
Organisation					
	Total P	Project Income	£2,782		

We propose to run a series of 3 Cook and Eat Programmes. Each series will be 6 sessions long (a total of 18 Cook and Eat sessions in all). We have chosen two different venues (Downderry Children's Centre and Downham Health and Leisure Centre).

Ward priorities the project addresses

- Adult education
- Provision for the elderly
- Activities for young people

Who will be involved?

Downham Nutrition Partnership, Delicious Nutritious UK, Downham Elderly Health Project, Community Development for Health Team, Downderry Children's and Family Centre, Downham Health and Leisure Centre, Pre-School Learning Alliance, Children's Centre Area 3, Older local residents, Young families and any local resident, Livia La Camera, Lead Specialist Dietician, NHS SE and volunteers.

Expenditure	
Tutors	£1,872
Cooking Equipment (not available on loan)	£100
Ingredients (18 sessions x £23)	£414
Printing	£546
Development of Recipes and handouts	£144
Food Hygiene Certificates / CRB checks	£100
Volunteer Expenses Travel + Administration costs	£576
Management	£ 240
Room hire DH&LC	£1,440
Room hire Downderry Children's Centre	£360
Use of equipment	£150
Consultancy	£700
Total Project Expenditure	£6642
Assembly Fund requirement	£3,992
Other funding ~ in kind	
Room Hire at Downham Health + Leisure Centre [£40 / hour x 3 hours x 12 sessions = £1,440]	£1,440
Room Hire at Downderry Children' Centre [£20 per hour x 3 hours x 6 = £360]	£360
Use of equipment from PSLA + DNP ~ £150	£150
Pre-planning consultancy ~ Ruth Webber (DNP); Livia La	£700
Camera (Dietician), Ros Spinks (Elderly) ~ estimated as £700	
Total Project Income	£6,642

Project 10 - Business Start-Up Course for Parents/Carers

Project Description

This project intends to deliver a NOCN (National Open College Network) Level 2 Award in Employability QCF (Qualifications and Credit Framework, the QCF is the new framework for recognising and accrediting qualifications in England, Wales and Northern Ireland) for 12 parents and/or carers in the Downham area. This type of course is intended to develop a wide range of skills relevant to vocational employment which allows young people to make informed career and progression choices and build their self-esteem and confidence.

Ward priorities the project addresses

Adult education

Who will be involved?

The delivery of the course will be carried out by Aspiring 2 Be, the target audience will be local residents mainly those with disadvantaged characteristics, such as parents/carers out of employment or low income. Outreach Workers from Downderry Children's Centre will promote the course and will be responsible of the recruitment of the learners.

Expenditure	
Course x 24 hours	£750
Crèche Workers x 2 x 24 hours (one crèche worker NVQ2 at £13.95 per hour and one crèche worker NVQ3 at £15.05 per hour)	£696
Marketing and material for courses	£100
Total Project Expenditure	£1,546
Assembly Fund requirement	£1,546
Total Project Income	£1,546

The Badminton club runs once a week on Fridays from 7-8pm

The Badminton club aims to forge and build new relationships between different groups of people and put them in touch with their community helping to prevent crime and anti-social behaviour and build community spirit. The club gives local people direct access to community facilities and supplies all equipment and a coach so that they can access a community based sports club.

The club gives the opportunity for young people aged 16+ to access an activity and have guided support and coaching.

Ward priorities the project addresses

- Activities for young people
- Crime and ASB

Who will be involved?

We have an external coach who we hire and the club will be made up of local residents. All facilities and equipment will be provided by the Sports Complex.

£1,050
£150
£255
£375
£310
£2,140
£1,990
£2,140

Still another 10 projects to meet, please try and visit each of the stalls here and talk with the project providers.