

# Evelyn Assembly Fund

2017-18 Voting Event

Saturday 21<sup>st</sup> January 2017



## Project Information



# Category A: Young People

<p><b><u>Proposal 1</u></b></p> <p><b>Organisation:</b> BelEve UK</p>	<p><b>Amount of funding requested:</b></p> <p>£3,500</p>																				
<p><b>Description of the project</b></p> <p>This project is to train young women to become positive, peer mentors and community ambassadors in the community, to help create a safer community. This initiative is to help ensure the peer mentors are active in the community, helping them build bridges between their peers and others in the community to prevent anti-social behaviour, reduce crime and improve relationships between young people and other people in Lewisham.</p> <p>The project will be designed to help these young women reach out to the local community as ambassadors, helping other groups understand how to better engage with young women. This outreach will focus on helping more young women engage in the community to make safer neighbourhoods in Lewisham.</p>																					
<p><b>Which assembly priorities does the project meet?</b></p> <ul style="list-style-type: none"> <li>• Provision for young people and children</li> <li>• Community support on anti-social behavior, crime and drug issues</li> <li>• Community capacity building, cohesion and events</li> </ul>																					
<p><b>What will happen?</b></p> <p>The project will run for 6 weeks with workshops, community visits and outreach. During this 6 week project the young women involved will identify issues that matter to their peers and work in a controlled environment to explore those issues and engage the community stakeholders and create a conduit which can be used by young people and community organisations to communicate and interact.</p>																					
<p><b>Breakdown of budget</b></p> <table border="1" data-bbox="95 1299 849 1980"> <thead> <tr> <th>Description and breakdown of costs</th> <th>Costs</th> </tr> </thead> <tbody> <tr> <td>Lead Facilitator @£25 per hour x 24hrs</td> <td>£600</td> </tr> <tr> <td>Support facilitator @£15 per hour x 24hrs</td> <td>£360</td> </tr> <tr> <td>Venue Hire @ £22 per session x 6</td> <td>£528</td> </tr> <tr> <td>Volunteer expenses @ £20 per session x 6</td> <td>£120</td> </tr> <tr> <td>Materials</td> <td>£400</td> </tr> <tr> <td>Design/printing</td> <td>£300</td> </tr> <tr> <td>Cost associated with activities</td> <td>£700</td> </tr> <tr> <td>Refreshments</td> <td>£500</td> </tr> <tr> <td><b>Total cost:</b></td> <td><b>£3,508</b></td> </tr> </tbody> </table>	Description and breakdown of costs	Costs	Lead Facilitator @£25 per hour x 24hrs	£600	Support facilitator @£15 per hour x 24hrs	£360	Venue Hire @ £22 per session x 6	£528	Volunteer expenses @ £20 per session x 6	£120	Materials	£400	Design/printing	£300	Cost associated with activities	£700	Refreshments	£500	<b>Total cost:</b>	<b>£3,508</b>	<p><b>What is the impact of this project?</b></p> <p>This project aims to engage a wider cross section of young women in community activities to make the Evelyn ward safer.</p> <p>Specific outcomes: 20 young women engaged with an organisation in Lewisham that is trying to engage other young women who may be at risk. This will be monitored as part of the project. Young women will chose organisations to engage with and will report back on the work they are doing with the organisation they have chosen. Engage 20 young women in conversations about how to make Lewisham a safer community. At the end of each session young women will be involved in a survey to assess their learning.</p>
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<p><b><u>Proposal 2</u></b></p> <p><b>Organisation:</b> Inspiring Your Imagination</p>	<p><b>Amount of funding requested:</b></p> <p>£3,235</p>																						
<p><b>Description of the project</b></p> <p>The healthylewishamtv.co.uk website project is designed to encourage Lewisham residents to live healthier lifestyles, at the same time get them online and more familiar and confident using the internet. The website features a series of videos promoting healthy living but the unique selling point is that all the videos on the site are created by and feature local residents. The idea being that residents will be more engaged if the videos show 'real' people, whom they can identify with and feature services that are easily accessible. The project also enables young people to gain valuable transferable skills in video production and post-production, and allows them to achieve an AQA accreditation.</p>																							
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<p><b>What will happen?</b></p> <p>During the summer school holiday break in 2017, we will recruit up to 30 young people from the Evelyn ward, to direct, film and create short health promotion videos featuring local people and organisations. These videos will look at what each organisation offers and how their work benefits local residents, this will allow other residents who are less engaged with their community, access to the work of each organisation from the comfort of their own homes. This will in turn motivate them to participate and make steps to improve their health.</p>																							
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<b>Proposal 3</b>	<b>Amount of funding requested:</b>
<b>Organisation:</b> ARLA Partnership	£2,550

**Description of the project**

We will run a roller skating crash course promoting this healthy activity and teach roller skating safely. We will teach people how to skate, and share with them the benefits of incorporating roller skating into their lifestyles. We will then host roller discos which will be themed and put on during the spring for the community so that they can enjoy and experience the joys and advantages that roller skating has to offer. We will put on a presentation fun day at the end for the community to come down, and have fun together where the participants of the course receive certificates for learning how to roller skate.

**Which assembly priorities does the project meet?**

- Provision for young people and children

**What will happen?**

Our exciting partnership sees Professional Roller Skating Coaches skilled in building confidence team up with a local Youth Club whose staff are experts on the needs of the young people in the area. Who needs Avengers when you have this Dream Team! The project is designed to engage young people and give them a positive place to attend in their free time. Sessions are based on a foundation of trust and respect; we a focus on well-being and will be working specifically on developing Roller Skating skills while weaving in games and activities that build confidence and self-esteem. Young people will leave the programme with a new practical skill, feeling healthier, having made new friends in their community, a passion for skating and of course a certificate together with an invitation to a Roller Disco to showcase their new skill.

Help us tackle the increasing worry of obesity in young people, the significant increase in number of NEETS (not in education or training) and lack of fun, safe and productive places for activities due to budget cuts.

<b>Breakdown of budget</b>		<b>What is the impact of this project?</b>
<b>Description and breakdown of costs</b>	<b>Costs</b>	
Skate Hire and transportation for skates	£500	It will have a positive impact on self-esteem and confidence as participants witness their improvements and progression. This encourages take up as the activity is fun. Participation will improve balance, coordination, strength, agility, flexibility, and overall fitness in one go. Roller skating provides a complete aerobic workout involving all of the body's muscles in particularly the heart so even just one session is sufficient and provides more than the recommended 30 mins of daily activity. Parents will benefit not only from knowing that their children are engaging in a sport that has many physical and health benefits, but the family skate will give them an opportunity to enjoy activity together.
2 x Skate instructors for crash course	£200	
DJ	£300	
Music equipment	£300	
Flyer, design and promotion	£100	
Quad bikes	£300	
Food and drinks	£250	
Venue Hire	£300	
Admin costs	£50	
Bouncy castle	£150	
Face painter / body art	£100	
Skate Hire and transportation for skates	£500	
<b>Total cost:</b>	<b>£2,550</b>	

<b><u>Proposal 4</u></b>		<b>Amount of funding requested:</b>
<b>Organisation:</b> Sports Fun 4 All		£2,000
<b>Description of the project</b>		
<p>The Evelyn Football Project is a social inclusion programme for YP aged 8 – 16. The project is a positive diversionary activity for the YP in the local and surrounding areas using football as the tool to engage them. It will run for 10 weeks and deliver a total of 20 hours of football activity at Evelyn Multi-use Games Area (MUGA).</p> <p>The EFP will run one night a week, Friday from 6.00pm – 8.00pm as an open football session consisting of small sided games and semi-structured coaching. Outreach will be undertaken in the six weeks leading up to the session. The outreach will be done on the days and the times that the EFP is due to run.</p>		
<b>Which assembly priorities does the project meet?</b>		
<ul style="list-style-type: none"> <li>• Provision for young people and children</li> <li>• Community capacity building, cohesion and events</li> </ul>		
<b>What will happen?</b>		
<p>The project will be delivered by coaches from Sports Fun 4 All. The coaches have sports qualifications and youth works skills to engage the YP in a safe, informal environment ensuring that they can have fun and improve their soft skills like communication, team work and respect. There has been evidence from Sport England to show that young people begin to drop out of sport at 14. Offering a fun, engaging activity on the young person's doorstep will make it easier for them to participate removing the barriers to participation like cost and travel.</p>		
<b>Breakdown of budget</b>		<b>What is the impact of this project?</b>
<b>Description and breakdown of costs</b>	<b>Costs</b>	<p>Young people will be able to play football at a safe and secure venue delivered by qualified coaches at no charge.</p> <p>Local residents will get some respite from YP hanging around on the streets which can often be intimidating. Parents will be benefiting as their children will be participating in physical activity for free saving them money.</p> <p>Safer Neighbourhoods Team will be able to come to the project and meet the YP helping to break down the barriers.</p> <p>Police will be able to spend more time stopping other types of crime as they won't have to invest as much into dealing with the antisocial behaviour. The evidence shows that benefits of physical activity can be achieved with 10 minutes or more of moderate to vigorous intensity activity saving the NHS money.</p>
Coaching Costs £25 per hour per coach. There will be two coaches per session. There will be ten sessions lasting 2 hours each	£1000	
Venue Hire (£30 per hour)	£600	
Equipment (Cones, Bibs, Balls)	£130	
Qualifications (1 x FA Level 1)	£160	
Administration Costs	£100	
Leaflets and Flyers	£100	
<b>Total cost:</b>	<b>£2,000</b>	

# Category B: Children & Families

<b><u>Proposal 5</u></b>	<b>Amount of funding requested:</b>
<b>Organisation:</b> Cares Lewisham	£3,000

## Description of the project

This funding will be used to take a group of 12 local young carers aged 5-11 years old for 4 days (3 nights) during May half-term to the Honeypot House in Hampshire. This will provide an opportunity to support young carers their transition from infants and juniors, and look at some of the challenges and work through them in a fun and positive way with the support from staff.

Honeypot Charity is the only charity in the UK providing respite breaks and on-going outreach support throughout a child's formative years. Honeypot gives young carers a break from demanding and stressful responsibilities at home and provides a safe, nurturing environment where children at risk can develop their full potential.

## Which assembly priorities does the project meet?

- Provision for young people and children

## What will happen?

Honeypot House is located in the beautiful New Forest, and has seven acres of idyllic grounds where children can, put very simply, be children. They will pick 12 children up from Lewisham and travel to Honeypot House in their mini bus. Whilst at Honeypot House, children are able to choose from a range of ways to spend their weekend; swimming in the pool, playing on the adventure playground, riding bikes, visiting pets corner or baking special treats are just some of the ways in which these children are able to play, have fun, and make happy memories which they can cherish for years to come.

## Breakdown of budget

Description and breakdown of costs	Costs
12 children plus 2 young carers staff including accommodation, food, transport and full range of activities	£2,000
2 Staff @ £125 per day x 4 days	£1,000
<b>Total cost:</b>	<b>£3,000</b>

## What is the impact of this project?

The project will aim to

- Provide fun, challenging, social opportunities for young carers
- Build confidence and resilience
- Offer transition support from infants to juniors
- Reduce social isolation
- Give young carers a break from everyday caring tasks and time for themselves

We will capture the experiences of young carers using variety creative techniques and methods including

- Evaluations forms sent home
- Intensive evaluation process using 'my star'
- Weekly feedback from parents.
- Children involved in evaluation process.
- Video blogs/vlogs
- Schools and referring agencies asked for feedback

<b><u>Proposal 6</u></b>	<b>Amount of funding requested:</b>
<b>Organisation:</b> The Lennox Project & SMASHfestUK	£3,300

**Description of the project**

This project will develop and deliver a schools outreach programme to engage local young people with the maritime and shipbuilding heritage of Deptford's Royal Dockyard. A team of 'Young Explainers' aged 16-18 will be trained to deliver events at primary schools in Evelyn Ward.

The younger children aged 5-11 will benefit from fun and educational activities in school where they will learn about Deptford's history, the original Lenox ship, which was built in Deptford, artisan skills, STEM basics and creative problem-solving as well as arts and crafts. We hope that the Young Explainers programme will develop into a "Lenox Club" to continue delivering schools outreach to younger children.

**Which assembly priorities does the project meet?**

- Provision for young people and children
- Community capacity building, cohesion and events
- Skills development

**What will happen?**

The Young Explainers will receive their training during which the outreach programme will be developed. Primary schools in Evelyn Ward will be engaged. The activities will include

- Sea Shanties~ children discuss what manual work took place aboard the ships of the time, write their own sea shanty and carry out a task whilst singing it.
- Rope-work/Knots~ we talk about the importance of ropes in sailing, make ropes both from modern and traditional materials, before learning some basic sailors' knots.
- Who was John Shish? Storytelling~ we find out about Deptford's Master Shipwright and use a virtual treasure hunt to find out about some of his contemporaries.
- Launching ~we recreate the launching ceremony of a 17<sup>th</sup> century ship such as the Lenox and also discuss the origin of 'having a chip on your shoulder'.
- Rigging/Sailing/Navigation~ revisiting our knot-work, we will discuss how life under sail could be grim, and had a high death toll thanks to the high masts and rigging.
- Living on board a ship~ children will discuss the rations required to keep many sailors alive at sea and then practise how to balance the ballast on a big ship.
- Make a hammock~ we explain and demonstrate just how little space sailors would have aboard a ship and then finish off with a hammock making activity.

**Breakdown of budget**

Description and breakdown of costs	Costs
Young Explainers Training (2 facilitators, 6 weekly workshops)	£900
Primary Schools Outreach Delivery (4 days)	£1,400
Primary Schools Outreach Delivery (materials)	£1,000
Young Explainers recruitment, coordination and initial training	*£1,200
<b>Total cost:</b>	<b>£4,500</b>

\*funding provided by SMASHfestUK

**What is the impact of this project?**

Education and engagement of almost 1500 primary school children with the history of Deptford's Royal Dockyard, as well as continued engagement of the Young Explainers. The Lennox Project will ultimately result in construction of a full-size replica on the former dockyard site (Convoys Wharf) and a visitor centre/museum. Expanding the SMASHfestUK team's remit into outreach activities for The Lennox Project enables both to forge stronger links with the young people of Deptford and their families, to encourage young people to explore and expand their horizons for future careers

<p><b><u>Proposal 7</u></b></p> <p><b>Organisation:</b> Evelyn Parents</p>	<p><b>Amount of funding requested:</b></p> <p>£1,614</p>																										
<p><b>Description of the project</b></p> <p>The project will provide ongoing delivery of stay and play facilities open to the local community five days a week throughout 2016-2017 at Deptford Park Play Club in Deptford Park. This gives parents access to a clean, safe, play environment and peer-to-peer family support. The bid covers the provision of a maintenance budget to ensure we can minimise impact from maintenance issues as they arise (such as a plumber to repair leaking toilet or loose kitchen sink) and deliver an uninterrupted service An assembly fund award will help us to meet immediate maintenance and resource needs and help Evelyn Parents Forum develop a sustainable future for the club.</p>																											
<p><b>Which assembly priorities does the project meet?</b></p> <ul style="list-style-type: none"> <li>• Children &amp; Young People</li> </ul>																											
<p><b>What will happen?</b></p> <p>This is a vital community resource for local families with children all year round, as well as providing sign-posting families to additional services where they may benefit. Daily activities include Soft Play, Song time, Baby Club, Messy Play and Music &amp; Movement, Sensory Room and healthy lunch provision for children visiting the club. In addition there is access to a family Support Worker once a week at Baby Club. Parents have the opportunity to form new adult friendships and peer-to-peer support networks.</p> <p>The funding will add to existing outdoor appreciation including the "bug hotel" by helping us to offer the opportunity to take an excursion to Macaroni Woods so our families can experience more of the countryside.</p> <p>Park users can also avail of takeaway hot drinks and the play club has been used as the venue for Bike Doctor sessions for the community. The local community can also hire the club for weekend birthday parties for under-fives or for community workshops at an affordable rate.</p>																											
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# Category C: Community Cohesion

<p><b><u>Proposal 8</u></b></p> <p><b>Organisation:</b> Age Exchange &amp; Deptford Mission</p>	<p><b>Amount of funding requested:</b></p> <p>£3,150</p>																
<p><b>Description of the project</b></p> <p>Age Exchanges uses Reminiscence from a highly person-centred approach which engages older people in group activities. These activities are about sharing life experiences to value the individual participant. The aim is also to create a legacy with volunteers participating in sessions so that they will continue to run reminiscence as an activity after the project finishes.</p> <p>The funding will provide 8 x Group reminiscence sessions will be followed by 2 x sessions of individual interviews. We will also run half day training for staff in how to use reminiscence activities</p>																	
<p><b>Which assembly priorities does the project meet?</b></p> <ul style="list-style-type: none"> <li>• Provision for older people, people with disabilities and intergenerational activities</li> <li>• Community capacity building, cohesion and events</li> </ul>																	
<p><b>What will happen?</b></p> <p>The project would work in two parts:</p> <p>The first part would be 6 reminiscence sessions the aim of which is to value people's personal stories and memories. Hopefully sharing these stories help build respect and relationships in the group. Laughter is also an important part of any reminiscence session and Age Exchange artists aim to create an atmosphere where participants are confident of contributing to the sessions.</p> <p>We will use objects from our archive collection and music and film to stimulate memory and reminiscence. We also ask participants to bring in their own objects and photographs etc. For the second part we would create a short film celebrating the participant's stories. We would work with people individually and ask participants to bring an object that has a memory or significance for them and we could film and photograph them. The film would include the group sessions and individual interviews.</p>																	
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<b>Total cost:</b>	<b>£3,150</b>																

<p><b><u>Proposal 9</u></b></p> <p><b>Organisation:</b> 2,000 Community Action Centre</p>	<p><b>Amount of funding requested:</b></p> <p>£3,300</p>																
<p><b>Description of the project</b></p> <p>We want to put on three social and information events at 2000 Community Action Centre. Each event will be themed and provide an opportunity for people in the ward to gather and enjoy themselves sharing food and conversation with neighbours. At the same time there will a range of local service providers and groups promoting the opportunities and services they provide, increasing access to services, and opportunities to get involved.</p>																	
<p><b>Which assembly priorities does the project meet?</b></p> <ul style="list-style-type: none"> <li>• Community capacity building, cohesion and events</li> </ul>																	
<p><b>What will happen?</b></p> <p>We will hold 3 events in 2000 CAC Easter, Summer and October 2017. Each event will have a focus, such as well-being, employment and training, children and young people, families, older people, in your community and linked to the time of year the event is being held. In addition the information part of the event will be run alongside activity that complements the target audience, such as fun activity for children, or tea dance or film or music for other groups, with free food offered in the café area so people have a chance to eat and sit down next to people they might not know. We will</p> <ul style="list-style-type: none"> <li>• use local volunteers to work on planning and delivery of the event</li> <li>• work with our users to determine the exact nature of each event</li> <li>• work with the Assembly to identify appropriate local organisations to provide information and participate in the event</li> <li>• bring different service organisations together increasing the chance of developing networks and cross organisational relationships.</li> <li>• use other organisations to promote the events.</li> </ul>																	
<p><b>Breakdown of budget</b></p> <table border="1" data-bbox="97 1272 801 1850"> <thead> <tr> <th>Description and breakdown of costs</th> <th>Costs</th> </tr> </thead> <tbody> <tr> <td>Food - £300 x 3</td> <td>£900</td> </tr> <tr> <td>Entertainment £300 x 3</td> <td>£900</td> </tr> <tr> <td>Staff time to plan event £700 x 3</td> <td>*£2,100</td> </tr> <tr> <td>Venue</td> <td>*£1,080</td> </tr> <tr> <td>Publicity</td> <td>*£250</td> </tr> <tr> <td></td> <td></td> </tr> <tr> <td><b>Total cost:</b></td> <td><b>£5,230</b></td> </tr> </tbody> </table> <p>*includes other funding in kind</p>	Description and breakdown of costs	Costs	Food - £300 x 3	£900	Entertainment £300 x 3	£900	Staff time to plan event £700 x 3	*£2,100	Venue	*£1,080	Publicity	*£250			<b>Total cost:</b>	<b>£5,230</b>	<p><b>What is the impact of this project?</b></p> <ul style="list-style-type: none"> <li>• Raise awareness of different activities available in the area</li> <li>• Bring people together</li> <li>• Create opportunities for organisations and community members to network</li> </ul> <p>Outcomes</p> <ul style="list-style-type: none"> <li>• Local organisations report that the day increased access to their activity</li> <li>• Greater use of the café and other services at 2000 CAC</li> <li>• Increased volunteering</li> </ul>
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<b>Organisation:</b> Federation of Refugee Vietnamese in Lewisham (FORVIL)	£3,480
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**Description of the project**

For the One Stop Shop project we want to provide exercise and benefit advice for our users who live in the Evelyn ward.

With the emergence of universal credit user's with English as their second language will be at risk of homelessness and greater poverty due to not understanding the new benefits and housing reform advice.

We will also offer a low cost healthy eating luncheon and provide with translation services for those who need signposting advice.

**Which assembly priorities does the project meet?**

- Community capacity building, cohesion and events

**What will happen?**

The One Stop Shop will provide 3 half day sessions where advice will be available through a range of partners, police, housing etc.

The luncheon service will run 1 day per week with exercise class and work with a funded project to design a culturally appropriate Healthy Eating Plate public health resources for the community in English and Vietnamese.

We will work with health improvement team, housing association, police, Local GPs, and voluntary organisations in the borough to ensure multi agency delivery.

<b>Breakdown of budget</b>		<b>What is the impact of this project?</b>
<b>Description and breakdown of costs</b>	<b>Costs</b>	
Rent for 6 months	£1,800	<p>The impact the project will</p> <ul style="list-style-type: none"> <li>• alleviate and reduce homelessness, reduce debt, reduce isolation,</li> <li>• improved health and general wellbeing which, in turn,</li> <li>• reduces the burden on statutory services</li> </ul> <p>We will ask for feedback after evening session or consultation and we will use monitoring forms for service users. We will work with our partners to obtain feedback from them.</p> <p>The project will also produce resources to reinforce health information which can be rolled out nationally.</p>
Exercise trainer £30 per hour	£720	
Food £2 per person x 24 weeks	£960	
<b>Total cost:</b>	<b>£3,480</b>	