

<b>Index</b>
<a href="#">030</a> Afghanistan and Central Asian Association
<a href="#">037</a> Ignition Brewery
<a href="#">040</a> Voluntary Services Lewisham
<a href="#">069</a> METRO CENTRE LTD (trading as METRO CHARITY)
<a href="#">073</a> Contact
<a href="#">079</a> Buddies for all
<a href="#">080</a> Lewisham Local
<a href="#">084</a> Rio Ferdinand Foundation - Grove Park Youth Club Building Preservation Trust
<a href="#">085</a> Lewisham Youth Theatre
<a href="#">094</a> Entelechy Arts
<a href="#">098</a> Sydenham Garden
<a href="#">102</a> Second Wave Centre for Youth Arts
<a href="#">108</a> Lewisham Refugee and Migrant Network
<a href="#">112</a> Refugee Café
<a href="#">113</a> Spark2Life-GreenLeaf Trust
<a href="#">119</a> Oaks and acorns
<a href="#">120</a> Catbytes CIC
<a href="#">128</a> TLG Lewisham Education Centre
<a href="#">140</a> One In Four (London)
<a href="#">146</a> Give a Song
<a href="#">148</a> Lewisham Pensioner Forum
<a href="#">153</a> Watergate Sensory Garden
<a href="#">171</a> Inspiring Your Imagination Ltd
<a href="#">177</a> Facework Group CIC
<a href="#">188</a> Lewisham Cyclists, London Cycling Campaign

<b>30) Afghanistan and Central Asian Association</b>	
Score 22/29	£34,200 (under 35K)
<b>Project Summary</b>	
<p>This project is to develop the skills base of refugee and other marginalised BAME groups. Will support over 200 participants who are struggling with a variety of mental health problems, improve employability and increase confidence in seeking and applying for work.</p> <p>The project will provide support through a programme of 1-2-1 and group work. Delivering a range of activities using telephone and digital platforms, to develop skills and experiences of individuals to improve their employability and social integration.</p> <p>The project will contribute to community cohesion, by supporting these communities to have a greater understanding of the UK systems. Addressing deprivation by increasing chances of employment, leading to a better quality of life.</p> <p>Meets the NCIL fund priority of supporting people with mental health problems to find employment opportunities offering:</p> <ul style="list-style-type: none"> <li>• ESOL for Work classes, CV and Cover Letter writing workshops</li> <li>• Practice Job interviews</li> <li>• Support with digital skills, particularly guidance on searching for job opportunities /online application forms</li> <li>• Soft skills development (confidence, teamwork, timekeeping, etc.) through group activities</li> <li>• Pastoral support through 1:1 sessions, in response to any additional needs identified, this could involve making referrals to external provision, e.g. mental health services</li> <li>• Signposting to specialist advice/support services</li> <li>• Volunteering and Work Placements</li> </ul>	

<b>37) Ignition Brewery</b>	
Score 24/33	£ 49,800 (£35,0001- 50,000)
<b>Project Summary</b>	
<p>Ignition's purpose is to create meaningful jobs for people with learning disabilities that pay the London Living wage. They have identified a significant need for more employment and enterprise opportunities across the borough for people with learning disabilities through the collaboration with Lewisham Mencap.</p> <p>The project is an inclusive community enterprise generator for people with learning disabilities. It will create training opportunities, secure qualifications required for employment and, of most value, create jobs.</p> <p>It will achieve this through a three-stage process:</p> <ul style="list-style-type: none"> <li>- Identify jobs and business opportunities for people with learning disabilities</li> <li>- Identify people with the aptitude and talents to do those jobs or start those enterprises and provide mentoring and support so they may succeed</li> <li>- Work with both groups to bridge the gap between them; for businesses, developing trusted relationships where they are supported to hire someone with a learning disability; for the members, supporting them to get the qualifications, experience and pastoral support needed to take on a job.</li> </ul> <p>Project objectives:</p> <ol style="list-style-type: none"> <li>1. Support the attainment of 40 job relevant certified qualifications</li> <li>2. Secure training and work experience for 10 individuals with learning disabilities</li> <li>3. Engage with 25 employers across the borough to encourage inclusive employment</li> <li>4. Creation and mentoring of at least five locally rooted ventures across Lewisham all having offered work experience, training, or employment to someone with a learning disability</li> <li>5. Run a co-working space and offer good space for hire for local businesses</li> </ol> <p>The project will be based at Ignition headquarters with all services and activities available to all Lewisham residents. Through the partnership with Lewisham Mencap and specialist schools they will engage across the whole borough through social channels, networks, events and activities. The primary beneficiaries will be at least 50 people with learning disabilities who live in Lewisham. Beyond this they will help (non-disabled and otherwise) individuals set up their own ventures, help others grow and develop theirs, positively influence the local business community, and support 25 employers in becoming more inclusive.</p>	

<b>40) Voluntary Services Lewisham</b>	
Score 23/33	£ 63,878 (£50,000 - £100,000)
<b>Project Summary</b>	
<p>Voluntary Services Lewisham (VSL) in partnership with Joined up Thinking (JUT), will deliver the following services:</p> <ul style="list-style-type: none"> <li>• Assist in Lewisham’s COVID-19 recovery borough-wide, particularly by maintaining community cohesion amongst local adults during times of isolation</li> <li>• Reduce social isolation through expanding inter-community support networks — improving mental health and inspiring greater overall wellbeing amongst vulnerable adults, while providing a gateway into further local engagement</li> <li>• Telephone befriending (accessed remotely), with the option of moving onto face-to-face delivery (subject to COVID-19 if restrictions).</li> <li>• Telephone befriending for BAME service users by BAME volunteers upon request, as well as language matching for non-native English speakers</li> <li>• Act as a gateway into other local services to foster greater community engagement from both befriendees and volunteers</li> <li>• Offer phone befriending for 550 service users with the help of 300 volunteers</li> <li>• Set up a dedicated telecoms system where volunteers dial in, shielding their contact information, where calls can also be recorded for safeguarding.</li> </ul> <p>The project proposal comes after a successful pilot phase that involved 521 isolated adults who currently receive a weekly call from their befriending volunteer. Often the befriending conversation will be the only interaction SU have had for days.</p>	

[Back to index](#)

<b>69) METRO CENTRE LTD (trading as METRO CHARITY)</b>	
Score 25/33	£49,993.88 (£35,000 – 50,000)
<b>Project summary</b>	
<p>METRO's Risk and Resilience programme (RRP) is an early intervention programme that provides sex, identity and relationship mentoring to young people aged 8-16, up to 19 with SEND. The service takes a holistic view of sex and relationship education and goes beyond delivering practical health information, recognising that sex and relationship behaviours are linked to much broader identity and attitude issues.</p> <p>The early interventions is designed to build self-esteem, critical thinking, and emotional literacy in addition to practical knowledge and skills around healthier sex, relationships and communication which specifically improve the outcomes for those involved in harmful behaviours and toxic masculinity at an early age.</p> <p>The core goals are to promote health, wellbeing, and positive relationships for all young people but recognise that young cis-gender males will benefit greatly from the programme.</p> <p>The programme is delivered through targeted one to one work and small group sessions with young people identified and referred by partner agencies such as schools, youth services, youth offending/youth justice, social and family care, early help workers, sexual health outreach workers etc.</p>	

[Back to index](#)

<b>73) Contact</b>	
Score 28/33	£49,873 (£35,000 – 50,000)
<b>Project summary</b>	
<p>The aim of the project is to provide parents in Lewisham with a disabled child support for their mental health through 1:1 advice, social activities to foster peer to peer support, as well as support to complete official forms such as DLA, PIP, and grant applications to organisations such as the Family Fund, and family work to help families to get the local support they need. Compared with the general population, parents completing our survey, Left in Lockdown, are experiencing poorer mental wellbeing and higher levels of anxiety, stress and isolation than families before the pandemic and during the early part of the COVID-19 pandemic5.</p> <p>The outcomes would be:</p> <p>parents will feel better informed about how to get the support they need;</p> <ul style="list-style-type: none"> <li>• parents will feel more confident;</li> <li>• parents will feel better able to deal with stress;</li> <li>• parents will feel less isolated.</li> </ul> <p>The proposal estimates that between 150-200 parents will benefit from the project, and their children will benefit indirectly. The project will help with community cohesion by bringing parents together to offer support to each other and to benefit from social interaction with people experiencing similar issues as themselves. Advice sessions on benefits and grants and other local support will help with social deprivation as will offering free opportunities to parents to attend activities such as coffee mornings, walk and talks in the park and 1 large family event.</p>	

[Back to index](#)

<b>79) Buddies for all</b>	
Score 25/29	£8,524.40 (under £10,000)
<b>Project summary</b>	
<p>Buddies for All is a new social enterprise and buddying service for disabled adults and those with mental health conditions. Its aim is to provide online, telephone and face-to-face support when it is safe to do so. This will be achieved by matching anyone who identifies themselves as having, or having had, a physical, mental, or sensory impairment, or disability, with a volunteer buddy. Therefore the objectives of Buddies for All are to:</p> <ul style="list-style-type: none"> <li>- Help someone with a health condition find a buddy therefore alleviating the stress and anxiety they may face in their daily lives</li> <li>- Provide online or telephone support where users can openly discuss the issues they are facing in their lives, with buddies finding practical solutions of how to overcome these</li> <li>- Support users to access their community such as trips to the park, cinema, social events or undertaking the weekly shop.</li> </ul> <p>Buddies for All will therefore support local disabled people to access their community, gain skills and build confidence whilst improving the mental, physical and sensory wellbeing of disabled people as the borough recovers from Covid-19. The project could reach an estimated 60,000 in the borough based on the national average of the disabled population.</p>	

[Back to index](#)

<b>80) Lewisham Local</b>	
Score 25.5/33	£49,999 (£35,000-£50,000)
<b>Project Summary</b>	
<p>Building People, Changing Minds is an 18-month programme supporting people with ill mental health and/or learning disabilities to increase their employment opportunities. This application is a partnership between Lewisham Local (LL) and Lewisham Speaking Up (LSUP) with the programme involving a separate NCIL application led by Lewisham Refugee &amp; Migrant Network (LRMN). A steering group will oversee the co-design and delivery of the programme involving the three organisation partners and self-advocates with lived experience from LRMN and LSUP's People's Parliament.</p> <p>This project addresses NCIL priority through helping people with ill mental health. Using successful case studies of individuals and organisations from the programme we hope to educate more through LL's communication networks and events of 5,000+ local people, 350+ organisations and 500+ businesses to positively impact future employment opportunities for communities of Lewisham people with learning disabilities, ill mental health and refugees and migrants.</p>	

[Back to index](#)

<b>84) Rio Ferdinand Foundation &amp; Grove Park Youth Club Building Preservation Trust</b>	
Score 26/33	£49,920 (£35,000-50,000)
<b>Project summary</b>	
<p>Rio Ferdinand Foundation in partnership with Grove Park Youth Club Building Preservation Trust (GPYC BPT) would like to run a vibrant youth and community development programme from the recently reopened Grove Park Youth Club. The programme will provide regular youth club activities to 350 young people (aged 11 – 18) from the Grove Park, Whitefoot, Downham and Lee wards as they emerge from the Covid-19 pandemic. Our sessions will run on evenings and weekends at peak times for crime and antisocial behaviour, offering support and positive diversionary activities in a safe setting. The programme will be open to all young from the borough, however, will target those who are: experiencing racial and economic disadvantage, experiencing poor mental health, socially isolated as a result of the pandemic, struggling with or disengaged from their education, not in formal education or employment, known to or deemed at risk of becoming involved with the youth justice system.</p> <p>The provision will work with their community outreach and with a range of formal referral partners such as local schools and colleges, youth offending teams, CAMHS, Job Centre Plus and specialist community partners.</p> <p>Through the sessions they will provide health and wellbeing support for young people, including activities which promote good physical and emotional health; 1-2-1 mentoring from experienced youth workers; skills development workshops (e.g., football, digital skills, music production, lyric writing, film-making) relevant to young people’s interests; accredited Leadership training; social action projects; and progression opportunities.</p> <p>They will deliver three regular sessions per week from 6pm-9pm as well as scaled up school holiday programmes.</p> <p>They will work with young people to plan and deliver a range of skills development workshops, youth led community events and social action projects on weekends e.g., sports tournaments and open-mic nights. They'll utilise the power of sport and music to bring diverse young people together and provide a progression pathway based on these skills and interests, e.g., football coaching training</p>	

[Back to index](#)

<b>85) Lewisham Youth Theatre</b>	
Score 25/29	£30,000 ( £10,000 - £35,000)
<b>Project Summary</b>	
<p>A 2-year free programme of Youth Facilitator Training for 16 Lewisham young adults aged 18-25 with lived experience of mental health delivered by Lewisham Youth Theatre (LYT).</p> <p>120 vulnerable young people aged 12+ will take part in Well Being Workshops, plus 90 8 to 11s will also benefit (as trainees deliver on LYT's workshop projects). A dedicated Progression Producer will manage &amp; deliver a programme of arts facilitation training.</p> <p>LYT will recruit using our extensive existing referral partnerships plus database of c.500 young people aged 18+, prioritising places for those from global majority backgrounds.</p> <p>Training for employment will include: learning creative methodologies, scaffolding strategies, managing challenging behaviour, safeguarding, health &amp; safety and equalities practice</p> <p>Following their training, trainees will develop and deliver a programme of Wellbeing workshops with 120 vulnerable young people in local schools/social service partners. The trainees will also be offered paid work experience on LYT's projects, and work towards Silver/Gold Level Arts Award (equivalent to GCSE A*-C) &amp; AQAs; they will be offered One-to-one advice &amp; guidance mentoring to support the move further.</p> <p>Participants will receive Mentoring &amp; Peer Counselling training delivered by a licensed mental health professional including mental health first aid supporting participants to manage their own mental wellbeing.</p> <p>The project will focus on mental health &amp; wellbeing for trainees and for the young people in the workshops.</p>	

[Back to index](#)

<b>94) Entelechy Arts</b>	
Score 28/33	£45,300 (£35,000-£50,000)
<b>Project summary</b>	
<p>The project supports older people at risk of experiencing isolation to return to community life, through attendance at Meet Me at the Albany (MMA) once a week, 50 weeks of the year and Meet Me on the Move (MMM), once per month for 18 months.</p> <p>Providing essential support for older people to re-engage with our creative community programmes and increasing confidence, reach 60 older people, 40 to return to Meet Me at the Albany, and 20 to regain independence.</p> <ul style="list-style-type: none"> <li>• Access Co-ordinator (0.6FTE) to ensure that we are engaging those most at risk and assisting them with personal access requirements, and taking new referrals and bridging gaps between other Lewisham service providers. <ul style="list-style-type: none"> <li>• Access support costs for MMEA including transport, individual access needs (cushions, mobility aids etc.) and additional PPE costs</li> <li>• Supporting older people to attend MMM</li> <li>• ensure access to the MMA</li> </ul> </li> </ul> <p>Current participants:</p> <ul style="list-style-type: none"> <li>• 100% have health or disability issues and 40% are becoming less independent. 34% are from ethnic minority backgrounds</li> <li>• Prior to attending Meet Me, 85% were isolated and 50% didn't feel visible or connected to community</li> </ul> <p>Our consultation in 2021 highlighted that 50% left their house during the pandemic only a few times between March 2020 – March 2021.</p>	

<b>98) Sydenham Garden</b>	
Score 25/33	£53,999.28 (£50,000 - £100,000)
<b>Project summary</b>	
<p>The project will meet local needs and work with stakeholders, to provide an innovative approach to promote the physical and mental wellbeing of residents living in South London.</p> <p>Sydenham Garden enables people to improve their quality of life, social interaction and physical and mental health in a supportive community environment. We aim to promote inclusion and reduce prejudice by bringing together co-workers with different degrees of mental and physical ill health, volunteers and members of the local community to work together. This project will bring around positive change to communities by providing nonmedical services in the hope of improving their physical and mental health. It is based on a holistic vision of health, recognising that people's health is heavily influenced by economic, social and environmental factors.</p> <p>This project will offer a direct transition route into horticultural work through an Open College Network (OCN) accredited course, delivered at Sydenham Garden for co-workers (the name given to the project's primary beneficiaries) with mental health conditions, including people with mild learning difficulties.</p> <p>The average completion rate for Sydenham Garden's year-long placements is 67%. The COVID-19 outbreak and lockdown has had a substantial emotional impact on residents, including carers and this project will reach more residents and reduce isolation with services and resources.</p> <p>Project aim:</p> <p>Support people with mental health conditions and mild learning difficulties to gain horticultural and transferable skills and qualifications.</p> <p>Project outcomes:</p> <p>To improve the employability of co-workers</p> <p>To improve the self-confidence and self-esteem of co-workers.</p> <p>Facilitate co-workers experiencing reduced feelings of isolation and exclusion.</p>	

<b>102) Second Wave Centre for Youth Arts</b>	
Score 24.5/33	£46,077 (£35,000 -£50,000)
<b>Project summary</b>	
<p>After school and holiday workshops, training and events for young people aged between 11 to 15 and 16 to 21 designed to address youth crime prevention and young safeguarding initiatives. The project aims to:</p> <ul style="list-style-type: none"> <li>• create safe spaces for young people's enjoyment, participation and support;</li> <li>• support young people who are managing mental health conditions including anxiety, depression and eating disorders;</li> <li>• listen to the problems faced by community members of all age-groups;</li> <li>• build on existing relationships with local partners and communities;</li> <li>• ensure the context and style of delivery are accessible and youth empowering;</li> <li>• encourage open discussions, both in-person and online, on social justice issues;</li> <li>• provide peer mentoring, media &amp; IT workshops encouraging media literacy and critical thinking;</li> <li>• offer work experience, and paid training and employment opportunities;</li> <li>• Encourage consultation, community partnership and evaluation at each stage of delivery.</li> </ul>	

[Back to index](#)

<b>108) Lewisham Refugee and Migrant Network</b>	
Score 26.5/33	£49,989 (£35,000 - £50,000)
<b>Project Summary</b>	
<p>In partnership with Lewisham Speaking Up (LSU) and this volunteering project will build employability skills and provide experience to refugees, migrants, people with learning disabilities and mental health issues that will help them gain employment.</p> <p>They will train volunteers to become advocates to support organisations in becoming more inclusive employers.</p> <p>The volunteer coordinator at LMRN will:</p> <ol style="list-style-type: none"> <li>1) Recruit 75 LRMN clients (150 total with partner organisations) participating in their wellbeing programmes to be volunteers over 18 months</li> <li>2) Provide training for the participants to build their confidence, wellbeing, and key employability skills. The training will give volunteers tools to support organisations to become places of sanctuary for refugees and migrants.</li> <li>3) Support refugees and migrants while they are in work placements.</li> <li>4) Liaise with Lewisham Local and LSU, to find appropriate volunteer/work placements in local organisations across the borough.</li> </ol> <p>Training sessions will take place online, at the organisations' offices in Deptford and Lewisham centre as well as across the borough.</p> <p>LRMN will recruit 75 refugees and migrants (some experiencing mental health issues) to participate in a work placement. The Coordinator will work individually with the volunteers and build relationships with the organisations to find relevant placement opportunities.</p> <p>LRMN will take part in a working group with LSU and Lewisham Local and representatives with lived experience from LSU and LRMN to help design the project. The working group will work with 20 local businesses/organisations to offer a work placement, and support 20 local businesses and organisations to undertake training and sign up to become a champion of sanctuary and/or learning disabilities.</p> <p>This will enable refugees, migrants and those with learning disabilities and mental health issues to increase their employability skills, experience, local connections and confidence. In particular, refugees and migrants will have the opportunity to improve their English in the workplace, helping them become more independent living in the UK, mix with people in the community, get employer references, and improve their wellbeing.</p>	

<b>112) Refugee Café</b>	
Score 21/29	£10,000 (under £10,000)
<b>Project Summary</b>	
<p>The Refugee Café aims to help refugees by relieving poverty, advancing their education, and training, educating the public about their rights and needs and promoting social inclusion. Funding a Volunteer Manager post will help us deliver on all these aims as the charity is run by volunteers.</p> <p>Funding has been obtained for our training program and to open a physical Café, which will provide training and work experience to refugees helping find future employment in the local economy.</p> <p>Refugees are four times more likely to be unemployed, Lewisham has the lowest job density in the England (0.40) which creates even greater challenges.</p> <p>The Volunteer Manager will help coordinate and manage these projects working to ensure longer retention rates of our volunteers and empower refugees to take a more active part in the charity through an Advisory board.</p> <p>Refugees face far greater probabilities of having mental health issues; such as higher rates of depression, PTSD, and other anxiety disorders. Some research state this to be 5 times greater than the general population. We are actively helping to reduce this statistic in Lewisham by providing; support into employment and support integration into the community.</p>	

[Back to index](#)

<b>113) Spark2Life-GreenLeaf Trust</b>	
Score 25/33	£92,592 (£50,000 - £100,000)
<b>Project summary</b>	
<p>The project aims to provide high-quality and trauma-informed mentoring services within arrange of wards within Lewisham. The Lewisham Mentoring Service is driven by statutory referral, via YOS and the Multi-Agency Concern Hub engaging with young people, parents, families, schools and community organisations.</p> <p>The project sets out to:</p> <ul style="list-style-type: none"> <li>• Provide community outreach and detached work in wards most in need</li> <li>• Provide case work mentoring, which is trauma-informed, holistic and evidence-based</li> <li>• Provide support to parents and family members in needs, via online group sessions</li> <li>• Provide AQA-accredited holistic Mentoring Training for community members and volunteers from local organisations</li> <li>• Offer outreach and detached work, between the 'lost hours' of 3-10 p.m., when young people may be most visible, yet least engaged, in the community</li> <li>• Focus on wards identified as high-deprivation and/or high levels of critical incidents, which are Sydenham; Rushey Green; towards Downham, bordering Bromley and potentially Lewisham Centre.</li> </ul>	

[Back to index](#)

<b>119) Oaks and Acorns CIC</b>	
Score 21/29	£10,000 (under £10,000)
<b>Project summary</b>	
<p>The project provides learning and social opportunities that actively explore solutions to real-world challenges and build resilience in dealing with the impact of the Covid-19 for parents, children and young people.</p> <p>The project aims to:</p> <ul style="list-style-type: none"> <li>• Introduce new skills, develop confidence, raise attainment by offering high quality mentoring services and provide a parent volunteer scheme</li> <li>• Raise literacy attainment levels and increases their mental wellbeing</li> <li>• Run Family Fitness, sessions for parents, children and young people to participate in together for health and social benefits</li> <li>• Reduce obesity levels and raise mental wellbeing especially after the recent coronavirus pandemic and covid-19 recovery</li> <li>• Focus on Lego Robotics building and Code Club to ensure parents are up to date with the future industries and improve their employability opportunities</li> <li>• Run 'Sew Cre8tive' an intergenerational sewing group to reduce isolation and promote mental wellbeing.</li> <li>• Run 'We All Eat 2gether' a food redistribution service using excess food products to encourage families to prepare low cost, healthy</li> </ul>	

[Back to index](#)

<b>120) Catbytes CIC</b>	
Score 21/29	£5,995 (under £10,000)
<b>Project Summary</b>	
<p>Catbytes is a social enterprise which promotes digital inclusion in the borough of Lewisham. The service will support for people in obtaining a device, getting support using a device, and also giving support in getting data to use a device to access the internet.</p> <p>Catbytes aims to:</p> <ul style="list-style-type: none"> <li>• Distribute laptops donated by the public and teaching clients in their use</li> <li>• provide digital inclusion support throughout the borough</li> <li>• Support people with developing basic digital skills</li> <li>• Provides a buddying service that involves supporting them with professional development.</li> <li>• Increase the number of home visits</li> <li>• Find new places where one-on one sessions can be held. These include libraries and community centres.</li> <li>• Find locations where local people who face digital exclusion are likely to visit</li> </ul>	

[Back to index](#)

<b>128) TLG Lewisham Education Centre</b>	
Score 25.5/33	£100,000 (£50,000-£100,000)
<b>Project summary</b>	
<p>TLG Alternative Educational Provision, Sydenham School and Lewisham Tigers Football Club (LTFC) will work with Power The Fight to embed its co-designed Therapeutic Intervention for Peace (TIP) program. TIP comprises the provision of culturally competent therapeutic support for young people (YP) at risk of SYV, their families and professionals working with them. The project also uses the feedback of the young people to co-design the programme to find out what approach they feel will be most beneficial to their own needs. The project offers a programme of support and help that is best suited to its participants.</p> <p>Anticipated direct beneficiaries include:</p> <ul style="list-style-type: none"> <li>• 225 young people (1:1 counselling and/or group workshops)</li> <li>• 100 family members</li> <li>• 70 professionals and volunteers (cultural competency training and/or Clinical Supervision)</li> </ul> <p>The project aims to:</p> <ul style="list-style-type: none"> <li>• Improve reported wellbeing</li> <li>• Improve educational attendance and attainment</li> <li>• Reduce school exclusions/sanctions</li> <li>• Reduce violent incidents amongst YP associated with settings</li> </ul>	

[Back to index](#)

<b>140) One In Four (London)</b>	
Score 22/29	£6,056 (under £10,000)
<b>Project summary</b>	
<p>The project will provide specialist support for Lewisham residents who have survived domestic and/or, sexual violence or childhood sexual abuse through counselling (in-person from Sept and online), group therapy workshops, resources, signposting, advice and advocacy support. All services on the project will be free at the point of use and will be open to all individuals of all genders, ethnicities, and ages across the borough, who need help in their recovery journey and/or access to advocacy support to seek redress.</p> <p>The project aims include:</p> <ul style="list-style-type: none"> <li>• Help survivors achieve post-traumatic growth, to live their lives, build successful meaningful relationships with partners, and reengage with the local community.</li> <li>• Provide support for the survivors will raise awareness of the devastating impact of abuse, break the cycle of 'hidden abuse' and tackle violent crime in the home.</li> <li>• Keep young people safe from harm and exploitation and assist in the COVID recovery by helping survivors have a voice and rebuild their lives in our community</li> </ul> <p>Provide face-to-face counselling sessions and group therapy workshops, in our head office on Bellingham Road, offering privacy and freedom to work through their experiences, away from the home</p>	

[Back to index](#)

<b>146) Give a Song</b>	
Score 21/29	£6,765 (under £10,000)
<b>Project summary</b>	
<p>The project aims to bring local communities through 54 interactive street music workshops. Visits will be a 'music together' experience, encouraging playing and singing to Lewisham's most popular song choices across generations and cultures, as identified during the project so far. An estimated 40/60 people from forecourts, gardens and windows will participate in each session.</p> <p>The project aims to:</p> <ul style="list-style-type: none"> <li>• Offer 2 or 3 workshops for older residents in making instruments from recycled materials for the project, and distribute informative leaflets to the selected street, alongside social media promotion</li> <li>• Provide visits in early evening or weekends over an intensive 3-4 month period</li> <li>• Improve mental health and quality of life</li> <li>• Bring live music to the streets and doorsteps</li> </ul> <p>Encourage positivity and inclusivity in individual communities</p>	

[Back to index](#)

<b>148) Lewisham Pensioner Forum (LPF)</b>	
Score 20.5/29	£11,603 (£10,000 - £35,000)
<b>Project summary</b>	
<p>The Monday project is for all pensioners 65+ living and working in LBL and will be located at St Mauritius House every Monday from 10am-3pm over the course of a year. The project enables all pensioners to participate in the activities facilitated by volunteers.</p> <p>Activities would include walks, tea and chat, health eating workshop, board games, knitting, ukulele, body recondition sessions, including talks/focus groups that will be live-streamed, giving pensioners access to hear from support services and organisations such as Age UK, Falls Association and Public Health.</p> <p>The aim of the project is to:</p> <ul style="list-style-type: none"> <li>• Assist in the re-engagement of pensioners in social activities; to reconnect with the wider community as well as</li> <li>• Facilitate learning for the community's future needs</li> <li>• Reach 400 services users</li> <li>• Provide a safe environment that enable pensioners to reconnect, socialise, share, and learn new skills</li> <li>• Building trust, befriending, creating a buddies system</li> <li>• Combat loneliness and isolation plus the added depression.</li> </ul>	

[Back to index](#)

<b>153) Watergate Sensory Garden</b>	
Score 25.5/33	£40,300 (£35,000 - £50,000)
<b>Project summary</b>	
<p>The project is the refurbishment, replanting and redesign of Watergate School's sensory garden. Sensory gardens allow schools to create an outdoor space which stimulates outdoor learning and the senses; profoundly important for a school with a high proportion of pupils with sensory impairments; where the majority of pupils suffer from anxiety and need a calm and quiet place to recuperate from the overstimulation of urban life.</p> <p>The project aims to:</p> <ul style="list-style-type: none"> <li>• Set up a Friends of group appealing to gardeners would add greatly to community cohesion and increase awareness of the needs of our more vulnerable members of the community.</li> <li>• Support people with learning disabilities find employment</li> <li>• Make the sensory garden a focal point for gardening education for former pupils of the two schools</li> <li>• Use the garden for events like folk concerts and a play day for Lewisham SEND children at other schools.</li> </ul> <p>Keeping young people safe from violence, and decrease meltdowns that may lead to irritation and violence in parents</p>	

[Back to index](#)

<b>171) Inspiring Your Imagination Ltd</b>	
Score 21.5/29	£8,163.80 (under £10,000)
<b>Project summary</b>	
<p>Project aim: To engage up to 100 young people between the ages of 13-19 (up to 25 with special needs) from across the borough. It's a 12 weeks' project taking place across youth centres and also online via Zoom, allowing a wider reach for young people in the borough to get involved. Residents will be taught transferable skills in Digital Marketing, Film Production, Music Production &amp; DJing, while also learning vital life-long skills such as teamwork, time management, planning, decision-making and communication.</p> <p>All participants will be offered one-to-one sessions to assist with their CV alongside the offer of general wellbeing support.</p>	

[Back to index](#)

<b>177) Facework Group CIC</b>	
Score 22/29	£10,000 (under £10,000)
<b>Project Summary</b>	
<p>The 'Facework Conversations' project aims to impact the lives of residents across Lewisham. Working in collaboration with some of the 160 members of the Hatcham House – a community work club situated in New Cross Gate in the north of the borough. The plan is to launch a programme of live and virtual events, training and coaching aimed specifically at those whose career, work-life patterns and employability have been impacted by the Covid 19 pandemic.</p>	
<p>The aim of the project is to:</p>	
<ul style="list-style-type: none"><li>• Help young people across Lewisham to build their confidence to face work and to make positive and informed decisions.</li><li>• Create connections with those who have had first-hand experience of having to adapt and change their working life because of Covid.</li><li>• Curate conversations that create dialogue, sharing, mutual aid and peer support</li><li>• Link those looking to take their next step into the world of work with local employers and freelancers who want to support their community</li></ul>	

[Back to index](#)

**188) Lewisham Cyclists, London Cycling Campaign**

Score 21/29

£9,688 (under £10,000)

**Project summary**

Fix and Ride will set up a community bike workshop. Lewisham cyclists have already partnered with the local community group Deptford Folk, delivering a monthly bike repair session over the last four years. They have run bike maintenance courses for women, as well as worked at local youth clubs, Woodpecker and Riverside, offering mechanic training, Build a Bike sessions where individuals learn how to repair second-hand donated cycles, bike skills sessions and local rides.

The fix and ride project aims to:

- Fit out a new static workshop base to work across the borough.
- Provide monthly to weekly sessions
- Serve around 15 people per session
- Train 12 volunteers as support mechanics
- Offer mechanics training to 20 women
- Work with a group from the Diamond and TTT clubs.
- Run a weekly outreach Dr Bike at a venue in the centre of the borough, plus at least six others in the next year at schools and doctors surgeries, seeing from 6 to 20 people per session.

Refurbish at least twenty bikes and offer to people on low incomes.

[Back to index](#)