

### Tower Hamlets Council Small Grants Fund - Loneliness

September 2021

No	Organisation	Project Name	Theme	Project Description	No. of beneficiaries	Amount Requested	Proposed Grant
1	Supporting Humanity Ltd	Love through the Letterbox	Loneliness	This project is to conduct a "Love through the letterbox" event. Supporting Humanity will work with schools across Tower Hamlets to write handwritten letters to residents of care homes as a means to connect and help with their loneliness and express their struggles. They plan to approach care homes and schools across Tower Hamlets and promote the service through press, social media, multilingual posters and leaflets. They plan to reach out to at least 30 schools and 10 care homes across and pledge 700 written letters.	400	1,000	1,000
2	The Glamis Estate Tenants and Residents Association	Bingo + Coffee Morning	Loneliness	A 93-year-old lady runs a weekly coffee morning on Wednesdays at 10 o'clock and bingo sessions for elderly residents. Funding will cover the costs of rent, bingo books and refreshments. Funding has also been used previously on a Christmas party for attendees.	30	500	500
3	Babel Theatre	The Orpheus Project	Loneliness	Following the success of its pilot project, Babel Theatre wishes to develop the pilot into a full community arts programme tackling the stigma of mental health in young men, in partnership with Rich Mix and Poplar Union. The organisation plans to deliver 6 workshops over 4 months, in addition to 6 satellite sessions which will be open to the public. The project will finish with an open event, with curated conversation, success stories, group exercises and performances at Rich Mix curated by Babel and Poplar Union. The project will also include subsidised trips to arts events at Tower Hamlets venues. The project aims to get young men talking about feelings of isolation and loneliness, lack of peer support etc. whilst engaging them in creative activities where they can come together, and socialise as well.	500	5,000	4,194
4	Blossom Project	Blossom Together Year Two	Loneliness	The organisation is seeking continuation funding to continue delivering outreach to 40 socially isolated residents. The project aims to reduce the impact of isolation and loneliness on adults living in the borough through activities such as intergenerational conversational English discussions, a walking club, urban gardening, arts and crafts activities and 2 trips. The project will provide local residents with access to a safe place to meet, to have a cup of tea or coffee with some breakfast and connect and converse with others. The activities will also help to encourage healthy lifestyles e.g. through the walking club, light exercise, day trips and healthy eating conversations. Blossom Together will target social housing residents through door knocking and face to face interaction to encourage local isolated residents to attend the centre, and will also engage GPs, Social Care teams, local community groups and cultural centres with a view to set up referral systems.	40	4,985	4,193
5	Eastside Centre Ltd	Reminiscence Moments	Loneliness	The project will include twice weekly sessions over 48 weeks. The sessions will enable individuals of all ages and from all backgrounds to come together and share their life stories and experiences. Each session will support 15 people. They will work together with the participants to prepare the sessions basing it on what they have enjoyed previously, or using a set-theme, such as their childhood memories, growing up, holidays, a local landmark or an anniversary. Each session will finish with some light refreshments and music. During the sessions, they will chat or play instruments, clapping and moving to a song, before a 10-minute debrief with staff and each other. The organisation will be able to refer out to other organisations and provide advice on how to handle these issues.	40	5,000	4,194
6	Island House Community Centre	Time to Play and Craft Club	Loneliness	Island House Community Centre is looking for funding to deliver a social/arts & crafts club for elderly residents as well as a Time to Play group for new parents and babies. The organisation has identified that the elderly and new parents are two groups of people that have been severely affected by the pandemic and aims to improve their mental and physical wellbeing through these programmes. The Play Worker will be running the Time to Play group for 2 hours each week, and the arts & crafts club requires limited supervision and will be delivered by a facilitator.	30	5,000	4,194

21,485

18,275

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