

**Tower Hamlets Council Small Grants Fund**

Grant Awards

No	Organisation	Project Name	Theme	Project Description	No. of Beneficiaries	Grant Award
1	True Cadence CIC	The Expression Project	Innovation	Over 12 months, the organisation will work with over 30 young people aged 16-25 from East London, the majority of which are from the BAME backgrounds, to produce a series of videos showcasing the talents on "our doorstep". True Cadence will release new content each month that young people develop as part of a web series. A minimum of 12 videos will be created throughout the duration of the project. They will recruit participants through their community partners, social media and word of mouth. Young people will lead on the overall delivery of this project with paid opportunities available where applicable.	30	5,000
2	The Oitij-jo Collective	TATI Gardening Project @Republic London	Innovation	Oitij-Jo's TATI initiative is collaborating with Republic London to develop a gardening project on the grounds of the development. This is an 8-month project. The intention is to bring together workers and students based there alongside local residents. The food grown will be used to cook nutritious and healthy dishes. This will be led by TATI Members alongside those involved in the gardening project. The aim is to grow food all year around. This project will be collaborating with Women's Environmental Network, Food Growers Network and Spitalfields City Farm for support and advice.	15	5,000
3	Coaching for Unpaid Carers CIC	Coaching Unpaid Carers in Tower Hamlets	Prevention	Starting in September, over the course of the year, the organisation will offer a series of four workshops for carers (60 in total) and 4-6 additional sessions of 1-2-1 coaching for carers who need more in-depth support. Carers will be recruited through the Tower Hamlets Carers Centre, and attending Carers Forum meetings to talk about coaching. Sessions include tools and strategies that will support participants to work on things such as improving mental health, relationships, physical health, and getting back into work. Participants will also learn simple coaching tools and approaches which they can use to encourage and empower others. Participants will be asked to contribute £5 per session but will not be turned away if they cannot afford this. The project will take place through phone, online or in-person in the Carers Centre in Stepney Green area depending on restrictions and participant preference.	40	4,995
4	Bags of Taste	Bags of Taste Mentored Home Cooking courses	Prevention	Bags of Taste is running mentored home cooking courses for 65 vulnerable people. During the first stage of the course, individuals are provided with 9 recipes/food for 8 meals. They choose 3 meals to cook in their own time over a 2-2.5 week period. All the ingredients are delivered to them – and each individual joins a What's App group and is provided with a mentor as well as videos and tips along the way. Bags of Taste will provide localised shopping guides so the participants can continue to source food at the lowest possible price. At the final stage, students are invited to join a private Facebook/What's App group where they can be part of a supportive peer community and access over 70 recipes. Students/participants are recruited through outreach with local partners/agencies to identify those who will most benefit. Many of their beneficiaries are 'hard to reach' and a large majority have multiple/complex challenges.	65	5,000
5	Tower Hamlets Volunteer Police Cadets (VPC)	Covid Recovery - Duke of Edinburgh Award	Prevention	The organisation plans to support 40 Cadets to achieve their Duke of Edinburgh (DOFE) Award this year. This will help to improve their mental health and wellbeing as well as developing key skills. Many of these young people have never left Tower Hamlets previously. The VPC provides a safe and trusted space for them to learn and explore, and divert the young people away from anti-social behaviour and crime. The programme will enable the young people to develop useful skills and qualifications within the DOFE Award which will support them getting employment.	40	5,000
6	Cycle Sisters	Empowering local Muslim women as Ride Leaders	Prevention	The grant will enable the organisation to recruit and train 6 women from Tower Hamlets as volunteer Ride Leaders for the newly formed Muslim women's cycle group. The Ride Leader training programme will take place over a 2 month period - the participants will work towards achieving the Ride Leadership Level 1 Award with British Cycling, and will participate in first aid training, learn basic bike maintenance and attend an induction with Cycle Sisters. Through this programme, the organisation aims to empower local women as leaders with the skills and confidence to be able to run rides for local Muslim women. Following the training programme, the leaders will run weekly sessions for 10-15 participants.	25	5,000
7	Udichi Shilpi Gosthi	Bangladesh Book Fair Literary & Cultural Festival	Community Cohesion	The organisation is looking to deliver the 11th annual Bengali Cultural Festival, a literary and cultural festival showcasing Bengali writers, artists, performers and cultural activists organised by Udichi. All previous festivals were funded by Tower Hamlets Council Events fund, and received additional financial support from the Bangladesh Cultural Ministry. Other performances from groups representing the Somali, Chinese and Irish communities will also feature. Additional activities on the day will include poetry recitations, creative workshops and children's activities. Approximately 35 arts organisations and 150 artists will contribute towards the two-day event and the organisation expects to attract a multi-cultural audience of over 1000.	1,300	3,500
8	East London Cares	Tower Hamlets Together	Community Cohesion	The grant will support East London Cares to connect 250 older neighbours (65+) and 100 younger neighbours (18-35) with activities designed to bridge intergenerational, cultural, attitudinal and digital divides. The organisation will deliver 50 Social Clubs in venues across Tower Hamlets, with an average of 7 older and 5 younger neighbours per club (600 total) enjoying an exciting range of activities, including celebrations of the borough's diverse communities and cultures.	350	5,000
9	Wapping Youth FC	Burgers and Boardgames	Community Cohesion	The project will benefit young people aged 11-25 and those 50+ who have been affected by coronavirus the most, by creating a sense of community through board games and food. Wapping Youth FC aims to challenge the intergenerational gaps and the tension between faiths within the community that engages both younger and older people of all backgrounds. They will promote the event to older people from churches, mosques and temples to participate with young people from differing faiths. The event will be 3 hours long, every Saturday for the duration of 12 weeks from September-November 2021. They anticipate 20 younger people and 20 older people participating each session (leading to 300 different people total). They will provide the meals for participants to sit and eat together.	150	5,000
10	BluePrint Arts	Past, Present, Future! Our Borough on Film	Community Cohesion	The grant will be used to deliver an intergenerational project, exploring the history and culture of Tower Hamlets and culminating in a community celebration. The organisation will deliver a filmmaking course with young people as part of their Creative Ways into Work (CWIW) programme. Young people will work with the older generation to gather stories and develop ideas that explore a personal history delving into Tower Hamlets archives to find old video footage or images of the local area that can be incorporated into the finished film. Recruitment of 15 young people will be through an open call through established links they have with youth organisations locally. They are talking to local organisations who work with the older generation to find a suitable group/individuals up to 30. Running from September 2021 - April 2022.	45	4,930
11	Isle of Dogs Bangladeshi Association & Cultural Centre	IoD Bangladeshi Pensioners Club	Access & Participation	A contribution towards the cost of staff wages and volunteer expenses, office expenses and activity costs. The club runs 4 days a week: Tuesdays and Fridays: Drop-in-session on advice, information, signposting, escorting to DSS, Hospital etc. Wednesday Drop-in-session for working people on their day-to-day needs. Also separate services for women with sensitive cultural issues. Saturday (not awarded funding): Open day session with keep fit, health talks, socialising, sharing family matters, discussion on politics, and culture. (Separate Open day for women once a month). Also group shopping, visiting friends, summer activities etc.	45	5,000
12	Bangladeshi Mental Health Forum	Mental Wellbeing 1-2-1 Information and Advice (Signposting) Service	Access & Participation	The organisation will deliver a mental wellbeing 1-2-1 information, advice and signposting service, which will be culturally appropriate and accessible in the Bengali language. Sessions will take place in a variety of ways including locally based access within safe community spaces (GP practices, community centres) 3 days per week - this will be a 'satellite service' rotating throughout the borough in different locations, telephone and online one-to-one advice and signposting support by a trained counsellor or advocate. Referrals will be received from social prescribers, GPs, local faith organisations (mosques/church), schools and community organisations.	200	4,938
13	The Bangladesh Youth Movement	"Inclusive Access": Bangladeshi & BAME Female Participation Programme	Access & Participation	Inclusive Access is a 12-month support and signposting programme for BAME women. It will include peer-to-peer befriending to increase access to local services. There will be 2 x weekly sessions on advice and advocacy to advise local women about what services are available, how to access them, provide signposting and to prepare a plan to facilitate 'inclusive access' e.g. connecting individuals with a volunteer to support them. It will also include their female forum which was designed to engage local women to assist their peers to access local services. Beneficiaries will be encouraged to access local services with a befriender who will accompany them to centres throughout the borough to assist their confidence in accessing services.	100	5,000
14	Reach Aid Trust	Reach Aid Trust Covid-19 Recovery	Access & Participation	This grant would enable the organisation to deliver a 12-month skills and signposting service to support residents affected by Covid, to run along side the organisation's existing food distribution and food bank provision. These sessions would be monthly and will support up to 100 people per month in finding work by job search and application, public services signposting including qualification assessment, Citizens Advice Bureaux (CAB), housing, health care, education and benefits. All support will be made available in community languages with English Skills training made available and Covid-19 information distribution. The project workers will be recruited from their existing network and volunteer pool and will be from the local community. They will specifically be seeking local BAME residents who are multi-lingual in order to address language barriers with attendees and provide an opportunity to local people.	600	5,000
15	The Ensign Youth Club	Next Step	Access & Participation	The funding would increase the organisation's ability to support local BAME older people living in St Katharine's, Whitechapel, Wapping and Shadwell ward in Tower Hamlets. Sessions will run twice a week and provide general advice and guidance, support with language barriers and support with a variety of issues including housing, benefits, employment, family matters, social issues, cultural issues, mental health issues, social isolation etc. The organisation will be able to help or refer them to appropriate professional bodies. Regular workshops will be delivered to improve knowledge on local services that residents can access to meet their needs.	29	4,934

16	Wapping Bangladesh Association	Wapping Community Access Point	Access & Participation	The organisation will continue the delivery of the digital and online skills training to enable local residents to access and trust online services. This project was vital through the Covid-19 pandemic particularly with so many people being seriously impacted through sudden unemployment, closure or suspension of many frontline services, while other mainstream services diverted online, or were accessed by telephone. This project will continue to communicate the benefits of digital inclusion and online skills training so local residents acquire digital skills and the confidence to access online public services (e.g. Council, NHS, HMRC, Consumer & Utility). The first stage involves a weekly online training programme for up to 30 residents and the second stage involves a weekly drop-in surgery for residents to review their online skills and repeat any training elements needed. Residents will have free access to WBA's digital devices and broadband to practice and develop online skills independently.	70	4,998
17	Olive Tree Education (OTE)	Sukoon Older People Project	Loneliness	The organisation will be providing a service for elderly people 2 days a week, offering 2 hours a session each day e.g. 10.30 am to 12.30 pm over a period of 3 months (12 weeks approx.). The service includes: providing information, advice, advocacy, basic counselling, social activities, gentle aerobic exercises, cultural activities, discussion group, Eid celebration, health awareness services and offering food to the vulnerable group in this period of pandemic and poverty. Working in partnership with NHS and Age Concern UK and other third sector organisations to offer services e.g. monitoring blood pressure, vision screening, assessment of health and wellbeing checks (i.e. to identify risk factors for coronary heart disease, stroke and diabetes) as appropriate, and creation of additional resources and facilities. They intend to reach out to a minimum of 25 older people in this project.	25	4,999
18	BlindAid	Community Sight Support Worker Tower Hamlets	Loneliness	Organisation is seeking funding to continue this service in the borough of Tower Hamlets where they support 70+ people a year. The Sight Support Service offers practical and emotional support to people with a visual impairment. Some of the people the organisation works with just need support to get on their journey to independence; others will always rely on support due to their particular circumstances or isolation. The Sight Support worker for Tower Hamlets is multilingual, giving the organisation a unique ability to support people across the borough, particularly the Bengali community. For many beneficiaries these visits are the only regular social contact that they have.	70	5,000
19	Brick Lane Women and Girls Project	Spitalfields BAME Women's	Loneliness	The aim of the project is to create an opportunity for older BAME women to connect with others. The organisation will deliver twice weekly workshops to improve the mental health of service users by talking about topics such as basic physical exercise, coping with loss and change, healthy relationships, dealing with depression, anger management, emotional wellbeing and self-care. Sessions will be delivered on Tuesdays and Thursdays at 11am to 1pm at Kobi Nazrul Centre. The project will run for 36 weeks.	32	5,000
20	Wapping Bangladesh Association	Wapping Mum's Club	Loneliness	The organisation is requesting continuation funding to deliver the Mum's Club which provides a variety of activities designed to reduce the loneliness and isolation of Mums. Activities include Mums Connecting Sessions, coffee morning session: hear, share their life experiences, support one another and make new friends over a coffee and biscuit, a monthly Cultural Breakfast Club (opportunity to taste breakfast dishes from Wapping's diverse communities, learning and sharing cultures and customs) and a variety of workshop sessions: Learn Coping Skills, Talks on Mental Health, Learning how to manage stress and anxieties. There will also be opportunities to participate in games, story-telling sessions, reminiscence sessions, small group gardening walks.	30	4,996
21	Emmott Close Senior Citizens Club	Saturday Group	Loneliness	The organisation is seeking funding to continue its weekly Saturday Club for predominantly older residents. The project will support residents acting as advocates, and facilitating access to the welfare benefits system by making referrals to relevant agencies. The organisation will also provide general friendship and social support to residents who have limited social contacts. The organisation will provide a tea and coffee morning drop in session in addition to light snacks for lunch which will cost small fee £1 pp. The majority of the clients will be over 60's but any age groups are welcome.	30	2,000
22	Neighbours in Poplar	Befriending Services	Loneliness	Their project is to establish a year-long befriending project for older people. The project involves befriending via door to door contact, meet and greet and developing genuine relationships outside of telephone calls. They will employ a coordinator to manage and train volunteers and match them with clients. Clients will be given the option of how they would like to use their allocated befriending time (such as by going shopping, to a local pub, out for a meal, visiting a Hub, having a chat about childhood memories etc.). Clients who are housebound will be offered one on one digital sessions with an IT tutor. They intend to start the project in the Isle of Dogs, Poplar and Stepney areas and that this funding will cover the cost of recruiting a part time coordinator to oversee this initiative and training for volunteers. To recruit participants they will work with their existing partners and have various referral networks through their year-round work of: GPs, social prescribers, occupational therapists, long-term enablement team, social workers and agencies such as Tower Hamlets Homes, etc. They are also currently running an outreach campaign where they are knocking on doors (and have so far knocked on over 500 doors).	75	5,000
23	Tower Hamlets Friends and Neighbours	THFN	Loneliness	The grant will enable the organisation to continue their tele-befriending service to ensure clients have social contact with somebody at least once a week. The grant will also help the organisation to support clients to ease out of restrictions when the time comes, providing support as required which could include accompanying clients outdoors to places they used to visit, shops, parks to help them rebuild their confidence. The programme aims to be a blended approach to include both face to face befriending and distant befriending, offering participants a choice on how they want to interact. The organisation will also organise group activities outdoors, such as picnics and work to develop local partnerships.	200	5,000
24	Grand Union Music Theatre Ltd	Bengal to Bethnal Green	Community Cohesion - Black History Month	The organisation is looking to recruit for the new season of Youth Orchestra masterclasses for young musicians playing non-European instruments and interested in exploring the music flourishing locally. The programme will involve music sessions for young people who will prepare for the delivery of 10 community music events. These include 'Bengal to Bethnal Green' performances with local Bengali artists and other musical traditions worldwide including Bengali, Somali, African, Caribbean, Chinese and East European. Several of the community events will celebrate Black History Month in Tower Hamlets.	333	4,200
25	Trapped in Zone One	Diversity of Tower Hamlets	Community Cohesion - Black History Month	The project plan is to create new theme murals for Black History Month on the Isle of Dogs, with an accompanying short film created by Wapping Youth FC which will be showcased during a virtual film night accessible to Tower Hamlets residents. This project will run for 8 weeks, hosting a 2-hour creative workshop during September open to 10 participants working alongside an artist to form a design for the mural which will be painted in E14, supported by The Utilize Project. The workshop will focus on what defines Tower Hamlets as a diverse borough, incorporating feedback from a social media campaign with planning and engagement with the online community and creative partners. The mural will be painted in the early part of October with local volunteers from GoodGym Tower Hamlets followed by a film night end of October.	30	5,000
26	Kayd Somali Arts and Culture	Somali Week Festival 2021	Community Cohesion - Black History Month	This funding is for a 5-day Somali Week Festival in Oxford House. This will be the 13th Somali Week Festival. The festival will include intergenerational activities and a book fair. Other activities include a British-Somali Play about the pandemic, poetry, and sessions from wellness experts.	2,500	5,000
27	Purple Moon Drama	Black History Month Youth Arts Festival at Poplar Union	Community Cohesion - Black History Month	Purple Moon Drama is delivering a 2-day arts event for local young people from BAME communities. The event will be an opportunity for young people to showcase the short plays, extracts, poems and spoken word pieces that they have written. 10-15 submissions will be selected and performed. Over the course of the two weeks, the young people will develop their pieces using audience feedback.	90	4,900
28	Trapped in Zone One	Together We're Stronger	Community Cohesion - Black History Month	The organisation is looking for funding to create new cultural theme murals in Shadwell for Black History Month, with an accompanying short film created by Wapping Youth FC. The project would run for 4 weeks, and would include the delivery of a 2 hr workshop for 10 participants to design the mural. The mural will then be painted later in October by volunteers from GoodGym.	30	5,000
29	East London Out Project (ELOP)	Trans Parents Day Event	Cohesion Events Fund	This online event will celebrate Trans Parents Day on 4 November 2021. This will provide an opportunity for trans parents and parents of trans children in Tower Hamlets to come together, to learn from each other, form networks and build a network of support to take from the event. The event is virtual and will include a presentation from a trans parent / parent of trans child, information about organisations that provide support and some poetry written by trans young people and a Q&A session. Event will last 1.5 hours and will be recorded so that it can be shared with others outside of the event.	2,540	500
30	Spitalfields City Farm	Spitalfields Supper Club Nights	Cohesion Events Fund	This project is to deliver two evening supper club events, one for residents who are feeling isolated as a result of the Covid-19 pandemic and the second to celebrate the work of their local volunteers. Their team will create a sit-down dinner for 70 attendees, that makes use of the farm's varied produce of fruit, vegetables, herbs and edible flowers. They aim for residents of Tower Hamlets to come together to experience the benefits of cooking and eating healthy food together, regardless of finance, confidence or ability. The events will encourage local engagement with the Farm and reinforces their positive impact within the neighbourhood post lockdown.	70	2,654
31	Leaders in Community	Generation Games (Oct Half-term 2021 Intergenerational Event)	Cohesion Events Fund	This project is for young people at Leaders in Community who have recently completed the leadership and bee keeping courses to deliver a fun, eco-event to older residents to raise awareness of green social issues. The aim of the event is for young people to help deliver eco-workshops and then engage in dialogue with older residents to help raise awareness on the plight and role of bees in our ecosystem, food waste and nutrition. The event will also include group games such as Eco-Bingo and hot food and refreshments.	30	3,000
32	Neighbours in Poplar	Neighbours in Poplar	Cohesion Events Fund	This grant is for a large street party to be held at St Mathias Community Centre in the first week of November 2021 celebrating the easing of social restrictions mitigating the impact of Covid 19. They are proposing two celebrations, an outdoor street party for the general community and an indoor event specifically for 50-60 volunteers who proved vital during the last 16 months providing services. Activities for the street party will involve Bollywood or Brazilian dance groups, Pearly King and Queen, assorted curries and traditional pie and mash, henna painting.	150	2,689
33	International Centre for Organisation and Cohesion	Beyond Dialogue: Building Community Cohesion After Covid-19	Cohesion Events Fund	The organisation is delivering a two-part programme. The first part includes the delivery of several dialogue sessions (will be delivered both online and offline at Christ Apostolic Church). The sessions will be an opportunity for residents from different backgrounds to come together and share experiences of Covid. The event will take place with food, music and lively discussion. Participants from the dialogue sessions will be invited to the event, as will the wider Tower Hamlets community.	140	2,920
34	East India Over 50's Consortium (Consortium50)	A Festival of Dark & Light, Chaos & Calm	Cohesion Events Fund	The organisation is delivering a series of 5 intergenerational events for the local community, exploring the themes of Dark and Light, Chaos and Calm, through arts and crafts and dance workshops as well as a Halloween party. The workshops will explore different moods e.g. happiness, sadness and discuss well-being strategies e.g. breathing techniques and meditation.	100	2,858

