

East End Community Foundation  
**Tower Hamlets Council Small Grants Fund - Themes 1-5**  
 September 2021

No	Organisation	Project Name	Theme	Project Description	No. of Beneficiaries	Amount Requested	Proposed Grant
<b>Theme 2: Prevention</b>							
1	Singing for Breathing RLH	Singing for Breathing RLH	Prevention	Singing for Breathing is looking for funding to cover the salary costs of the singing leader to provide weekly sessions for one year, and up to 6 outreach sessions. The project aims to improve the health and wellbeing of individuals suffering from chronic lung conditions, and who as a result, struggle with breathlessness, isolation and lack of confidence. The project was set up as a resource to be used as part of social prescribing and has successfully improved the physical and mental health and wellbeing of individuals who have accessed the service so far. Most of the organisation's participants are older adults (>60). Participants learn exercises that help them manage their breathlessness, which enables them to stay active. These skills are gained through formal teaching of the exercises but also by applying them to the singing. Songs are agreed by the group and requests welcomed.	25	5,000	<b>5,000</b>
2	The Yoga for Life Project CIC	Long Covid - Holistic Well Being Support to Heal Health Inequalities	Prevention	This funding request is to build on the success of their Long Covid Wellbeing classes, currently consisting of 3 weekly free specialist online yoga classes, each attended by 25+ people. They would like to extend these with a further 4 classes a week to reach and support more people with Long Covid in Tower Hamlets. Their yoga teachers will team up with mental health professionals to deliver these sessions, which will include gentle movement, meditation, breathing exercises and psychological support. They will target BAME communities who have suffered particularly from Covid. Sessions are designed to tackle Long Covid symptoms: breathing difficulties, chronic fatigue and pain and poor mental health. Each session will close with group therapy guided by a psychotherapist for participants to share their experiences, reflect on the tools offered and provide peer support. The annual delivery costs are £64,500. This funding request is for £5,000 to go towards staff costs of seven therapeutic yoga teachers and seven occupational therapists.	500	5,000	<b>5,000</b>
3	East India Over 50's Consortium	The Wild Women Collective - 'Wild Connect, Wild Talk' (WCWT)	Prevention	The organisation is looking to deliver 9 x 1.5 hr weekly onsite support group activities e.g. mindfulness for 10 women, in addition to the provision of 1:1 support, a WhatsApp group and 3 x 1.5 hr wellbeing workshops. The aim of the project is to improve the mental and physical health and wellbeing of the participants. The project was initially created as a pilot in response to conversations with women throughout the pandemic. To understand more deeply the need and gaps in provision, the organisation researched statistics, spoke with 40 women, health and community professionals. From the subsequent pilot, the organisation learned that rather than open forum/drop-in sessions, women wanted and benefitted from a support group open to a small number of women attending on a regular basis, with additional 1-1 assistance/signposting. The organisation believes that the format of combined free flow sharing, interwoven with information and wellbeing techniques allows women to bond and for deeper conversations emerge.	60	4,998	<b>4,510</b>
4	Sketch Appeal	Social Sketchclub	Prevention	Sketch Appeal is looking to resume its East London Social Sketch Club in-person through the delivery of fortnightly social sketching workshops to Tower Hamlets residents. There will be 12 x 2 hr workshops designed to support people with mental health issues to improve their health and wellbeing. Referrals will come via social prescribers and GPs but the project is open to all residents. The sessions particularly aim to help those suffering with anxiety, depression and other mental health challenges.	100	4,860	<b>4,860</b>
5	East India Over 50's Consortium	Burcham Street Gardens 'Renewal'	Prevention	The project will provide weekly gardening, arts and social activities to connect people with multiple complex needs over a period of 12 weeks. There will be weekly 2.5 hr Saturday gardening sessions, weekly mid-week zoom and social night sessions, support and signposting throughout the week, a Whatsapp group and a monthly newsletter. The organisation will receive referrals via local health and community providers and will also refer out to other services, when required. The project will provide 1-1 guidance, signposting and assistance.	20	4,975	<b>4,975</b>

6	True You Today CIC	Workshops for Survivors	Prevention	This project is for workshops for survivors starting November 2021 – March 2022 taking place in Bow. Their user-led programme focusses on safe ways for survivors to learn how to connect with their body. It will consist of dance workshops, aerial workshops, and a photoshoots along with confidence coaching taking place weekly. Participants will be referred from their network of domestic abuse and sexual violence services and homeless shelters. Participation will be free but participants can make a donation. This funding request is for £4,915 with a total project cost of £7,251. Most of the request is for staff costs of the teachers and photographer and operational costs such as studio hire, software, DBS renewal	80	4,915	4,915
7	Stepney Community Trust (SCT)	“Healthy in Mind & Body” [Post-COVID Mental Wellbeing Programme]	Prevention	Stepney Community Trust aims to provide 2 community gatherings weekly (2 hrs per session) to address mental wellbeing issues through the delivery of workshops. The workshops aim to raise awareness of mental health issues, and will provide participants with the information needed to develop coping mechanisms. The organisation will also refer out to other services e.g. counselling services. The project will enable individuals from all backgrounds to come together (the majority of participants will be from BAME communities). The programme will bring people together, facilitating a range of activities e.g. befriending, face-to-face and virtual support and assistance to participate inclusively, such as guidance to utilise IT and connect on-line or via social media. In overview, this is a programme dedicated to engaging all people post-COVID to come together and help each other to return to the community safely whilst promoting awareness around mental health and wellbeing.	60	4,960	2,931
<b>Theme 3: Neighbourhood Action</b>							
8	Nags Head Tenants Association	Launch Party and Consultation	Community Cohesion	This is for a Launch Party and Consultation in December 2021 in the courtyard of Nags Head Estate. The association formed in 2020 and due to the pandemic, they have not been able to meet formally in person yet or hold anything on the estate. This event will be a launch party to connect everyone on the estate and introduce them to the association. Activities will be appropriate for children, adults, and families. Activities will include face painting, games, an art and writing table, where everyone will be invited to submit ideas for local activities. There will be an open-mic and they will invite older people living on the estate to share some of their memories. They will look for a local hall or community centre to host the event if too cold on the courtyard.	250	1,000	1,000
<b>Theme 4: Community Cohesion</b>							
9	Grand Union Music Theatre Ltd	Protest and Resistance	Community Cohesion	Running from October to December 2021, this project is to run two public performances in Tower Hamlets to commemorate four key events in Tower Hamlets history. This funding will be used to involve their network of local musicians and community groups to get involved and run workshops in their own spaces to reach various participants in the borough. The events they wish to commemorate through public performances are: 100th anniversary of the Poplar Rates Rebellion, 85th of the Battle of Cable Street, 50th of the publication of Stepney Woods and 50th anniversary of the Bangladesh War of Independence. These will be held at St. John on Bethnal Green church and Brady Arts Centre. The events will be filmed for future use and will contribute towards their programmes advocating social justice for minority ethnic citizens. The budget requested is £5,000 of a project totalling just over £10,000. Most of the request is for staff costs running the youth orchestra and for composition, arranging and rehearsals with the other musicians etc.	200	5,000	4,500
10	THAT Network London	Reflect - Reconnect - Renew	Community Cohesion	This project is to create an exhibition for 10 days during Feb-March 2022 at the Art Pavilion Mile End Park. It will exhibit artwork produced by students (and teachers) during the pandemic period and specifically from 14 different schools/organisations. They will invite participants to create a piece of art reflecting on their experiences in the current Covid Climate. They intend to deliver workshops at their member schools to enable art students and their teachers to learn new skills with a focus on subjects not taught in the curriculum such as photo lithography, dry point etching and screen printing. The workshops will be facilitated by local artists with support from partner universities. To complement the exhibition, they will create a Covid Climates room within the gallery space, participants will have the option to live record and or write/draw reflections/memories of lockdown. They aim to donate these reflections to the Tower Hamlets archive. The amount requested is £5,000 with the total project cost of over £18,000. The majority of the cost is for the workshops, planning, their online exhibition/presence and equipment.	400	5,000	5,000

11	Tredegar & Sabella TA	Christmas Party & Eid Party	Community Cohesion	This funding is for a Christmas Party & Eid Party at Tredegar Community Centre (333 Morville Street). Specifically for music, food, decorations, sundries and a children's entertainer.	80	1,000	<b>1,000</b>
12	Friends of Tower Hamlets Cemetery Park	All-ability Volunteering with the Friends	Community Cohesion	This project is for a volunteer programme focused on gentler activities that are all-ability welcome, specifically to deliver 10 sessions over a year (starting in December 2021). It will offer participants a chance to meet new people and volunteer on the park such as with memorial recording, light planting/weeding, and historical research. The focus is on all-ability volunteering and nature-based, with a focus on recruiting volunteers who need more gentle volunteer activities than their usual volunteer provision, targeting older people and those with disabilities. The group will recruit through their partner network including Poplar HARCA, East End Homes, and Roman Road Trust. All ages and abilities are welcome to join as well. The majority of the project cost is for staff time and the cost of the adapted tools (such as two-wheeled wheelbarrow and adapted trowel).	150	4,984	<b>3,984</b>
13	St Patricks Church	Pensioners Christmas Party	Community Cohesion	This request is for their Pensioners Christmas Party. Every Christmas they hold a lunch for the pensioners of Wapping and provide a hot cooked Christmas dinner with refreshments and entertainment which is usually a DJ. They also ask English Martyrs school to come and sing carols and there is a gift provide for all who attend.	50	1,000	<b>1,000</b>
						<b>52,692</b>	<b>48,675</b>
						-	<b>48,675</b>