

### Appendix C- Small Grants Programme Grants Awarded Round 2 (2022-2023)

Themes 1 to 5					
No	Organisation	Theme	Project Summary	Estimated Number of Beneficiaries	Grant Award (£s)
1	Artburst	Innovation	<b><u>Lockdown Babies at Toyhouse-</u></b> The project aims to deliver creative workshops for families with under 5's and their parents and carers at Toyhouse. Activities will include songs, interactive storytelling, craft making, Makaton (a type of sign language).	30	£5,000
2	Eat Club Limited	Prevention	<b><u>Partnership in action - Eat Club in Tower Hamlets-</u></b> Courses will be for two hours to cook and eat together, developing an awareness of cooking and eating for physical and mental health, and improving key life skills, like organisation, creativity, and improvisation. The sessions will be delivered by a trained Eat Club session leader in the kitchens of the partner organisations.	60	£5,000
3	Cycle Sisters	Prevention	<b><u>Cycle Sisters Tower Hamlets-</u></b> The project will recruit and train volunteers for the organisation's cycle group. This includes promotion of activities and recruiting participants through outreach, adding women to a monitored WhatsApp group, organising and delivering weekly rides. The group also signposts women to other local cycling opportunities including Bikeability training.	60	£5,000

Themes 1 to 5					
No	Organisation	Theme	Project Summary	Estimated Number of Beneficiaries	Grant Award (£s)
4	Young News	Prevention	<b><u>Women health and learning skill-</u></b> To deliver exercise classes and computer training classes for BAME women of Tower Hamlets. The exercise classes will be delivered by a trainer and will include free hand exercise, guidance, and advice on healthy living, managing long-term conditions including diabetes, blood pressure, weight management etc, other tips of exercise at home. The computer class will focus on basic skills such as typing skill including using software like word, visiting online to search and manage several day-to-day needs, making GP appointment etc.	45	£4,780
5	Canary Wharf Football Academy	Prevention	<b><u>Football on the Island-</u></b> The organisation will deliver bitesize healthy eating workshops to encourage young people to eat healthily whilst raising awareness around health issues that predominantly affect BAME communities such as high cholesterol and diabetes.	100	£4,978

Themes 1 to 5					
No	Organisation	Theme	Project Summary	Estimated Number of Beneficiaries	Grant Award (£s)
6	The Laurie Laken Way Schools Project	Neighbourhood Watch	<b><u>Laurie Laken Community Project-</u></b> The organisation will erect a second accessible outdoor table tennis, make table tennis bats and balls available to take home through seven schools on the Isle of Dogs, fund the paralympic table tennis gold medal winner to visit the schools and run coaching for all ages.	100	£4,910
7	BBPC CIC (British Bangladeshi Poetry Collective)	Community Cohesion	<b><u>Translation Circle 2.0-</u></b> The project will deliver workshops which use multilingual poetry and translation as a means of engaging older and younger residents of LBTH to tackle loneliness and to build community cohesion. The organisation will deliver translation circle workshops, the translation of the poems will enable a diverse group of people to come together in intergenerational, gender inclusive activities.	100	£4,000
8	Cranbrook Community Food Garden (CCFG)	Community Cohesion	<b><u>The Community Global Food Project-</u></b> Activities throughout the year hosted by the group include Children's garden club, The Globe Town Cooking Club and Recipe Collection, in partnership with Poets Corner Community Garden: A series cooking sessions to share recipes using food grown on-site in the gardens; cooking and eating together. Winter Socials will include Introducing local children from all backgrounds to food growing, cultural belonging and biodiversity in the inner city.	100	£9,520

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No	Organisation	Theme	Project Summary	Estimated Number of Beneficiaries	Grant Award (£s)
9	PTriple CiC	Community Cohesion	<b><u>“Home is where the heart is”</u></b> - Sessions would include beat making, writing a track, writing bars, singing, mixing tracks and performance skills. The final session will be a chance for the young people to perform their pieces, expressing their own experiences, as well as the history and culture of Tower Hamlets, by incorporating historical/cultural specifics of the area into their work throughout the sessions. The event will showcase the diverse range of cultures and identities found in Tower Hamlets.	15	£4,000
10	Real Crowd Noise CIC	Community Cohesion	<b><u>Art Is For All-</u></b> The organisation will deliver a series of collaborative mural workshops at the Rainbow Club, an arts club for adults with learning disabilities and older people. Sessions will consist of designing a mural which then be painted by an artist and participants onto a wall. There will be three workshops with participants (two planning and one painting the mural) and the remainder of the project will be focused on the lead artist's prep and evaluation work.	15	£1,470

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No	Organisation	Theme	Project Summary	Estimated Number of Beneficiaries	Grant Award (£s)
11	The Geezers	Community Cohesion	<b>Activities for the Elderly-</b> A trip to Eastbourne for older citizens of Bow and surrounding areas and other trips. The project is and has been run by residents since its inception in 2008 because of a Link Age Project run in conjunction with Age UK.	50	£500
12	JHERA - Jesus Hospital Estate Residents Association	Community Cohesion	<b>Freedom Pass Group-</b> The organisation is looking to deliver a home assistance service and social activities for older residents (over 65) of the Jesus Hospital Estate. Home assistance will include shopping, social calls, and delivery of seasonal treats (e.g., strawberries and cream in the summertime or fish and chips).	40	£2,000
13	The Shadwell Community Project	Community Cohesion	<b>Our Time-</b> The organisation is looking to deliver safe, tailored SEN play sessions on a weekly basis for local families and referred families with kids who have SEN. The organisation also plans to deliver intergenerational local community consultation sessions. The play sessions will be an opportunity for parents and families to come together and share experiences, and the community consultation sessions will offer participants an opportunity to provide feedback/express their needs and this will feed into the development of the organisation's other projects.	60	£4,961

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No	Organisation	Theme	Project Summary	Estimated Number of Beneficiaries	Grant Award (£s)
14	East London Music Group	Community Cohesion	<b><u>Matchgirls Strike Performance</u></b> - The project will create a new piece of music based on the story of the Matchgirls Strike of 1888. The project will bring together music groups including the East London Community Band and 150 singers from three community choirs. A new, open-access community children's choir will be established. The piece of music will be created in collaboration with community musicians, there will be rehearsals and workshops and the piece will be performed.	900	£4,963
15	SPLASHARTS C.I.C. (Was Ltd)	Community Cohesion	<b><u>Art, Craft and Sewing Skills and Essential Information for Older People</u></b> - Splasharts CIC is seeking funding to hire art and sewing tutors to deliver one session per week for older people. Participants' needs will be assessed by staff from Neighbours in Poplar, as the organisations (formerly connected) still work very closely together. Staff from Neighbours in Poplar will regularly visit the group to offer advice and to signpost participants to their services.	60	£5,620
	<b>Totals</b>			<b>1,735</b>	<b>£66,702</b>

Themes 6- Loneliness					
No	Organisation	Theme	Project Summary	Estimated Number of Beneficiaries	Grant Award (£s)
1	Expressions Community Arts	Loneliness	<b>Arts 4 all</b> - the project aims to tackle social isolation, affected by mental health issues through painting, photography, creative writing, poetry and performing arts opportunities. monthly arts event which would either be organised at the venue or other locations in LBTH. 3 excursions will take place to arts venues/exhibitions. It is hoped the project will offer the chance for most new users to relieve social isolation, express themselves creatively and establish acquaintances/friendships to improve their mental wellbeing.	50	£5,000
2	Emmott Close Senior Citizen Club	Loneliness	<b>Golden Age</b> - Day to day drop-in sessions to encourage socialising, through light refreshments, light exercise, quarterly events will also take place. Some door-to-door engagement as well as reaching out through the telephone to users who are housebound.	70	£4,940
3	The Yoga for life Project CIC	Loneliness	<b>Long Covid Virtual Wellbeing Programme</b> - The continuation of long COVID virtual wellbeing programme for 12 weeks to support individuals through yoga, movement and breathing techniques facilitated by experienced instructors.	150	£5,000

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No	Organisation	Theme	Project Summary	Estimated Number of Beneficiaries	Grant Award (£s)
4	SAMA Academy Ltd	Loneliness	<b>Coffee morning-</b> Coffee morning on market days and Friday afternoons, with focus on arts and crafts, samosa workshops, socialising to improve mental health and tackle isolation	250	£4,900
	<b>Totals</b>			<b>520</b>	<b>£19,840</b>

Theme 7 Access & Participation					
No	Organisation	Theme	Project Summary	Estimated Number of Beneficiaries	Grant Award (£s)
1	Coffee Afrik CIC	Access & Participation	<b>Coffee Afrik Project</b> - peer to peer support for older BAME women through mental health therapists, advocacy support officers, 1-2-1 sessions, signposting to the appropriate services. Community lunches to bring participants together to respond to cost-of-living crisis.	75	£14,300
	<b>Totals</b>			<b>75</b>	<b>£14,300</b>

<b>Theme 8 Older people</b>					
<b>No</b>	<b>Organisation</b>	<b>Theme</b>	<b>Project Summary</b>	<b>Estimated Number of Beneficiaries</b>	<b>Grant Award (£s)</b>
1	The Bangladesh Youth Movement (BYM)	Older People	<b>"Golden Year" Older BAMER People's Initiative-</b> Befriending services to older people to get out of the house. The Project aims to set up an Elders Forum for older people to come together and share their needs with the organisation. Delivery of activities such as days out, coffee morning, events and advice sessions.	50	£14,033
2	Vallance Community Sports Association	Older People	<b>HEALTHY-ACTIVE-NOW-</b> Physical activity sessions for older people in the borough, which aims to provide healthy eating workshops once a month with an opportunity to get out of the house and improve mental and physical health while socialising with other older people.	50	£13,534
	<b>Totals</b>			<b>100</b>	<b>£27,567</b>