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**TNLCF BEXLEY GIVING SCHEME – SUMMARY OF PROJECTS**

| **Organisation name** | **Name of the project/activity** | **Project Summary: Brief description of the activity/project that will take place** |
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| **Projects with a focus on ethnic minority groups** | | |
| Active Horizons; | Me Time | A **therapeutic support service for young people from the BAME community** with emotional support needs that has increased because of the COVID-19 pandemic. This project will have a dedicated weekly (8 hour) support offering with a dedicated telephone and online support. The activities will also include online and socially distance therapeutic session such as yoga, talk therapy sessions. In addition, this project is to encourage BAME young people and their families to seek mainstream support services, which they do not traditionally do so, due socio-economic and cultural barriers.  We intent to engage with 10 young people in one to one and further 25 in group therapy workshops, facilitate distance meetings and sourcing the facilitators to deliver below workshops . This will cover the following topics: confidence building, self-belief, identity, confidence building, art mental health workshop, conflict management, building resilience, wellbeing group therapy sessions which will be followed by offer one to one bereavement support. Sessions will be led by sessional hourly paid qualified psychotherapist, mental health practitioner and experienced youth workers who understand the issues faced by BAME youth.  Another important element to the project is to establish partnerships working structures with other mainstream services that we would create referral pathways so that the young people and their families can access the support they need. The project will develop a resource direct of the local services which will help them to increase their confidence to be able to access support. |
| Act For Change | We are Interconnected | We would like to engage in **1:1 sessions with BAME families** to map out some of the challenges they have been experiencing accessing mental health services and together with them, to design a provision based within their local community that would alleviate some of the mental health challenges experienced at this time while not drawing on specialist mental health services. We will collaborate with local community centres (we expect these to be in Erith and the Blackfen Library). To this end, we will follow up the 1:1 sessions with a workshop we will run online and design the activity based on their needs and with them. |
| **Other projects that address Ethnic minority groups** | GlamSci (microgrant); BEXLEY SWIMMING CLUB; Dynamix; Bexley Interfaith Forum (microgrant); METRO; Diabetes UK Bexley Group (microgrant); Bostall Library Community Group; Cruse Bereavement Care Bexley & Bromley | |
| **Other projects that address carers mental health** | New Generation Community Trust (microgrant); Imago Community; Demelza Hospice Care for Children; Blackfen Community Library; Bexley Mencap; Re-Instate; Bostall Library Community Group; Greenwich & Bexley Community Hospice; Cruse Bereavement Care Bexley & Bromley | |
| **Projects with a focus on children and young people** | | |
| New Generation Community Trust (microgrant) | COVID secure parent and child support activities | **Arts and crafts activities** with helpful parenting top tips in the craft bags as a way to get support info out and signpost to local family and child support organisations. |
| Imago Community (microgrant) | Bexley Young Carers - COVID Respite activities | A **range of activities designed to relieve stress** that many of us take for granted, but with a caring role they are a rare and treasured opportunities to relax and do something for themselves. |
| The Howbury Tumblers | BIG change for small change | **Reduced rate** sessions for families already hit hard by this crisis. |
| GlamSci (microgrant) | GlamSci Virtual COVID-19 Careers Advice and Support Workshops | The project aims to provide a series of **online workshops** to support young people in Bexley currently in education and those that have recently lost their jobs due to the pandemic to explore and ultimately secure employment in STEM fields. |
| CRiBS Charitable Trust | Moving Up - Transition Programme | The move from Primary school to secondary school is often a big step for any young person and requires them to deal with huge change. This workshop gives the young people time to explore any worries they may have during the **transition** process and equips them with skills and strategies to answer and deal with those worries for themselves. |
| Bexley Swimming Club | Bexley Swimming club – return to the pool | Support with **costs** for running the club, required due to the impact of Covid |
| 1st Foots Cray Scout Group | Get active; enjoy the outdoors & challenge yourself | **Equipment** for an overnight expedition challenge. |

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| Athena Rangers (microgrant) | Application for rent support and an outdoor activity in the summer (assuming regulations allow). | Application for rent support and an outdoor activity in the summer |
| Demelza Hospice Care for Children | Demelza's Virtual Hospice | Our Virtual Hospice will provide 25 children and young people with terminal conditions, and their families, with **online Family Support and Therapies** during the post COVID-19 lockdown period. |
| Foots Cray Explorer Scout Unit (aka Excalibur Explorer Scout Unit) (microgrant) | Wellbeing through Craft Activities. | **Equipment** that can be used to teach traditional craft activities which will be used as a conduit to allow the young people to socialise in a safe environment whilst maintaining social distancing. For many this will be the first time they have been able to interact with their peer groups outside of a school or virtual environment and will be used as a springboard to enable them to discuss their COVID experiences. |
| Dynamix | DYNAMIX DANCE PROJECT: | Dance project to enable **young people in Thamesmead to reconnect with their community** and encourage them to become a valued part of that community. The majority of those who attend our sessions have in the past been from families with limited means, they have also been additional issues that they have to contend with such as Domestic Violence. |
| Girlguiding UK - 5th Watling Brownies  (microgrant) | Equipment and rental costs | • Invest in equipment to make outdoor meetings possible;  • Rent space at Paxwood to facilitate safe outdoor meeting without needing to use public open spaces. |
| **Other projects that address children and young people** | Active Horizons; Act For Change; Bexley Interfaith Forum (microgrant); Blackfen Community Library; Counselling Matters Bexley; Re-Instate; Bostall Library Community Group; Greenwich & Bexley Community Hospice; Cruse Bereavement Care Bexley & Bromley; Solace Women's Aid | |
| **Other projects that address digital inclusion** | Bexley Deaf Centre; Bexley Mencap; Diabetes UK Bexley Group (microgrant); Bostall Library Community Group; Isolation Help Bexley; Cruse Bereavement Care Bexley & Bromley | |
| **Projects with a focus on family support** | | |
| Bexley Interfaith Forum (microgrant) | Hot Food Project | We will cook **hot food** in various worship centre kitchens across the Borough and deliver the food to needy families. This details as to how this project will be implemented have been jointly agreed with Bexley Council and has involved agreements with the Communities team and food safety. We are using schools as a conduit to communicate our service with parents/carers who are entitled to free school meals. The communication includes an internet link (using microsoft forms) so that families can sign up. It is no more difficult than ordering a pizza. |
| Howbury Friends; | SLADE GREEN foodbank | The activity that will happen is we will make 200 Easter parcels to **feed families** over the Easter week each box will have food for a week including breakfast, lunch and tea, an Easter dinner for the whole family and Easter eggs and little treats.  We will also make 500 breakfast boxes which include a box of cereal, beans, bread, eggs, milk, teabags, coffee, sugar and juice. We will also make 500 tea time boxes these will include beans, spaghetti, pasta, tuna, fruit and vegetables, eggs, and a recipe pack for families to try at home, a bottle of squash and other items  We would also like to introduce a membership card which can then be scanned each time the person comes which will hold all their information rather than us hold sheets of paper for 28 days it will all be done by scanning a QR code.  Then we would like to do some holiday and weekend activities for families this will include a cookery recipe with ingredients and a craft activity to complete. |
| Blackfen Community Library | Breaking Covid barriers for families with babies born in lockdown in Bexley | An initial 6 month **Support Project targeting families, with a particular focus on new parents of babies born in lockdown,** to build back stronger with a holistic approach to family well-being. Supporting both the parents and children through groups and events, the project will increase connection and resilience, building on strengths to ensure health of the family within the community.  • Babies born in lockdown – 1 hr pw x 4 sessions repeated 6 times. Up to 10 new parents and their babies per session. Includes 45min session followed by a more informal time where parents can chat together with the leader available to answer questions. Support will be given through ideas for play, early childhood development tips and tools for wellbeing to support the children’s and parent’s social development. Also, a chance for peer support and discussion to overcome anxiety and build resilience which can continue after the group with the encouragement of exchanging of contact details within the group.  • Parenting Support Course - (Could be hybrid – in person and online) 1 hr pw x 4 sessions repeated 3 times. Course to equip parents with primary age children and younger with coping strategies for parenting and to build a strong sense of family cohesion offering emotional and social support. • Facilitating Kintsugi Hope group – a support group giving families tools to address, protect and manage their mental health (1 hour per fortnight from June) • Let's Stick Together -1 hour workshop repeated 3 times. Introduces simple, practical skills that help couples relate well to each other and give tools for navigating all changing relationship dynamics. • Talking Table – an area for our community to have a chance to talk to volunteers trained in active listening - encouraging processing of grief and trigger points and transitions in family life. • Regular Events (Monthly) such as craft activities, music times, puppet shows for babies, toddlers and children to engage and connect both children and adults (delivered in person or externally depending on restrictions) • Fun Summer Reading and Education Game Events x3 (July and August) aimed at supporting children in their education and building connection for families. |
| **Other projects that address family support** | New Generation Community Trust (microgrant); The Howbury Tumblers; GlamSci (microgrant); CRiBS Charitable Trust; Demelza Hospice Care for Children; Girlguiding UK - 5th Watling Brownies (microgrant); Howbury Friends; Blackfen Community Library; Bexley Mencap; Diabetes UK Bexley Group (microgrant); Bostall Library Community Group; Cruse Bereavement Care Bexley & Bromley; Solace Women's Aid | |
| **Projects with a focus on health inequalities** | | |
| Bexley Deaf Centre | Online Deaf Job Club | This funding will be used to switch our very successful **Job club to an on-line service**. Clients who would normally attend our Job Club at the centre will be able to access the service on-line, either with their own equipment or through the loan of a funded laptop. Clients will be allocated a time slot every week to have one-to-one online sessions with our Job Club Coordinator.  We will make an action plan with them which could involve helping them re-write their CVs; completing an online job application or cover letter. We will support them with their applications for Access to Work, which provides extra support for them and the employer. More importantly we give them the confidence to take responsibility for their own lives. So ensuring that we find the right job for them, where they feel happy, secure and well supported is essential. By adapting our job club to make it an on-line service we feel we are able to continue to support the deaf clients we were seeing before the Covid crisis began along with additional new clients who have lost their jobs during the crisis. They need us now more than ever. |
| **Other projects that address health inequalities** | BEXLEY SWIMMING CLUB; 1st Foots Cray Scout Group; Foots Cray Explorer Scout Unit (aka Excalibur Explorer Scout Unit) (microgrant); Bexley Interfaith Forum (microgrant); METRO; Bexley Mencap; Re-Instate; Diabetes UK Bexley Group (microgrant); Bostall Library Community Group; Greenwich & Bexley Community Hospice; Cruse Bereavement Care Bexley & Bromley | |
| **Projects with a focus on LGBTQ+** | | |
| METRO | Bexley LGBTQ+ Counselling Service | We will provide **one-to-one counselling for LGBTQ+** Bexley residents. We will employ a Bexley Counselling Lead (0.6FT) who will supervise a team of three counselling volunteers to offer free sessions. This model will be based on METRO’s successful current provision in neighbouring boroughs.   One-to-one online, telephone, and face-to-face counselling will be delivered by a trained counsellor and counselling students in advanced training for up to 30 clients over 6 months. Counselling will allow clients to explore COVID-19 issues in more depth, e.g. anxiety, depression, isolation, relational issues, self-worth, existential questions, relationships, gender identity, sexuality, bereavement and goal setting. Clients will be assessed by the Counselling Lead, who will be responsible for matching clients to a counsellor and providing project management and overview and support of the service. External supervision will be provided, in line with the British Association for Counselling and Psychotherapy (BACP)/United Kingdom Council for Psychotherapy (UKCP) requirements.   Counselling will take place online via Zoom initially, with a hybrid system of online, telephone and face-to-face counselling as lockdown is lifted. Face-to-face sessions will take place in a Bexley location. |
| **Other projects that address LGBTQ+** | GlamSci (microgrant); Diabetes UK Bexley Group (microgrant); Bostall Library Community Group; Cruse Bereavement Care Bexley & Bromley | |
| **Projects with a focus on those who are clinically extremely vulnerable/remain isolated** | | |
| Counselling Matters Bexley; | Counselling for Wellbeing | Our project will provide **1:1 counselling sessions** for residents of Bexley in the following priority groups:- 1. Those who are clinically extremely vulnerable and or who remain isolated. 2. Children and young people aged between 5 and 18. 3. Women who are victims or survivors of domestic violence. Our aim would be to split our funding and resources fairly equally between these three groups. Over a period of 6-7 months we would aim to provide 12 sessions of counselling to 69 clients, this would be made up of 23 clients from each of the above groups. Clients from groups 1 and 3 would generally be offered either remote or face to face counselling and would be able to choose which was preferable to them (government restrictions allowing). Whereas children and young people would generally be offered face to face counselling, as in person counselling tends to be more appropriate for this age group. |
| Bexley Mencap; | Healthy Lifestyles & Activities for people with Learning Disabilities and their Carers. | Our Healthy Lifestyles project will offer a weekly **programme of activities**; improving health and wellbeing, enabling friendships, reducing isolation, enabling members to try new activities and build confidence and provide respite for family carers.  We will continue to deliver and expand capacity for a range of virtual healthy lifestyle activities such as keep fit, yoga, cooking, virtual walking, music, dance, film and social clubs.  We will continue delivering enhanced person centred, face to face support for people most in need focussing on improving physical wellbeing and mental health. Activities could include walking, gardening or cycling. When restrictions allow, we will support small face to face groups to bring people together with their friends and will also support members to be active in the local community through volunteering safely in community projects with GoodGym once activities resume. Our activity programme will also deliver complementary activities to carers such as mindfulness, yoga and relaxation to provide much needed respite and peer support. We will provide training and support to people to use technology, such as Zoom, to enable them to engage with online activities and reduce inequalities of access which will also include working with carers. Our programme of activities was initially funded as a pilot through emergency Covid funding as we recognised that people needed more support during lockdown. However, as Covid has affected lives and services longer than any of us had first hoped for, and feedback has been so positive, we are seeking to extend the project so that people remain supported and engaged during these latest periods of lockdown and restrictions. We also aim to then support people to transition to the ‘new normal’ and access future services. To do this we will employ an Activities Co-ordinator to provide the additional capacity required to organise, deliver/facilitate and evaluate a wide range of activities. |
| Re-Instate; | The W-rap Project | Re-Instate would like to **extend its W-rap project (Well-being Recovery Activity Parcels) to support local people through the next stage of the pandemic.**  The W-rap project was born from feedback given by individuals from within our Employment Service who had been angry and frustrated during long-term hospital stays due to their mental health. The parcels are designed to provide at least five full-sized items associated with The New Economics Foundations’ Five Ways to Well-being to encourage people to incorporate these five actions into their lives. The Five Ways to Well-being are a set of evidence-based actions which promote well-being, outlined as; Connect, Be Active, Take Notice, Keep Learning and Give. It was clear that a gift box containing toiletries, stress relievers, activities and practical items would help the recovery and create a bridge to nurses and OT’s on the wards. This proved a great success, and we found in 2020, we were able to apply what we’d learnt about the parcels to supply well-being gifts to local people who were isolated and struggling with their mental health during lockdown. Over 3,000 boxes have been supplied since the start of lockdown. The pandemic has prompted many charities like Re-Instate to look closely at what we do. We understood how valuable the welfare packs could be to support people’s mental health during difficult times, and with our connections around the borough, we were able to reach out and work with many local organisations to help their clients. This included Mind, Mencap, Age UK, Crossroads Care, Isolation Support Bexley, Evergreen Care, Carers Support Bexley, the Urgent Care Centres, Oxleas NHS Foundation Trust and eleven different care homes.  To produce the packs, Re-Instate employ a project co-ordinator for three days a week. Working with volunteers from BVSC’s Supported Volunteering program and our own Employment Service, the co-ordinator sources products, collates W-rap’s, works with local charities and other agencies to develop distribution pathways and promote W-rap through social media. Through engaging with potential recipient organisations, we have been able to create bespoke parcels around gender, age and need. This has included dementia friendly packs aimed at some of the care homes. We currently hold forty individual items we could use in the parcels, and are constantly on the look-out for new items. Specifically, we are asking for support to extend the contract of our co-ordinator by a further six months until the end of September. She will continue the development of W-rap and provide packs for anyone local who needs one through working closely with Bexley’s third sector and others, including patients in hospital and staff who have endured much during the pandemic. |
| Diabetes UK Bexley Group (microgrant) | Raising Awareness of Diabetes services for distribution to doctors surgeries and prescribing pharmacies in the Bexley Borough in order to perpetuate the work of the Group and maintain communications with Current members . | We intend to **leaflet and provide business cards** to every surgical practice (23) and prescribing pharmacy (46) in the Bexley Borough covering 242000 residents, we hope to catch up on lost ground since the covid -19 restrictions, which have caused so much disruption to our meetings and most probably will reduce the number of attendees at future get togethers. We need to provide new literature describing our “raison d’etre” by updating our leaflets and handbooks. Maintaining the website and continuing with the Zoom meetings which we have put in place. |
| Bostall Library Community Group; | Delivery of COVID19 enhanced services by Bostall & Bexley Village Community Libraries. | The funding is to support the continued provision of our **Community Library services, activities and Community Fridge service** to the local community and enable us to continue to offer wellbeing support. To enable us to continue the provision of our new Home Delivery service to our elderly and vulnerable members affected by COVID-19, this will be achieved through the leasing of a small multi-purpose vehicle for use by delivery volunteers. We will use our website and social media platforms to reach out to existing members, and leafleted marketing publicity offering our services and activities ensuring confidence in a Covid-19 safe environment.  As part of rebuilding COVID19 confidence with our members, we will be offering FREE provision of any chargeable activities, for the next 8 months to ensure inclusion for all. |
| Isolation Help Bexley; | Continuing Assistance by IHB | We aim to continue with our offer of help to those who are isolated and/or in need, with the services detailed earlier: - **food shopping, food parcels, prescription collections, befriending etc.** Requests for help are taken by the volunteers working for our communications centre, then passed on to a suitable volunteer who has indicated that they are willing to undertake such tasks. Food shopping is our most frequent service, and this is usually carried out by a volunteer 'buddy' who helps the same person in need on a regular basis.  Whilst food parcels account for a small proportion of our assistance, they do account for most of our expenditure. The expenditure we make ourselves is supplemented by donations, which can be very generous, from Morrisons supermarket in particular. It is anticipated that the demand for food parcels will decline significantly once lockdown ends at the end of June, and this is reflected in our budget submission. Our other main area of expenditure as detailed in our budget is to operate and maintain our IT/Communications system. |
| Greenwich & Bexley Community Hospice | Increased COVID care capacity for Greenwich & Bexley Community Hospice | The project involves the purchase and use of one 10-litre Oxygen concentrator for the terminally ill who are being cared for in the inpatient unit at Greenwich & Bexley Community Hospice, plus a small amount of other equipment. This unit has 19 beds and cares for around 350 terminally ill people a year.  At the hospice we have concentrators that go up to 5 litres, as this has been adequate for the patients we are used to seeing. However during the pandemic we have found that Covid patients' oxygen levels de-saturate really quickly and are much lower than we have previously seen, resulting in them requiring much higher amounts of oxygen. |
| **Other projects that address those who are clinically extremely vulnerable/remain isolated** | The Howbury Tumblers; Demelza Hospice Care for Children; Bexley Interfaith Forum (microgrant); Cruse Bereavement Care Bexley & Bromley; Solace Women's Aid; Advocacy for all (microgrant) | |
| **Project with a focus on women’s groups** | | |
| Cruse Bereavement Care Bexley & Bromley | Providing specialist support to bereaved children, young people and adults in Bexley during, the Covid-19 pandemic. | This funding will provide **free telephone/video and group support to around 100 bereaved children, young people and adults in Bexley** during the pandemic. Specialist Bereavement Volunteers We will continue supporting children and young people via telephone and zoom (with consent from parents/carers and guardians). Funds will enable us to recruit and train new Bereavement Volunteers, provide vital support and supervision to all Bereavement Volunteers and provide vital staffing costs. This funding will reduce waiting times for bereaved people in Bexley and limit the negative impact grief can have on mental well-being; we will recruit and train up to nine new Bereavement Volunteers via training webinars, which will help us support a greater number of bereaved people over the next eight months. We will run a Bereavement Support Foundation course and follow up mandatory modules which include training in delivering remote support – an additional but essential cost being incurred as a result of the pandemic. This funding will also provide vital Supervision support for Bereavement Volunteers, which is essential to their well-being. We will run two supervision sessions per month. Our committed volunteers have continued to provide particularly emotionally challenging support, often when their own lives have been significantly impacted, therefore providing Supervision support is especially important.  Our service is run almost entirely by volunteers - however, our part-time Referrals officer and Administrator are vital to our service ensuring the effective delivery of support, client allocation and training coordination. Funding will ensure have the resources to continue supporting more bereaved people. Video support is a great alternative for those who prefer face-to-face support. And for those with no means or equipment to access video calling, telephone support is accessible to everyone; it can be a lifeline when there is no-one else to talk to. Telephone support is accessible to more people, including those with disabilities, carers or other difficulties leaving home. When it is safe to do so and restrictions permit, we will once again deliver face-to-face support, alongside telephone/zoom support where this is more accessible or preferential to the client. |
| Solace Women's Aid | Women's Safety and Recovery Project | The pandemic has seen an increase in severity of domestic abuse for survivors, resulting in a number of them attempting to safely end an abusive relationship. Whilst some women feel they have no choice but to move to a new area to flee a perpetrator, a number of our service users **seek to remain safely in their homes.** Our IDVAs are able to provide support and advice around how to stay safe at home, however many of our service users need practical support to enable this to happen. The grant will be for home safety measures. These could include: - ‘dummy’ CCTV – deterring perpetrators from attempting to break in to survivors homes; - Door bars and window alarms – to increase security; - Camera fitted doorbells – to enable survivors to check; who is outside their door and, if needed, to film perpetrators attending to support Police prosecution; - Replacement mobile phones, where a perpetrator may be tracking their phone  We would also use some of this grant to support with practical items to aid recovery for a survivor and their children through, for example:  - Buying a replacement mobile phone, for survivors who’s phones have been taken by the perpetrator - Buying essential supplies for women and children experiencing extreme financial hardship after fleeing abuse, for example food vouchers - Buying necessary items for children after fleeing, for example school uniforms or books/education supplies. |
| **Other projects that address women’s groups** | GlamSci (microgrant); Blackfen Community Library; Counselling Matters Bexley; Bostall Library Community Group | |
| **Other projects** | | |
| Advocacy for all (microgrant) | Bexley SUG Digital Inclusion | This Advocacy For All (AfA) project aims to provide **IT equipment for ten learning disabled members of Bexley Speaking Up Group (BSUG).** This equipment will enable these members to access AfA’s (and other charities’) activities online to help combat mental health and loneliness through digital inclusion. The ten members that currently have no equipment want to participate in the online activities and connect with online members. The project will provide 10 Amazon Kindle Fire tablets installed with Zoom and WhatsApp. There are three scheduled meetings a week, where members chat, play games, with additional sessions including watching films and creative activities (including storytelling, art and poetry classes). Previous guest speakers include representatives from Bexley Healthwatch and BLG MIND. The members have also sought advice on: Covid 19 lockdown rules, testing and vaccination questions Health, including appointments, prescriptions and feminine care Shopping benefits advice having simple tasks/work done at home that is now cancelled due to Covid-19 safeguarding issues Employment, including going back to work safely, being furloughed made redundant. |
| Sidcup Debt Advice (microgrant) | Zoom, MS365, Admin and Training | To enable us to continue helping clients online we will need a renewal of our **Zoom Licence, as well as a renewal of the MS365 Office Suite**. We are part of the Community Money Advice Network (CMA) and they have trained us in their 3 part series. We currently have a new Advisor who will need the 3 part training. |

August 2021