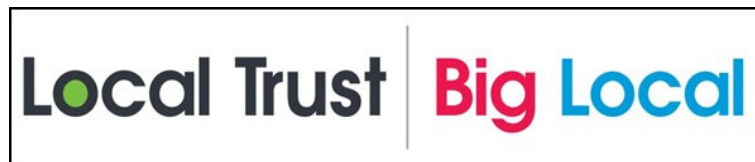




Dragon's Den Special 2017



North Meets South (NMS)

is by residents, with residents & for residents
of Marks Gate & north Chadwell Heath

www.nmsbl.org.uk

It's Dragon's Den time again!
Vote for your favourite community
projects and activities
on Tuesday 11 and Thursday 13 July



Come and see all the brilliant projects and
activities that could be happening in our area.
You can also read about them in this newsletter,
and find out how and where to vote!



MAKE YOUR DRAGON'S DEN VOTES COUNT!



We've had fantastic project ideas from local people, and now you can choose your favourites to be funded. This year there are 2 places you can vote (one ballot sheet per adult attending):

TUESDAY 11 JULY, 10am-12pm, Eastern Avenue Baptist Church hall.

Why not join in the Church's weekly Coffee Stop, too?

THURSDAY 13 JULY, 12pm-8pm, Marks Gate Community Centre.

There'll be free food, plus fun and entertainment for the kids.

Also have your say about Tantony Green play developments!

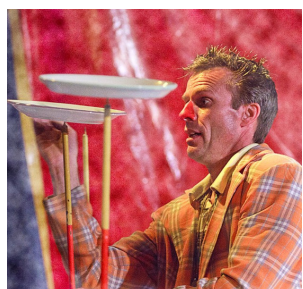
Now read on, for information about all the projects up for your vote:



BRAIN FOOD: We will provide 800 free breakfasts to children and young people within the NMS area. We would be offering a free continental breakfast which would include; cereal, toast with topping, fresh fruit, yogurt, fresh juice and a hot drink. This incorporates two of the recommended five a day, plus vitamins, calcium and iron. This provides both, a great start to the day (which should improve learning), and contributes towards a balanced healthy diet. It has been noticed some children are waiting at the school gates sometimes half an hour before the gates open. As the colder months approach at least the children will have somewhere warm to wait and something to eat.



CARPET BOWLS: Carpet Bowls will promote friendship, socialising for all residents including the lonely, those living on their own or those who feel isolated from the community. Carpet Bowls is also a very good way to keep fit. This project is needed to encourage residents in the community to come together to prevent isolation, promote social cohesion and make new friends. Carpet Bowls is suitable for everyone including wheelchair bound residents. Carpet bowls sessions will actively encourage men (who can feel isolated) as well as women to participate.



CIRCUS SKILLS FOR ALL: The project that I have a vision of is to have various items of circus equipment such as stilts, juggling balls, scarves, plate spinning, and Hula hoops for the young people who are scout group members to use, as well as a circus skills workshop for the community. The taster activity sessions is of a circus skills day. This will be a day that will bring the community of Marks Gate together both young and old. With the issues that sometimes rise to the top such as disruptive and anti-social behaviour; this will be an opportunity to come together for the enjoyment of everyone. We will run a taster event at the Eastern Avenue Baptist Church and another event at St Marks Church. This will be with a professional Circus skills team coming in to facilitate the day to give it a professional edge.



CULTURAL FESTIVAL: The Cultural festival is an event that encourages people to come together and experience the positive aspects of the various cultures represented in the community. It creates an atmosphere where diverse cultures can be embraced, stronger relationships can be built, a sense of community pride can be fostered and most importantly a sense of belonging can be developed. This family-focused event is expected to attract a 200-strong audience. They will enjoy a 3-hour long programme of pulsating rhythms, cultural dance, traditional dishes and showcasing of traditional wear. For those who are not able to, fancy dress is welcomed.



EASTER AND SUMMER POP-UP CREATIVE CAFE: We would like to host a programme of pop-up Creative Café events on the estate during the Easter and Summer school holidays in 2018 for local families, children and young people to access. We plan to host these at the Marks Gate Community Centre and the Eastern Avenue Baptist Church. There will be a total of 4 pop-up events, two during Easter, and two during Summer from 11-3pm: a space where local people could meet, share, learn and gain new skills, a social space for residents to discuss and exchange ideas whilst having the opportunity to get creative. Our activities foster friendships across generations; grandparents, mothers, toddlers, schoolchildren and young people, reducing social isolation.



IT FUN CAFE: Many older people and people coming from other countries specially mothers, who are not much educated, feel left out and isolated as they don't have even basic knowledge of IT. So this project is designed to give them basic skills required to use computers, internet, emails, google, facebook, youtube etc and internet security, for social networking and communication. There will be two sessions of 10 weeks each, 1 hour each week. One conducted in Marks Gate community centre's IT room will include introduction to computers, desktop settings, emails, attaching files. Also how to use council's website, ebay and Amazon. Then we move onto skype, whatsapp etc using people's own gadgets. The other session will be conducted at Eastern Avenue Baptist Church hall.



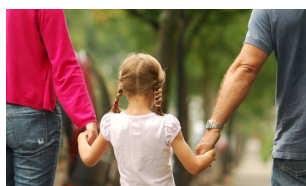
LET'S EXPLORE will help mums, dads, grandparents and other carers spend quality time with their children aged 0-5, and learn together. Many people don't have the type of equipment the children will be able to play with here, at home, and some don't have someone they can easily turn to for advice about their children. Here everyone is welcome and everyone is equal. We encourage taking turns and sharing, and even learn Makaton (British Sign Language). We use Early Years Foundation to show how children can learn through play. We celebrate all the festivals and have multi-cultural clothes made for the dolls. We provide healthy eating snacks.



NIMBLE FINGERS AND BOARD GAMES: Our project will focus on knitting, crochet and embroidery as well as Board and Card Games. It is aimed at those adults who do not know how to knit, crochet or embroider and would like to learn as well as encouraging those who have the skills to pass on their expertise. The needle and board game projects will promote friendship, socialising for all residents including the lonely, those living on their own or those who feel isolated from the community as well as those adults who would like to learn new skills. These projects are needed to encourage all residents (both men and women) to come together to prevent isolation, promote social cohesion and make new friends and to learn new activities.



MONEY AND DEBT MANAGEMENT TRAINING: We would like to train 2-4 volunteers to be able to support our residents by offering money management skills training and advice. Our project will offer a real method of improving access to affordable financial services advice to the residents of NMS area. In particular the promotion of budgeting by using the online tools, access to free affordable spending and saving plans. We will also enable our residents to have free and confidential telephone support from experienced debt management advice professionals. The money advice courses will be held at St Marks Church Centre and at the Eastern Road Baptist Church, carrying out five courses from September 2017 to July 2018. We will as well hold termly community information stands with a presentation on money management including budgeting tools. We will invite other organisations including LBBB Benefit and Housing services, Post office, Credit Union and Family Liaison.



PARENT GYM - PARENTING PROGRAMME: Parent Gym is a 6 weekly workshop running every Wednesday afternoon during term time with two qualified coaches. This will be for parents who need support around behaviour and setting boundaries. As a parent support advisor these are some of the areas in which we offer advice and support on a regularly basis. Parent Gym will help offer a structured support for all families, promoting inclusion for all: • Chat, how to communicate • Love, how to balance warmth and discipline • Behave, how to be consistent with limit setting • Care, how to raise healthy children • Discover, how to encourage learning • Together, how to build a support network with parents and children.



PROJECT BMX BARKING AND DAGENHAM: The aim is to engage children and young people in BMX cycling primarily at the purpose built BMX track at Tantony Green and introductory sessions at St Chad's park. The need for the project cannot be overstated as many young people ride bikes and others would, however many "hang around" causing distress to residents and getting themselves into trouble. Due to the lack of activities currently provided for young people in the area we feel that this can provide substantial benefits for health, general wellbeing and giving a sense of achievement and team work to all participants. This activity can also lead to a progression in the sport of BMX cycling.

PLUS, starting 21 July at Eastern Avenue Baptist Church hall:



NMS pop in & chat:
Fridays 1.20pm–2.20pm
Chair-based exercise to music:
Fridays 2.30pm–3.30pm

Want to get in touch with NMS? Contact Ola on 07419 285 839 or email nmsworker17@gmail.com or pop into St Mark's Church Centre cafe



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