



# Dragon's Den Special 2018



**North Meets South (NMS)**  
is by residents, with residents & for residents  
of Marks Gate & north Chadwell Heath  
[www.nmsbl.org.uk](http://www.nmsbl.org.uk)

**It's Dragon's Den time!**  
**Vote for your 5 favourite community  
projects and activities  
on Wednesday 13 and Friday 15 June**



**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. Think about activities that could help others in the community, as well as those you would like for you or you family, as **we can only accept ballots with 5 votes** - not less. Here's where you can vote (one ballot sheet per adult attending):

**WEDNESDAY 13 JUNE, 2pm-5.30pm, Marks Gate Community Centre:**  
There's a free buffet, plus fun and entertainment for the kids.

OR

**FRIDAY 15 JUNE, 1.30pm-3.00pm, Eastern Avenue Baptist Church hall:**  
There's a free buffet, why not join us?

**Read on for information about the projects that could be up for your vote:**



**CARPET BOWLS:** This project will promote friendship and 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. The sessions will actively encourage men as well as women to participate. Carpet Bowls is suitable for everyone including wheelchair bound residents.



**CHAIR BASED EXERCISE TO MUSIC:** Chair based exercise improves mobility, coordination and muscle strength for people less able to do more strenuous standing exercise. As well helping with physical health, it improves mental wellbeing by providing a sociable atmosphere and helping to delay the onset of Alzheimer's and dementia. Sessions are open to women and men.



**COACH TRIPS FOR THE WHOLE COMMUNITY:** There will be coach trips for all the family to Colchester Zoo in the October half term, then two trips to the seaside - Brighton and Margate - in the summer holidays. These trips will strengthen the community by providing new experiences for people of all ages.



**COMMUNITY DANCE PROGRAMME (STREET DANCE):** This project will engage with young people aged 8 -18 years through street dance workshops with a highly skilled dance artist. The programme aims to increase the young people's physical activity by bringing together young people with a common interest in dance. It will also build new relationships in the community, reducing social isolation.



**COMMUNITY SPIRIT:** This project is aimed at bringing back community spirit by getting the community together. It is a day of fun and enjoyment, especially for those with young families. As well as children's entertainment there will be activities including a bouncy castle, soft play and different farm animals to pet.



**FOOD FOR THOUGHT:** These baking workshops will help people in the local community who may be feeling lonely and isolated. Attendees can learn new skills and create long lasting friendships with others from the community. There will be Christmas workshops for adults, as well as Easter workshops for the whole family.



**HOMEWORK CLUB:** This project will bring together primary school children under the supervision of their parents and carers, to do homework in a quiet, structured and supportive environment outside school hours. What makes this homework club different is that it encourages family engagement, which can increase parents' confidence in helping with their child's school work.



**NIMBLE FINGERS & BOARD GAMES:** This project will promote friendship and socialising for men and women by encouraging those who don't know how to knit, crochet or embroider or play board games to learn, as well as encouraging those who have the skills to pass on their expertise. Part of the project will be to donate knitted items for premature babies, sick babies and people with dementia.



**PADNALL COURT SPORTS ACADEMY:** The purpose of the project is to engage girls and boys in the community in playing football every alternate Sunday afternoon. This will give them an opportunity to do something productive that will benefit them, as there have been issues in the community with antisocial behavior.



**PLAYTIME FOOTBALL CLUB:** This project will give children aged 8-14 the opportunity to play football for fun with no commitments, allowing them to explore numerous skills and techniques in real game time at their own pace. This will help increase participation in sports and improve life skills.



**PROTECT YOURSELF - AWESOME:** This programme is for ages 6-11 and 12-18. Activities will include experiencing a martial art (Karate) and its ethos regarding self-development, resilience and respect of self. There will also be sessions about how to deal with challenging situations such as bullying, conflict, gangs and knife crime through non-confrontational techniques and basic self-defence.



**TWIST KIDS CREATIVITY:** This project will allow families with young children to create things through arts and crafts during the schools holidays. It will bring families back together to give parents/grandparents and guardians the chance to spend quality time with their children or grand children while using their imaginations without the aid of technology.



**U TIME:** This project aims to get youths aged 13-18 involved in physical activities such as personal training and football. This will help them to use some of their spare time productively, and bring back some happiness and fun. Sessions will be run both indoors and outdoors.



**WELLGATE COMMUNITY ALLOTMENTS:** There will be free community workshops for local residents to come along and have a go at growing food on the communal plot. Participants will learn how to work on the plot and also sow seeds to take home and grow on their balconies or in their gardens.



**VOTE FOR YOUR TOP 5!**

**WEDNESDAY 13 JUNE, 2pm-5.30pm,**

**Marks Gate Community Centre, Rose Lane RM6 5NJ**

**OR**

**FRIDAY 15 JUNE, 1.30pm-3.00pm,**

**Eastern Avenue Baptist Church hall, East Road RM6 6YJ**

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



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