



# Spring/Summer 2019



## North Meets South (NMS)

**By residents, with residents & for residents  
of Marks Gate & north Chadwell Heath**

[www.nmsbl.org.uk](http://www.nmsbl.org.uk)



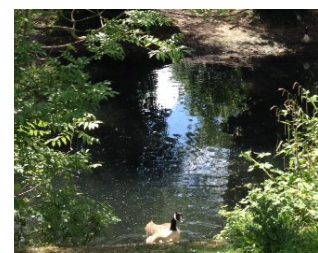
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## BAG YOURSELF A COMMUNITY GRANT!

It's Dragon's Den's time again, and this year we're doing things a bit differently. You can now apply for a Small Dragon's Den grant of up to £500 for individuals or up to £1,000 for groups ANYTIME, to make your community project a reality! Grant applications will be reviewed 4 times a year, so if you've a great idea for an activity that will benefit local people - whether it's gardening, learning a new language, family fun days or swapping skills - we'd love to hear from you!

There are also Large Dragon's Den grants of up to £10,000 a year for established or major new projects that will help us meet certain priorities for our Marks Gate and north Chadwell Heath community. An example could be a well developed and inspired programme for young people/young adults. Both grants open 1 June 2019, with Large Grants closing 26 June 2019. Applications are available from our website or by email, and we're happy to discuss your ideas and guide you through the process. Successful projects will then be showcased in action, at a community event next year.



**To apply for either the Small Dragon's Den grant  
or the Large Dragon's Den grant, don't delay – contact NMS today!**

**Ring Ola on 07419 285839 Email [nmsworker17@gmail.com](mailto:nmsworker17@gmail.com)**

**Visit [www.nmsbl.org.uk](http://www.nmsbl.org.uk)**





# YOUR BIG LOCAL PLAN: HERE'S HOW NORTH MEETS



**80** bowls sessions

**10** IT support sessions



**48** homework club, parent & toddler and creche sessions



**80** knitting & board games sessions



**112** chair-based exercises and Street Fit classes



**16** events: family fun days, Christmas festivities, Dragon's Den, planting, community consultations, volunteer celebrations



**188** days supporting young people with positive lifestyle choices



**4** coach trips: Brighton, Colchester zoo, Margate, Walton on the Naze

**Tantony Green park transformed:** adventure tree house, outdoor gym, wheelchair roundabout, toddler play centre, zip wire, basket and rope swings, butterfly picnic area, and more. See the progress here...





# SOUTH MET YOUR PRIORITIES IN 2018 & 2019

7 training courses: mentoring, domestic violence awareness, safeguarding adults, safeguarding children & young people, Emergency First Aid, chairing meetings, setting up not for profit organisations



94 community wellbeing sessions: baking & making friends, weight management, moving on from abusive relationships, anti-grooming, free kids' breakfasts



16 arts & crafts sessions: Creative Cafe, Twist Kids, lantern-making, painting



65 sports & dance sessions: football, multi-sports, karate-based self-defence, cycling, street dance





# COMMUNITY EVENTS – EVERYONE'S WELCOME!

**FRIDAY 28 JUNE, 12PM-2PM:**

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

Join us for lunch, find out about helpful services, and tell us how you'd like us to build on what North Meets South has done so far.

**WEDNESDAY 24 JULY, 1PM-5PM:**

**Tantony Green park, Arneways Grove, Marks Gate RM6 5LX**

There'll be a variety of fun activities like circus skills, Karate, face painting and family games, as well as information on local services. It's also your chance say what you'd like us to do over the next 5 years.

## OTHER DATES TO REMEMBER

**SATURDAY 1 JUNE, 9AM:**

Small and Large Dragon's Den grants open for applications.

**WEDNESDAY 26 JUNE, 9AM:**

Deadline for Large Dragon's Den grant applications.

(You can return your application for a Small Dragon's Den grant anytime, just allow up to 3 months to hear back).

## NEW OPPORTUNITIES

**COMMUNITY HOMEWORK CLUB:**

Interested in helping primary school age children learn? We're looking for dedicated volunteers to support local families weekly during term time.

**MVP PROGRAMME:**

Join our new volunteering opportunity for Motivated & Valued People to build a skills and training folder to share with potential employers.

## WE'VE MOVED!

**Pop in and see North Meets South at our  
new base in Marks Gate Community  
Centre, Rose Lane RM6 5NJ**

**Ring Ola on 07419 285839**

**Email [Enmsworker17@gmail.com](mailto:Enmsworker17@gmail.com)**

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