

Thriving Govanhill Fund Action Grants

The Thriving Govanhill Fund supports wellbeing projects which benefits people in Govanhill. We have received 27 applications from local groups. There are two different types of funds - £1000 Kickstart grants to get new activities off the ground and £2500 Action grants for more extensive projects. We now need you to choose which of these projects gets funding.

If you're from a Govanhill postcode (G42 7 or G42 8)

TO VOTE– Text/WhatsApp your name, postcode and house/flat number and 5 votes per category to 07919 364673 by 12 noon on Wednesday 5th October



The Feel Good Women's Group

Project Title – Fitness and Friends

Voting Reference – A1

Purpose of your organisation

The Feel Good Women's group is non-profitable community based constituted group who provide health focussed activities for adult women consisting mainly from the BAME backgrounds in Govanhill, Glasgow – the most ethnically diverse area in Scotland (and one of the most deprived). The primary objective of the group is to help meet the health and well-being needs women in our community, and we do it though providing different activities aimed at improving both physical and mental health.

What the project will deliver

This project includes one aerobic fitness class and one Yoga/Pilates class a week followed by a lunch club, where the women gather after the class to socialise over a healthy meal. The class and the club will both be held in the Govanhill Neighbourhood centre, which is a central hub in our community, and where we've held out fitness classes since the group's inception; all our women are familiar and secure in this venue, and it is easily accessible via walking or public transport.

The class will take place between 12pm/1pm during school hours as most of the women will not need to arrange childcare due to schools and the exercises are tailored by our fully qualified and insured instructors to meet the needs of both beginners and more advanced members.

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| Tackling Loneliness | X | Increasing Fitness | X |
| Food and Nutrition | | Growing and Greenspace | |
| Improving Mental Health | X | Improving Physical Health | X |
| Supporting Young People (up to21) | | Supporting Older People (over 60's) | |



Larkfield Community Centre

Project Title - Opportunities for Women

Voting Reference – A2

Purpose of the organisation

To provide facilities for recreation and leisure for the benefit of the inhabitants of Govanhill and its environs, with the object of improving the conditions of life for said inhabitants.

To advance education amongst the inhabitants of Govanhill and its environs through working in association with the community, voluntary organisations and Local Authorities

What the project will deliver

The project will deliver 23 sessions on Makeup, Nails/Beauty enabling the women to learn skills such as applying nail varnish correctly, how to apply make-up properly giving the women tips on how to make the most of what they have, which will assist in making the women feel better about themselves and go some way to boosting their confidence too. They will also learn about waxing, such as eyebrows, lip and chin and again this will boost confidence with them also having learned new skills that they can use at home. The therapist will also give pampering sessions to the women on a one to one basis during some of the sessions, that will enable them to feel special enhancing their confidence and wellbeing.

We will also deliver 24 sessions of fitness classes comprising of gentle exercise to help the women get fitter, either by dancercise, armchair aerobics or general keep fit depending on fitness levels and choices of the group as the Tutor we have in mind will be flexible to what sessions they deliver to meet the needs of the group.

Also on offer will be 24 sessions in relaxation/aromatherapy where the women will learn techniques that in turn will enable them to find ways to relax and be able to cope with the stress of day to day living.

We will measure the success of the programme by questionnaires and also by speaking to the women on a regular basis. There should also be a visual difference in the women as we go through the sessions seeing the women's confidence improve enabling them to engage more within the group and by giving each other motivation and inspiration to get through each week.

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| Tackling Loneliness | X | Increasing Fitness | X |
| Food and Nutrition | | Growing and Greenspace | |
| Improving Mental Health | X | Improving Physical Health | X |
| Supporting Young People (up to 21) | | Supporting Older People (over 60's) | |



Govanhill Baths Community Trust

Project Title – Community Well-being with Govanhill Baths

Project Reference – A3

Purpose of the organisation

Govanhill Baths is a grassroots activist-based organisation in the heart of Govanhill delivering wide ranging health, wellbeing, arts, environmental and heritage projects. Our aim is to reopen the Baths as a Wellbeing Centre, contributing to the regeneration of the area and meeting the needs and aspirations of our community.

What the Project will deliver

- Create an additional 3-month programme which would not be possible without this funding.
- Deliver a range of popular free activities as chosen by our participants: yoga, tai chi, fishing, and our LGBTQI+ Gardening group.
- Give priority to people who have never taken part in our programme before.
- Improve access to our activities through the provision for travel expenses, childcare, interpretation, or a support worker, where appropriate. This money will be the vital link which allows someone to take part, who otherwise wouldn't be able to.
- Use our rigorous evaluation system to ensure that our activities are improving the health and wellbeing of local people.
- Signpost people to additional local health and wellbeing services where appropriate.

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| Tackling Loneliness | X | Increasing Fitness | X |
| Food and Nutrition | | Growing and Greenspace | X |
| Improving Mental Health | X | Improving Physical Health | |
| Supporting Young People (up to 21) | | Supporting Older People (over 60's) | X |



Big Noise Govanhill

Project Title – Big Noise Govanhill October 2022 Holiday Club

Voting Reference – A4

Purpose of the organisation

Big Noise Govanhill's October holiday club will provide free, fun and creative activities for young people in Govanhill, including music, crafts and outdoor games.

What the Project will deliver

Big Noise Govanhill will deliver a free 4-day October holiday club from Monday 17 – Thursday 20 October 2022 at Govanhill Neighbourhood Centre for around 40 participants each day. Open to existing Big Noise Govanhill Afterschool club participants aged 8 – 17 years, they will attend a morning or afternoon session each day (depending on age group) taking part in a range of fun and creative activities including musical sessions, crafts and outdoor play. Older participants will have the chance to participate in a mini residential trip with Big Noise Raploch culminating in a community concert. Activities are well planned and the holiday club will be promoted to parents/carers in advance.

Local health and wellbeing will be improved in the following ways:

- Young people in Govanhill will have a positive focus and structure during the holidays helping them to avoid health-damaging behaviours.
- Young people will be in a familiar and safe environment with staff and friends they know well. Staff are described as being 'like family members'
- Loneliness and isolation reduced as young people have the opportunity to socialise with friends and take part in creative activities during the school holiday.
- Participation in holiday club improves wellbeing through a sense of belonging and fulfilment.
- A nutritious hot lunch and snacks are provided relieving parents' anxiety about food poverty and enabling the children to relax and concentrate on the activities.
- Parents have respite and are reassured that their children are safe, nourished and looked after during the holiday club hours. We have sign in sheets, all staff are PVG checked and younger children looked after until collected.

The October holiday club provides activity to complement Big Noise Govanhill's term time activity providing continuity for participants during the school holiday in a relaxed and welcoming atmosphere.

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| Tackling Loneliness | X | Increasing Fitness | |
| Food and Nutrition | X | Growing and Greenspace | |
| Improving Mental Health | X | Improving Physical Health | |
| Supporting Young People (up to 21) | X | Supporting Older People (over 60's) | |



Govanhill Community Garden / Remembrance Garden

Project title – Govanhill Community Garden Well-being Programme

Voting Reference – A5

Purpose of the organisation

We deliver gardening activities within our local community garden, offering local people physical activity, a chance to develop their skills and activities which reduce loneliness and improve mental health. We also manage the Govanhill Remembrance Garden where people can commemorate and remember those they have loved and lost.

What the project will deliver

We propose delivering a range of activities to promote and develop wellbeing in the community:

- Gardening Equipment and plants – we urgently need to replenish the supply of gardening tools that we have as these need upgrading or replacement. These tools are made available to members of the community so that they can participate in gardening activities or training. We are also seeking a small amount to purchase and plant some new plants in and around the garden, particularly close to the Govanhill Memorial Garden.
- We want to deliver a programme of gardening training, to support local people to develop new skills in relation to horticulture and growing their own food. Training will be delivered by a qualified trainer and offered for free to local people from Govanhill
- We wish to expand the Govanhill Remembrance Garden to encompass another memorial tree. The Garden gives an opportunity for local people to mount a plaque with the name of someone they have lost on a wall-mounted, symbolic, memorial tree. We have almost filled our fourth tree and need to instal a fifth one. The Remembrance Garden is the only place in Govanhill where local people can commemorate the loss of someone dear to them and is a place of solace and comfort for many.
- We will run a free to attend Family Day, which will give local people the chance to spend time in the garden with a range of activities for all ages. Funding will be used to provide healthy refreshments and fun activities.
- We want to run a Men's Group for a period of 13 weeks over the winter months. This will provide alternative activities for men who otherwise might not have other activities. We will provide a warm, welcoming environment as well as refreshments and some structured activities for those who attend.

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| Tackling Loneliness | X | Increasing Fitness | X |
| Food and Nutrition | X | Growing and Greenspace | X |
| Improving Mental Health | X | Improving Physical Health | X |
| Supporting Young People (up to21) | | Supporting Older People (over 60's) | |



Active Life Club

Project Title – Active Communities Project

Voting Reference – A6

Purpose of the organisation

As an organisation we aim to tackle inequalities by delivering a range of activities and initiatives including a weekly sports programme, developing youth forum, volunteers/young leaders' recruitment and development, parents' group, collaborative projects, online activities, community events and much more.

What the project will deliver

The Active Communities Project involves a variety of activities and services which aim to improve health and wellbeing in Govanhill. This is achieved through the provision of services which remove or reduce disadvantage, thus improving access for disadvantaged people to benefit from these services.

Football & Cricket programme – through offering football and cricket participation programmes for children and young people aged 5-25yrs, this will allow them to improve their physical and mental health and wellbeing. Organised sporting opportunities in a relaxed, yet structured environment, where the emphasis is on participation and enjoyment as opposed to being 'over-coached', has proved to be an effective model which we want to continue. This opportunity enables participants to improve their skillset in the sport whilst socialising regularly with friends (tackling loneliness), which helps to build confidence and improve self-esteem. Local sessional staff and volunteers will deliver these activities. This enables them to have a sense of purpose and gain the skills, capacity, and confidence to play an active role in their communities.

Women's sport & active lifestyles programme – women, particularly those from minority ethnic backgrounds, experience greater disadvantage and barriers to participation in sport and physical activity due to their protected characteristics, such as religious and cultural beliefs. This can make participation in mainstream services difficult when appropriate measures are not in place, often leading to social isolation and loneliness. We will deliver a variety of women's only sport and physical activity opportunities, such as walking groups, keep fit classes, badminton, and cycling, which aim to improve participants' fitness and allow them to connect with other likeminded women in the community. We will ensure our own staff/volunteers with lived experience of belonging to these protected characteristics are present. This will ensure sessions are appropriately accessible to participants' needs, thus ensuring effective participation and engagement.

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| Tackling Loneliness | X | Increasing Fitness | X |
| Food and Nutrition | | Growing and Greenspace | |
| Improving Mental Health | X | Improving Physical Health | X |
| Supporting Young People (up to 21) | X | Supporting Older People (over 60's) | |



MILK

Project Title – After School Homework Club

Voting Reference – A7

Purpose of the organisation

To support women from a migrant background and promote an anti-racist practice.

What the project will deliver

When MILK first opened one of the most special things about it was the interactions that we had with some of the children and young people from the local community. We are keen to build these relationships again.

Now that MILK is no longer a café we have more time to dedicate to supportive activities for the local community. We always have a steady stream of interest from people looking for ways to volunteer and help the project; over the last month particularly, we have had several offers of tutoring for young people. We have the experience, facilities, space and connections with local schools to be able to organise a weekly after school club. We can provide a safe, warm place for kids to get help with their homework, be creative, play and have a hot drink and a healthy snack.

The only thing we need to make this work is some financial support. This grant will allow us to facilitate a 2-hour weekly homework club for up to 15 children starting Wed 26th October 3-5pm and run it for 20 weeks over the winter.

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| Tackling Loneliness | X | Increasing Fitness | |
| Food and Nutrition | X | Growing and Greenspace | |
| Improving Mental Health | | Improving Physical Health | |
| Supporting Young People (up to 21) | X | Supporting Older People (over 60's) | |



Povestry Democratic Citizenship Association

Project Title – Folklore Open Mic and Folklore Book

Voting reference – A8

Purpose of the organisation

POVESTRY is established to support the diverse Romanian and Eastern European communities living and working in Scotland and to encourage intercultural collaboration overseas.

We are dedicated to empowering and enabling these communities to continue being active and playing an energetic role in civil society and support their democratic participation at various levels, while enhancing their equal opportunities and fulfilling their dynamic and productive involvement in a multicultural Scotland.

We aim to empower these under-represented community groups through providing advocacy support, training programs, mentoring, education, cultural programs, volunteering opportunities and inspiring their active citizens through community development programs, social clubs, capacity building, and democratic participation at various levels.

The project will deliver

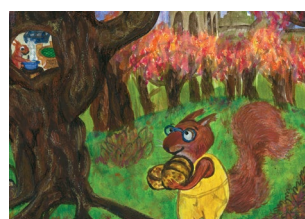
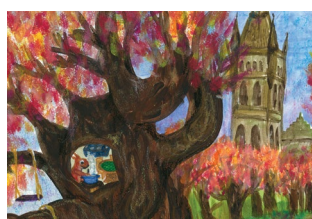
Our project is divided into two parts. First, we will organise a series of 10 Folklore Open Mic events held at the Bee's Knees Café. Participants will be invited to share a piece of folklore from their home country (a song, story, artwork, an object, a custom, or a traditional dish) with the aim of encouraging a multicultural dialogue where everyone can learn more about the members of their community in an inclusive and positive way. These events will be open to everyone regardless of their language background as we will provide the possibility for translations during the events.

The second part of the project will be a published anthology which will bring together short entries from all participants interested in seeing their performance on page. The anthology will contain both written works and images, as well as short personal entries reflecting how members of the community have felt about these events. The book will be available both in print and online on the Povestry website with free access for everyone.

The two events represent a celebration of the diverse heritage and experiences of the Govanhill community. Additionally, the project is an opportunity for individuals, families, young people, and older members of the community to share new ideas and stories of home, while also learning more about the folklore, heritage and identities of our neighbours.

Our belief is that by sharing parts of ourselves and our diverse homes and histories, we begin to uncover our shared values and hopes, and live in a kind and compassionate way as a cohesive community where each voice is heard equally.

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| Tackling Loneliness | X | Increasing Fitness | |
| Food and Nutrition | X | Growing and Greenspace | X |
| Improving Mental Health | X | Improving Physical Health | |
| Supporting Young People (up to21) | X | Supporting Older People (over 60's) | X |



The Hidden Gardens

Project Title – Easy Moving and Chat

Voting Reference – A9

Purpose of the organisation

It's an inspirational and accessible urban greenspace providing a safe place of sanctuary, learning and participation.

A registered Scottish Charity, its key purposes are to:

- Provide an inspirational, accessible greenspace
- Promote community integration, intercultural dialogue, health and wellbeing
- Build trust and understanding between people of all cultures, faiths, and backgrounds

What the project will deliver

We are right on the edge of Govanhill, our entrance is on Pollokshaws Road, opposite the junction between Coplaw Street and Pollokshaws Road. The Hidden Gardens offers the Govanhill community a safe, local, public greenspace that is free for all to use and open 6 days a week. It's smoke, alcohol and pet free and always staffed.

We seek funding to offer a series of "Easy Moving and a Chat" sessions outdoors. Sessions will run on Tuesdays each week (start and end times to be confirmed) for 15 weeks from Oct 2022 to Mar 2023. There is capacity for 30 people in a session. It may move under shelter in poor weather. The class breaks halfway through to enjoy a social cup of herbal tea together. A friendly welcoming drop-in class taught by our tutor who has over 23 years' experience.

We will also offer 5 engaging, short meet and greet chats over herbal tea in a community space at or near Samaritan House, Coplaw Street or Victoria Road, to welcome groups of people who have never been, and to walk with them to The Hidden Gardens for their first time.

These movements are so gentle and meditative and the chat appeals to men and women. It is open to all ages and abilities including those standing and those in wheelchairs too. The average age of previous attendees is approximately 56 years old.

People attending will improve their health and wellbeing; in a supportive way becoming more physically active, being outdoors, and socialising together.

The classes help people to reduce isolation, meet people from different backgrounds or abilities that they would not otherwise meet and spend time together. They will increase involvement in community life and social connectedness.

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| Tackling Loneliness | X | Increasing Fitness | X |
| Food and Nutrition | | Growing and Greenspace | X |
| Improving Mental Health | X | Improving Physical Health | X |
| Supporting Young People (up to 21) | | Supporting Older People (over 60's) | X |



Bike For Good

Project Title – Govanhill Gears

Voting Reference – A10

Purpose of the organisation

Bike for Good is a social enterprise and charity that provides access to affordable, good quality, bikes whilst diverting tonnes of waste from landfill. In addition, we offer a comprehensive programme of inclusive projects which promote, support, and encourage greater levels of cycling. We have created a series of projects and services to achieve our aims with the public and to fill a gap in current provision. This work is delivered by our Community Outreach Team and is made up of community engagement and development professionals. The team are extremely passionate about helping people; particularly those underrepresented in cycling.

What the project will deliver

We are seeking funding to continue running our Govanhill Gears, our bike youth club at our South Hub in Langside Lane. This club runs three afternoons a week, over a year. The programme includes:

- Regular (1/week) rides around the local area
- Regular (1/week) mountain bike sessions to nearby green spaces
- Regular (1/week) opportunities for bike maintenance
- At least six day trips out with Glasgow

Feedback from the young people to date informs us that their participation is having a hugely positive impact. We have seen that having consistent engagement with our community hub only encourages the young people to remain fit and active, but also provides them with a sense of routine, commitment, and value within the community. Participants have also reported big increases in both their confidence and self-esteem. Involvement in our activities is therefore extremely beneficial to both the mental and physical wellbeing of our participants. While our project isn't directly focused on the young people achieving employment or starting a business, those involved are learning new practical skills and enhancing many of their soft skills such as teamwork, communication and resilience - something that will undoubtedly help them with their future development and prospects in the longer term.

Previous day trips have proven hugely popular and have given the young people a rare opportunity to get out of the city and explore further afield. The trip to Millport was particularly successful, with many participants telling us it was the only time they had been to the beach in Scotland.

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| Tackling Loneliness | | Increasing Fitness | |
| Food and Nutrition | | Growing and Greenspace | |
| Improving Mental Health | X | Improving Physical Health | X |
| Supporting Young People (up to 21) | X | Supporting Older People (over 60's) | |



Music Broth

Project Title – Get Creative!

Voting Reference – A11

Purpose of the organisation

We're Music Broth Scotland's Loudest Library! A musical instrument and equipment sharing library, social enterprise with charitable status (SC048299).

Our ethos is to make music playing, learning and enjoyment accessible to all. We enable people to pursue their own creativity, self-expression and wellbeing through music, through making musical instruments and equipment accessible, regardless of income, ability, socioeconomic background, or other life factors. We recognise music can be a privilege for some and we want to level that playing field, so anyone can take up any instrument as their heart desires.

What the project will deliver

We will run a 30hours workshop programme for young people to come together and express themselves in a safe inclusive welcoming environment our musical library hub in Govanhill, to be present and mindful through music, connect with their peers, get creative and achieve their potential through music-making. This vibrant in-person programme, will provide a series of group teaching workshops focusing on self-expression and creativity. Workshops are led by a tutor skilled in the instrument and supported by volunteer trainees learning their craft. Music Broth will provide instruments for use in our library hub and shared to the homes of the young participants. We created our sharing library of over 2500 musical instruments and equipment with huge support from our local community. The series of dedicated workshops, each delivered weekly over five week blocks will be demand driven by young people. Our young people feedback their access to music is inhibited by cost of instruments, transportation needs, and learning resources. We know these challenges disproportionately affect those living in SIMD areas (including Govanhill which is why we began here). Primary mental health and wellbeing concerns raised by our young people are: lack of safe suitable space, depression and anxiety, inclusion, identity and acceptance. Our young people describe a lack of safe suitable spaces to meet communally; formally for workshops/structured sessions, informally to interact with peers, away from the family environment. Our young people report increased depression, social anxiety and panic attacks exacerbated through lockdown isolation. Low mood and depression from hopelessness with wider issues –war, climate change, displacement, misogyny, homophobia and transphobia. Worries about inclusion- a lack of diversity of contacts during lockdown entrenching ethnic stereotypes and between genders.

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| Tackling Loneliness | X | Increasing Fitness | |
| Food and Nutrition | | Growing and Greenspace | |
| Improving Mental Health | X | Improving Physical Health | |
| Supporting Young People (up to21) | X | Supporting Older People (over 60's) | |



Glasgow Zine Library

Project Title – Govanhill Arts & Crafts After School Club

Voting Reference – A12

Purpose of the organisation

Glasgow Zine Library is a community zine library and archive in Govanhill, Glasgow, established in 2018, with a year-round community arts programme. We have an international collection of 1000+ zines (self-published DIY magazines, often produced by marginalised communities, e.g. regarding LGBTQI+ healthcare during the 1980s AIDs crisis). Our blended online/offline programme includes workshops, talks, professional and artistic development opportunities, community meals, film screenings, reading groups, arts and crafts, social clubs, training, and Glasgow Zine Fest, an annual celebration of zine culture. Our events are free or pay-what-you-can with access measures available including BSL, live captioning, and audio description.

What the project will deliver

Glasgow Zine Library's year-round Govanhill arts and crafts after school club will run weekly for 1 year, from January-December 2023. In the first 3 months we will go run arts and crafts workshops with different age groups in Govanhill schools – Annette Street Primary, Holy Cross, St. Bride's Primary etc. – identifying which age group would benefit most from the club. Following this consultation period, we will invite a manageable group (no more than 15 children) to weekly drop-in after school club workshops at Glasgow Zine Library, Govanhill, where they will learn arts and crafts skills, develop new forms of self-expression with aims to improve mental health, socialise with other children improving wellbeing and tackling loneliness, and building a creative sense of community outside a school context for children of a wide range of backgrounds and lived experience. Potential workshops topics include making picture books, zine making, storytelling, puppet making, drawing, origami, sculpture (with play-doh) and more!

Over the year we will employ 6 local creatives at Scottish Artists Union rates to deliver guest workshops tailored to the groups needs and interests. Potential partners to support the development of this project include the Youth Community Support Agency, LGBT Youth Scotland, and Govanhill's schools.

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| Tackling Loneliness | X | Increasing Fitness | |
| Food and Nutrition | | Growing and Greenspace | |
| Improving Mental Health | X | Improving Physical Health | |
| Supporting Young People (up to21) | X | Supporting Older People (over 60's) | |



Women On Wheels

Project Title – Women on Wheels

Voting Reference – A13

Purpose of the organisation

The world of everyday cycling is dominated by a white male demographic. It is much less common for women to cycle for transport and leisure, especially women of colour.

Women on Wheels (SCIO) is a Glasgow based community cycling hub for women. A service designed and led by women, we deliver a range cycling activities to get women back on a bike or onto a bike for the very first time.

Our mission is to empower and enable women to overcome their barriers to take up cycling – for transport, to Improve their physical and mental health, and most importantly, for the pure joy of it! Our Vision is an all- inclusive community where women cycling is the norm, not the exception.

What the project will deliver

We will reach out to all the women who can now cycle confidently through women on wheels (18 currently riding and 21 learning to ride) and offer a loan bike to them to help them embed cycling into their lifestyle before purchasing their own bike. We will then provide support and advice to help them either get a Nextbike membership (bike hire scheme in Glasgow) or have an old bike repaired (using the government funded Cycle Repair Scheme) or purchasing their own new or refurbished bike.

Once we have the women cycling confidently and access to working bike, not only will this provide a cost effective mode of transport for the women, but will help them take control of their own physical and mental health as well as fitness levels (and help the environment)

This will be measured through how many were able to cycle and had access to bikes before and after intervention in the next 6 months.

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| Tackling Loneliness | X | Increasing Fitness | X |
| Food and Nutrition | | Growing and Greenspace | |
| Improving Mental Health | X | Improving Physical Health | X |
| Supporting Young People (up to21) | | Supporting Older People (over 60's) | X |



