

# Thriving Govanhill Fund Kickstart 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), details of how you vote are below.

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



## MOOD Yoga, Well-being for Teens

**Project Title – MOOD Teen Yoga Classes in Govanhill**

**Voting Reference – K1**

### **Purpose of the Organisation**

Modern, accessible and inclusive yoga classes for teenagers from a well-being point of view.

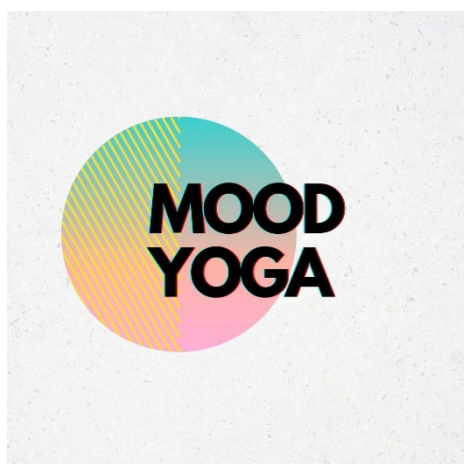
### **What the project will deliver**

Three months of free weekly yoga classes for teenagers living in Govanhill. We will offer priority spaces to teens from underrepresented groups ie. coming from low income families, young carers, refugees, LGBTQI+ and BAME teenagers. Classes will take place at neighbourhood yoga studio Studio 70. We will offer a safe, warm and inclusive space for teenagers to gather each week and find some space for themselves and socialise with each other.

Our aim is to provide young people with:

- A basic understanding of what yoga is and how it can be a fantastic tool to help us in times of uncertainty, anxiety, when we need to find focus or even when we just need an injection of energy!
- A safe space to explore something new: yoga postures, movement, breathing techniques, all within a relaxed, friendly and encouraging environment.
- Something to take home: we will provide visual cue cards with some postures and breathing techniques and resources – if they wish to, their yoga practice can continue at home.

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)	



## Roma Men's Group

### Project Title – Roma Men's Group

### Voting Reference – K2

### Purpose of the Organisation

At Community Renewal Trust, our vision is a Scotland without persistent poverty or inequity. We use community development methodologies coupled with holistic case management and apply this systematically and intensively in deprived neighbourhoods.

Community Renewal Trust have been working with the Roma Community in Govanhill for over a decade. Our ethos is the spend time really listening to all different parts of the local Roma community. We seek to build skills and expertise among Roma people to support other Roma – we employ 15 Roma community workers and have dozens of Roma volunteers. Over the next few years we are testing a model of transferring the work we do into a new Roma-led social enterprise called Rom Romeha CIC which is a Roma Community Development Trust.

### What the project will deliver

The men's group have been meeting for couple years and have built a core group of people but are still open for other participants to join. The group meets once a week. In the evening. According to study sources Roma are amongst the groups with the lowest life expectancy, in many cases the difference could be 10 years. Many people in the group are aware of this and can see how lifestyle affects their family and them.

The group want to be more active. This funding will help the group to keep participating in activities they enjoy and benefit them at the same time.

We want to deliver 30 weeks program of various activities that are based on group interest. This includes football sessions, badminton and swimming, the group will be key in deciding the activities that they want to include. Some of the group members really enjoyed the taster badminton session, we will support them to progress to joining some club or local group that play regularly.

By attending these sessions participants will have chance to meet new people and form some friendship networks that can last beyond the project and support each other when needed. Project will tackle loneliness and isolation that some people are facing.

It is well known that being active has positive impact on people's mental health. We hope that some of the group members will improve their physical health and promote good mental health so they will feel better and be happier. The activities improve participants health by doing regular physical activity. We know from feedback that many participants enjoy being active and have started to be more active by doing other activities themselves on top of the once a week when they meet. We will be advertising sessions to ensure we are inclusive.

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)	



## Sew Roma Govanhill

### Project Title – Sewing Roma Govanhill

### Voting Reference – K3

### Purpose of the organisation

At Community Renewal Trust, our vision is a Scotland without persistent poverty or inequity. We use community development methodologies coupled with holistic case management and apply this systematically and intensively in deprived neighbourhoods.

Community Renewal Trust have been working with the Roma Community in Govanhill for over a decade. Our ethos is the spend time really listening to all different parts of the local Roma community. We seek to build skills and expertise among Roma people to support other Roma – we employ 15 Roma community workers and have dozens of Roma volunteers. Over the next few years we are testing a model of transferring the work we do into a new Roma-led social enterprise called Rom Romeha CIC which is a Roma Community Development Trust.

### What the Project will deliver

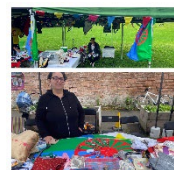
The project focuses on local Roma women. Women from Roma community are affected by a number of discriminations and disadvantages. In Roma culture women often don't work and are responsible for the household. This can negatively impact on their mental health and cause isolation.

The aim of the project is to offer a safe space to come together and learn skills that can help them in future for example, to find work or even start small business. The group meets twice a week in Community Renewal Trust office free of charge between 11-1pm. While participants are learning new skills, at the same time, they are meeting new people and have something meaningful to do. All of them confirmed that they are looking forward to each session. Participants find out more about what happening locally and feel less isolated by attending the sessions and also started to take part in local markets by selling their own hand made products.

Having some time to engage with others can mean so much for some participants because felt isolated due to being at home each day and now they feel they are doing something for themselves; this has a positive effect on group members mental health. The grant will help to expand the group participants.

Currently they have only 4 basic working sewing machines, funding will allow purchase of additional 3 sewing machines to increase members. The group will buy additional heavy-duty machine as the current machines can't cope with thicker material, they would also like to purchase one machine that allows embroidery to explore more around embroidering and create new unique products. The group will also use funds to buy consumables e.g. zippers, threads, needles, and some branding labels with group name so they can build up their visibility.

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



## 30 South Annandale Street

### Project Title – Make our Backcourt Beautiful Again

### Voting Reference – K4

### Purpose of the organisation

To create a clean, beautiful, uplifting space for our residents to enjoy, congregate and become a community again. It will be flourishing with wild flowers and fragrant herbs, contributing to our physical and mental well-being.

### What the project will deliver

S - As a group of neighbours at 30 South Annandale Street, we intend to use this funding to:

- CLEAN & IMPROVE OUR BACKCOURT: weed the area, powerwash the slabs, paint the garden walls, remove rat carcasses and remove rubbish, improve fencing, secure the space
- CREATE A WILD GARDEN: install planters filled with good soil, plant wildflowers, herbs & veggies, install bird boxes and bug hotels
- CREATE A WELCOMING SPACE FOR THE NEIGHBOURS: create a dining and seating space, install solar powered fairy lights, create a play/exercise area.

M - For the above to happen, we will purchase the necessary tools and materials such as paint, brushes, fence, benches, table, bird boxes, bat and bug hotels, fairy lights, planters, cleaning equipment, gardening tools and seeds. Residents and friends will help with the work.

This makeover will enable 15 neighbours (including 2 children and 1 wee dog) at our close to use the space which will contribute to their wellbeing, relations, and it will inspire at least another 100 people who can see our backcourt from their windows.

A - We already galvanised the support and ideas from all the neighbours in our close, therefore we are confident that this funding will allow us to purchase the items we need to make our backcourt a liveable space.

R - Currently, our backcourt is an eyesore, full of rat carcasses and garbage. And no one ever goes there. We hope that by improving our backcourt we will inspire others to do the same and to turn their backcourts into aesthetically appealing and healthy spaces.

T - The effects of our makeover will be seen in spring and we would love to share the photos of the blooming flowers and happy healthy outdoor space with the whole community.

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)	X	Supporting Older People (over 60's)	X



## Women Well-being Group

### Project Title – Women Well-being Group

### Voting Reference – K5

### Purpose of the organisation

At Community Renewal Trust, our vision is a Scotland without persistent poverty or inequity. We use community development methodologies coupled with holistic case management and apply this systematically and intensively in deprived neighbourhoods.

Community Renewal Trust have been working with the Roma Community in Govanhill for over a decade. Our ethos is the spend time really listening to all different parts of the local Roma community. We seek to build skills and expertise among Roma people to support other Roma – we employ 15 Roma community workers and have dozens of Roma volunteers. Over the next few years we are testing a model of transferring the work we do into a new Roma-led social enterprise called Rom Romeha CIC which is a Roma Community Development Trust.

### What the project will deliver

Because of lack of own premises and services accessible to Roma community where they feel they have ownership over, they would like to deliver some activities for themselves and children by them self. It works well with approach that Community Renewal is trying to implement, and this is For Roma By Roma.

There has been good feedback from group members, and they feel that if there are some barriers being removed for them to allow them to participate e.g. people who support them that can communicate in their own language and understand from lived experience what is it like trying to find your way in a new country they are more likely to join the group. Being together helps them to feel less anxious and being able to share anxieties, issues, problems, experiences and successes helps them. The aim for the group is that they will plan activities and some outings based on their own and shared interests. This will be activities for mum' with young children these will be based in Govanhill neighbourhood centre, or trips around Glasgow or even outside Glasgow. They will use public transport which is a new experience to many members, and we hope that their anxiety around this will be reduced. Participating in groups has a positive impact on their mental health, can benefit from building confidence to do things independently.

It is normal within Roma culture that women are responsible for cooking and cleaning the house and many young mums can feel isolated while men are at work and older kids at school. This project will help to reduce isolation by meeting new people and having a regular meet up to attend on regular basis, bringing peer support and new experiences.

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





## Queens Park Chess Club – in partnership with Thursday Chess Group

**Project Title – Connecting and Supporting Govanhill Through the Ancient Game of Chess.**

**Voting Reference – K6**

### **Purpose of the organisation**

The European Parliament recognises chess' unique value: connecting diverse people, improving wellbeing, providing comfort. Two groups will build on existing interest in playing chess in Govanhill by improving access.

### **What the project will deliver**

A joint proposal by two Govanhill-based groups – Queens Park Chess Club and Thursday Chess Group who wish to build on growing local interest in playing chess as a way of improving general wellbeing. Together they have established free weekly casual chess meetups on Tuesday evenings in Wellcroft Bowling Club, on Thursday evenings in Brodies Bar, and on Sunday mornings at the Queens Park boating pond.

The purpose is not to popularise an already widely-played board game, but to connect people, enhance cross-demographic community links, and provide an enjoyable experience – among other valuable outcomes. In a 2012 European Parliament declaration, the unique value of chess was highlighted for its wide social, health and educational value, from improving social integration and reducing discrimination to tackling addiction and enhancing memory.

Participants include people with mental health issues, Ukrainian refugees and other foreigners with no local social connections, older people suffering from loneliness, and younger people seeking to improve their confidence and self-esteem. One recent participant reported in the popular WhatsApp group, “these [meetups] have really helped my mental health, just seeing people and speaking to them in person”.

The number of participants at each session has risen significantly, from an initial 3-10 in early 2022 to a typical 15-30 and more in recent months. In August 2022, Chess Scotland highlighted the “lively local chess scene emerging in Queens Park”.

Both groups now wish to improve capacity and outreach work to ensure more people can be involved, by sharing a £1k grant to invest in equipment and materials, digital information provision and public events. Currently players are often asked to bring their own sets, resulting in shortages, and we wish to develop and promote a new website, and participate in local festivals and wider partnership activities in 2022/23 and beyond.

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



## Our Rights, Our Communities

### Project Title – Peer Support Group

### Voting Reference – K7

### Purpose of the organisation

To build a unique model of community – based advocacy

### What the project will deliver

We are a self-managed group of women who all have lived experience of the asylum process in the UK. Last year we began a project to learn about Our Rights and access to education, healthcare and legal advice. Our aim is to build a network of wise women in the community who can help, support and strengthen each other.

We want to use this money to allow women to access our peer support group – we know that many women in our community are lonely and isolated and we want to be able to offer friendship to them. When you are alone in a place you feel scared and anxious and it is bad for your mental health. Our weekly group will help women to feel better and happier when they share some time and problems with a friend.

We will use the money to pay for a warm safe place to meet and to help with travel money – many of the women we know do not have much money and this is helping them to come and attend our group.

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





## The Next Step 4 U

### Project Title – The Next Step

### Voting Reference – K8

### Purpose of the organisation

The purpose of THE NEXT STEP 4 U, is to provide an empathetic ear in a community lead project promoting mental health & well-being through, counselling and other holistic therapies.

### What the project will deliver

We are a newly registered charity, with the local community at its heart. It is our aim to provide a holistic approach to improving mental health and well-being, by providing an empathetic ear to those who are disadvantaged and/or marginalised within the local area. We want to provide a welcoming space for various sections of the local community, to meet as a group in a safe and non-judgemental environment to discuss issues openly in a group setting or individually, participate in leisure activities such as, light exercise (walking, Tai Chi, yoga, gardening, cycling), arts & crafts. We would also hope to work in partnership with other local organisations in providing some of these services

As a charity we want to reach out to the young, elderly, disabled, LGBTQ+ and minorities in the area and help them take that next step, to improving their health and outlook on life over the course of a year and beyond.

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

## Kin Kitchen

### Project Title – Govanhill Cooking Exchange

### Voting Reference – K9

### Purpose of the organisation

Kin Kitchen is a community food project designed to be reflective and receptive of the needs of the community. We are entirely volunteer run and co-produced. We run a variety of community food initiatives relating to sustainability, food education, food poverty alleviation, and social inclusion.

### What the project will deliver

#### Stage 1

- Recruit a group of 5 participants with different cultural knowledge of food.
- Run a block of 5 sessions where each participant leads one teaching the others a recipe.
- This will run from mid January to late February 2023

#### Stage 2

- Develop a recipe book with the group of the recipes we've taught each other
- Translate this into at least 4 community languages.
- Make an online copy and a physical copy.
- This will be developed and complete over late February - early March 2023

#### Stage 3

- Host a community meal engaging with different groups from across Govanhill, serving the food of the project.
- Give away copies of the recipe book.
- We have budgeted for 60-70 guests.
- This will happen in late March 2023

Overall this project is designed to be reflective and inclusive of the local community, and will be led by them. We intend for the impact to be as far reaching as possible, in terms of creating connections and friendships across different groups in Govanhill, and by having a lasting impact on food and nutrition of those involved by producing the recipe book. Kin Kitchen will also continue after the project, so participants will be able to continue their involvement with us if they wish.

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



## Govanhill Roma Youth Project

### Project Title – Nevo Drum (New Journey)

### Voting Reference – K10

### Purpose of the organisation

Govanhill Roma Youth Project is a youth project where young people and youth workers join together to organise activities and learning around young people's interests, needs and concerns.

### What the project will deliver

This project is the idea of several young people already involved in GRYP. They enjoy lyric writing and want to help other young people express themselves through writing lyrics. They recognise that writing about what worries you helps you talk about it, and helps you think about choices you have to make, who you are and who you want to be. They want young people to feel good about themselves, happy and confident, able to deal with problems, make good decisions, for themselves, their families and the Govanhill Community.

They say.....

"Your life is easier if you write about stuff"

"Writing lyrics is better than just thinking, it helps you"

"When I write about family I am so happy"

"We want to help other young people write about stuff, and feel proud of themselves"

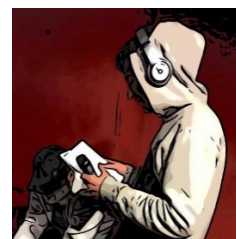
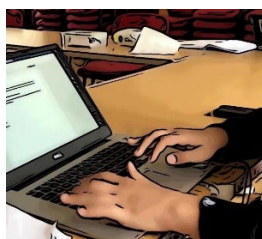
This project will help young people's mental health through them expressing themselves and having a chance to talk about their hopes and fears with youth workers. It is especially important at a time when many young people experience feelings of anxiety and isolation related to the pandemic and other life events.

We will work with individuals and small groups, supporting them to write lyrics about things that concern them, choose or make beats, record and produce tracks to a professional level, creating video content to enable them to post on social media. Young people spreading a positive message to many others about coping with emotions that are relevant to them will be powerful, and combined with information on local support services, will help young people in Govanhill realise they are not alone in their struggles.

The project will run weekly from early October to the end of March 2023.

We will deliver 40 studio sessions and 5 music videos, posted on Youtube, Face book, Tiktok and Instagram.

Tackling Loneliness		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 Soundbath

### Project Title – Bringing Soundbaths to Care Homes

#### Voting Reference – K11

#### Purpose of the organisation

We facilitate Soundbaths in and around Glasgow

#### What is the purpose of the organisation

Over a 3-4 month period we will facilitate 8 x 1.5 hour soundbath sessions for older people in care homes who may otherwise be unable to access such an experience. These sessions are inclusive and effortless to take part in as a participant. The two facilitators play soothing sounds on a variety of instruments whilst participants simply sit and listen.

We have a track record of facelifting soundbaths having provided events for the Anderston Primary and Ibrox Flower Field Garden as well as our own ongoing weekly sound bath in Govanhill where many participants return week after week.

During our sessions, we begin with a short mindfulness-style mediation then proceed to play a variety of instruments including gongs, singing-bowls, bells, rattles and chimes. Throughout the experience, participants either sit comfortably in chairs or lie on yoga mats, depending on their mobility needs. Often people use a light blanket or covering as well and gently close their eyes.

At the end of a session, after gently bringing people back we have an informal group conversation where people can reflect upon and share their experiences. Participants often report a deep sense of calm, wellbeing and a reduction of stress and anxiety. At the end of a previous event one older woman, who had never heard of soundbaths before beamingly told us she hadn't felt so relaxed in years. Numerous scientific studies are now appearing backing up such claims.

Anxiety, stress and a reduced sense of shared experience and community is common in older people and we hope our sessions can bring some much needed respite. We also hope that the response will be such that it will encourage the care-homes we visit to consider regular soundbaths for their residents going forward therefore having an ongoing beneficial impact.

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



## Greater Govanhill CIC

### Project Title – ESOL and Educational Resources for Greater Govanhill CIC

#### Voting Reference – K12

#### Purpose of the organisation

Greater Govanhill CIC was established in March 2020. We are a community media project set up to challenge negative stereotypes, break down cultural barriers and bring people together. We provide a platform to voices typically marginalised in the media and aim to empower people to tell their own stories in their own words.

We produce an award-winning quarterly magazine, an online community noticeboard and a radio show for a local community station. We also run workshops, events and training programmes particularly aimed at those from under-represented or marginalised backgrounds.

#### What the Project will deliver

We will work with specialist tutors and practitioners to develop a number of educational resources that can be used in conjunction with old copies of Greater Govanhill. We anticipate these will be used for the following purposes:

1. Teaching English in Govanhill and other areas of Glasgow
2. Teaching English language comprehension in secondary schools
3. Teaching media literacy and journalism skills in secondary school and further education settings

Both social media and the mainstream media has been shown to have a negative impact on young people's mental health. Yet many readers of Greater Govanhill magazine tell us that the solutions focused approach we take can make them feel more uplifted and positive. We see this as a good way of spreading the positive impact of the magazine beyond its current readers. We also believe in the importance of media literacy and see this as an opportunity to work with young people locally to teach these vital skills.

People who don't speak English as a first language can often feel socially isolated. Yet the many people who read the magazine tell us they feel more connected to their neighbours and neighbourhood. We hope that enabling English learners to read the content of the magazine will make them feel more connected to the local community.

We will evaluate the impact and effectiveness of these resources and modify them as appropriate. We hope to create lasting resources that can be used by tutors and teachers locally.

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



## No. 1 Befriending Agency

### Project Title – Govanhill NO.1 for Befriending

### Voting Reference – K13

### Purpose of the organisation-

The No.1 Befriending Agency is a vibrant Community Interest Company, based in Glasgow, that works to reduce loneliness and isolation. Our purpose is to enable isolated people to live fuller and happier lives while also maintaining their independence. We do this by providing a free befriending service to older people in the community as a way for them to create connections with others in order to live happy, healthy lives.

### What the project will deliver –

We will support 5 Govanhill based elderly (ie over age 60) isolated residents who live alone by matching them with a trained volunteer for 1-2-1 befriending telephone calls and in person meetings. They will be initially supported in this 1-2-1 capacity over a 12 week period from the date of the match. At the end of the 12 weeks, we will assess and either offer further support or signpost to other services. They will be able to participate in our online group befriending events for 6 months if they are digitally connected. They will be able to attend in person events for 6 months. Both service users and volunteers will be invited to local events to further connections with local facilities and potentially build peer friendships. In August we visited the Hidden Gardens and on 12.9.22 we visited the exhibition Govanhill Baths have at the Deep End.

We will take a baseline on commencement and measure again after 12 weeks to monitor improvement in feelings of confidence, connection, happiness etc. In our Impact Reporting 2021 we found 50% of our service users were less lonely based on the UCLA Loneliness Scale, 50% reported increased self-confidence and 83% reported increased connections and social participation. In November 2021 we won Social Enterprise Scotland's 'Prove It' Award for our impact reporting.

We will support 5 volunteers to become befrienders. They will receive training and weekly support to develop their skills and experience. We also survey our volunteers to assess their connection to community, their gaining of new skills and improvements in their general health and wellbeing.

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





## Cathkin Blazes CFC (Community Football Club)

**Project Title – Winter Pitches for a Gender – Inclusive Women’s Football Group in Govanhill**

**Voting Reference – K14**

### **Purpose of the organisation**

Cathkin Blazes is a beginner-friendly football group that allows women to play safely in Govanhill for free. The weekly sessions include training and games and they’re open to anyone over the age of 18 who identifies as female or non-binary.

### **What the project will deliver**

Cathkin Blazes play football every Wednesday at Cathkin Park in Govanhill from 6 til 7.30– we’re an informal group that started up in 2020. We are a group for women, so playing in the park is dangerous for our members throughout the winter when it’s dark. The grant will enable us to provide two pitches every week for 9 weeks for our popular beginner-friendly football group, which will allow the group to play into the winter – In summer we’ll be able to return to Cathkin Park when it’s light enough to play outside at 7.30pm.

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)	X	Supporting Older People (over 60’s)	

