



**HOUNSLOW THRIVING  
COMMUNITIES FUND**



**London Borough  
of Hounslow**

# THRIVING COMMUNITIES FUND: REVENUE ROUND TWO

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December 2021

For current project status please see the project links provided. For more information about any of the projects or about the Thriving Communities Fund, please contact Thriving Communities Grant Manager Michelle or Kate [community.development@hounslow.gov.uk](mailto:community.development@hounslow.gov.uk)

Some projects have been part funded via Integrated Care Partnership (ICP)

Hounslow  
Borough  
Respiratory  
Support  
Group



### **Hounslow Borough Respiratory Support Group: Health & Wellbeing 23**

To contribute towards physical activity sessions for residents of Hounslow who have been diagnosed with a long-term health condition, focusing on respiratory illnesses, and to contribute towards group health awareness meetings and social events.

Amount awarded: £17,037.00 \*part funded with ICP

**Benefits: Residents affected by long term health condition**

[www.hbrsg.org](http://www.hbrsg.org)

07933 993 263 or

07395 902 491

info@hbrsg.org



### **Family Lives: Energise Families**

To support thirty of the most inactive families with children aged 3 to 11 years to find fun and sustainable activities, removing barriers and building better family relationships, and to work with 20 families engage them in light touch activity sessions to introduce them to activities.

Amount awarded: £24,999.00

**Benefits: Health and Well being for families and children**

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

<https://twitter.com/familylives>

askus@familylives.org.uk



### **Hounslow Action for Youth: Young Women's Writing Project**

Twenty award-winning women writers, 50 volunteers, four youth workers to deliver mentoring, group writing, and performance workshops for 100 young women aged 13-21, improving mental health and skills.

Amount awarded: £15,500.00

**Benefits: young People, Arts, mental health**

[www.hayonline.org](http://www.hayonline.org)

07843 389673

debbie.hughes@hayonline.org



**Feltham Arts Association: Creativity on Our Estates and in Sheltered Accommodation**

Children/Older People living on Hounslow housing estates and in Sheltered Accommodation to have access to free arts, improving health/wellbeing and reducing isolation.

Amount awarded: £24,469.00

**Benefits: Young People, Older People and Housing tenants**

[www.felthamarts.org](http://www.felthamarts.org)

0208 844 1802



**Acacia Community Centre Limited: Hounslow Happy and Healthy**

Improve the physical fitness and reduce obesity for women from Somali and BAME communities living in Hounslow.

Amount awarded: £10,000.00

**Benefits: Health and Well being, Women from the Somali community**

[www.acaciacommunity.org](http://www.acaciacommunity.org)

info@acaciacommunity.org



**The Conservation Volunteers: Jersey Gardens & Thornbury Park Green Gym**

A weekly volunteering group to enhance green spaces for people and wildlife while enabling volunteers to improve their health and fitness at Jersey Gardens and Thornbury Park.

Amount awarded: £24,903.00

**Benefits: Health and Well being and Environment**

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

Tel: 01302 388 883

Email: information@tcv.org.uk



### **Integrated Neurological Services: INS Hub in Hounslow**

Accessible Hounslow base for residents with neurological conditions and carers, increasing reach through co-locating services to meet needs and address health inequalities..

Amount awarded: £22,450.00 \*part funded via ICP

**Benefits: health and Well being – focused on neurological conditions**

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

020 8755 4000



### **Hammersmith and Fulham Association for Mental Health (MIND): Clear Your Mind**

Provide hoarding support – a 12-week psychoeducation programme looking into: what hoarding is, why it develops, why people hoard items and how to develop coping mechanisms to help with managing emotions that occur with hoarding.

Amount awarded: £24,196.19

**Benefits: Hounslow housing tenants and mental health**

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

@hfehmind

0208 571 7454

enquiries@hfehmind.org.uk



### **The Positive Movement Project: Move For Good- Estates Programme**

To raise the physical and mental wellbeing of residents across three housing estates through fitness sessions whilst improving community cohesion.

Amount awarded: £15,985.00

**Benefits: Hounslow housing tenants and health and wellbeing**

[www.thepositivemovementproject.com](http://www.thepositivemovementproject.com)

Positivemovementproject@outlook.com



**Tale Be Told Theatre: Tale Be Told Theatre Performance**

Weekly drama sessions across Hounslow. Young people aged 13-18 will develop their creative/interpersonal skills whilst producing original shows.  
Amount awarded: £22,691.60

**Benefits: Young People, Hounslow housing tenants and Arts**

[www.talebetold.co.uk](http://www.talebetold.co.uk)

[kulraj@talebetold.co.uk](mailto:kulraj@talebetold.co.uk)



**EACH: BAME Domestic Abuse Specialist Advocacy**

To provide a specialist service of advocacy, casework and emotional support to BAME women and their children. To support women who are housing tenants as well as those who have poor mental health due to domestic abuse.

Amount awarded: £25,000.00

**Benefits: Hounslow housing tenants and Health and Well being**

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

020 8577 6059

[info@eachcounselling.org.uk](mailto:info@eachcounselling.org.uk)



**Brentford FC Community Sports Trust: Young Carers Wellbeing Project**

To support the mental health and wellbeing of young carers by providing workshops and Wellbeing hampers. Wellbeing Workshops for young carers – including a trained counsellor offering workshops on topics such as mental health, anxiety, confidence, resilience and aspirations. Deliver wellbeing packages to these young carers.

Amount awarded: £4,709.00

**Benefits: Young People and Young Carers**

[www.brentfordfcst.com](http://www.brentfordfcst.com)

[ksobczak@brentfordfcst.com](mailto:ksobczak@brentfordfcst.com)

**BRIDGELINK  
COMMUNITY CENTRE**

**Ivy Bridge Link: Youth Offer**

Programmes for children and young people to meet their emerging needs post pandemic and address rising gang activity on Ivybridge estate.

Amount awarded: £25,000.00

**Benefits: Young People and Hounslow housing tenants**

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

020 8892 2424

ivybridgeline@btconnect.com



**Bedfont Sports Ltd: Supporting Young people and volunteers**

Support families who cannot afford to pay for the membership fees, create new teams and to train parent volunteers to run sessions.

Amount awarded: £10,000.00

**Benefits: Young People and Health and Well being**

[www.bedfontsportsclub.co.uk](http://www.bedfontsportsclub.co.uk)

bedfontsports@yahoo.co.uk

**No Shame in  
Running**

**No Shame in Running CIC: No Shame in Empowerment**

To lower cases of violence against women and girls and promote healing through therapeutic sessions, support groups and fitness sessions.

Amount awarded: £25,000.00

**Benefits: Young People, Health and Well Being and Hounslow housing tenants**

[info@nosshameinrunning.co.uk](mailto:info@nosshameinrunning.co.uk)

07561 201 097



### **DS Sports Ltd: Out of the Mud**

To lower cases of violence against women and girls and promote healing through therapeutic sessions, support groups and fitness sessions

Amount awarded: £12,978.00 \*part funded via ICP

**Benefits: Young People and Health and Wellbeing**

[www.dssportsfc.co.uk](http://www.dssportsfc.co.uk)

[Danteking@dssportsfc.com](mailto:Danteking@dssportsfc.com)

07828420977



### **Move into Well Being: Over 60s Classes**

Dance & Movement classes for the over 60s residents. Classes will be held in Chiswick

Amount awarded: £6,105.00

**Benefits: Health and Wellbeing**

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

07942159092



### **Marjory Kinnon School: Nurture Challenge Inspire Project**

A pilot project to open up school facilities to the local community in the evenings and weekends; with the aim of providing targeted support to Hounslow's CYP with SEND and their families

Amount awarded: £25,000.00

**Benefits: Young People, Health and Wellbeing and Carers**

[www.marjorykinnonschool.co.uk](http://www.marjorykinnonschool.co.uk)

020 8890 8890 or 020 8890 2032

[office@marjorykinnon.hounslow.sch.uk](mailto:office@marjorykinnon.hounslow.sch.uk)



### **Cultivate London Ltd: Salopian Hive Project**

Hive community horticultural outreach programme, opening to new groups in housing estates, working with local NHS early intervention teams, whilst continuing to link in a light touch way to previous groups to encourage and build upon the foundation they have set up within these communities.

Amount awarded: £25,000.00

**Benefits: Health and Wellbeing, Environment and Hounslow housing tenants**

[www.cultivatelondon.org](http://www.cultivatelondon.org)

0208 992 494

admin@cultivatelondon.org



### **INDIAN GYMKHANA CLUB LIMITED**

To improve wellbeing and promote healthy living within the community to maintain independence and quality of life as people age. Provide option of online classes for vulnerable service users and carers.

Amount awarded: £12,000.00

**Benefits: Health and Wellbeing and Carer**

[www.indiangymkhanaclub.co.uk](http://www.indiangymkhanaclub.co.uk)

020 8568 4009

Manager@indiangymkhanaclub.co.uk



### **Intergenerational Music Management: Together With Music Hounslow**

A virtual, intergenerational programme that connects schools, community groups and creatives to their local care homes and older people through music. An innovative partnership between Care England and IMM, the project tackles loneliness and isolation, supporting those living with dementia and creating stronger, healthier, intergenerational communities across the UK.

Amount awarded: £9,100.00

**Benefits: Young People, Health and Wellbeing and Carers**

[www.imm-music.com](http://www.imm-music.com)

[info@imm-music.com](mailto:info@imm-music.com)





### **Capture Sports Group: Ground Up Project**

Free social initiatives allowing children, young people and parents to learn, socialise and thrive. Focused on young people ages 14-18yrs with the continuation of a successful weekly youth club in addition to themed workshops including critical thinking, well-being and mindfulness

Amount awarded: £21,575.00

**Benefits: Young people and Hounslow housing tenants**

[www.capturesportsgroup.com/community](http://www.capturesportsgroup.com/community)

[info@capturesportsgroup.com](mailto:info@capturesportsgroup.com)



### **Friends of Cathja: Cathja**

Offers support and guidance to adults who are vulnerable to or have experience of severe and enduring mental health issues through creative therapy of art and woodwork.

Amount awarded: £25,000.00 \*part funded via ICP

**Benefits: Health and Wellbeing and ICP**

[www.cathja.org](http://www.cathja.org)

020 8560 8360

[info@cathja.org](mailto:info@cathja.org)



### **Creative Spaces London CIC: Active Mums Hounslow**

Supporting female Housing Tenants to increase their physical fitness, wellbeing and to identify and overcome barriers to participation and change.

Amount awarded: £10,000.00

**Benefits: Health and Wellbeing and Hounslow housing tenants**

[www.creativespaceslondon.org](http://www.creativespaceslondon.org)

[rachel@creativespacesldn.com](mailto:rachel@creativespacesldn.com)



**Hogarth Charitable Trust Ltd: Project 2022**

To provide a high quality youth service with a full range of activities from January to December 2022 to 300+ young people of all backgrounds.

Amount awarded: £25,000.00

**Benefits: Young people and Hounslow housing tenants**

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

[denny.anthony@hogarthtrust.org.uk](mailto:denny.anthony@hogarthtrust.org.uk)

[dani.karas@hogarthtrust.org.uk](mailto:dani.karas@hogarthtrust.org.uk)



THE SCHOOL & FAMILY WORKS

**Transgenerational Change Limited: Transforming Lives Programme**

To develop an existing Family Group community in one Hounslow School that will transform the lives of disadvantaged children and their families.

Amount awarded: £10,000.00

**Benefits: Young people and Hounslow housing tenants**

[www.theschoolandfamilyworks.co.uk](http://www.theschoolandfamilyworks.co.uk)



**Sight for Surrey: Eye Clinic Liaison for the Vision Impaired**

To support those who have been recently diagnosed with a significant sight impairment in the eye clinics and remotely.

Amount awarded: £5,000.00 fully funded via ICP

**Benefits: Blind or visually impaired residents**

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

Voice Line: 01372 377701

SMS: 07860026269

Fax: 01372 360767

Email: [info@sightforsurrey.org.uk](mailto:info@sightforsurrey.org.uk)

Skype: sensory.services



**Trinjan (Women's Social & Community Group): Mental & Physical Health & Wellbeing**

To enhance the mental and physical health of women of age 50 plus by group learning and activities. Activities on line and face to face sessions - Learning to play Harmonium and Dolki (Indian drums), sing, Kundalini Yoga and Chair Yoga  
Amount awarded: £6,000.00 fully funded via ICP

**Benefits: Health and wellbeing**

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

**Autism  
Hounslow**

**Autism Hounslow: Developing Resilience in the Autistic Community**

Provide weekly sessions face to face and on line – Monday club, Evening meet up, Kids WhatsApp Group, Quiz nights, Shing-digs, Taido, Football and support for autistic people, carers and families.

Amount awarded: £9, 137.88 \*part funded via ICP

**Benefits: Health and wellbeing**

[www.adultautismhounslow.org](http://www.adultautismhounslow.org)

07401 715229