



**London Borough
of Hounslow**

Thriving Communities Fund
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Intergenerational Music Making: Move and Groove

An intergenerational project using a fusion of music & movement to help the most inactive people be more active - improve people's mental health & wellbeing,

Amount awarded: £11,575

Benefits: Young people and older people

Priority area: A Healthier Hounslow

www.imm-music.com

info@imm-music.com



Middlesex Association for the Blind: Home Visiting Support

To reach vulnerable people with visual impairment, to give them support to reduce isolation, increase independence and improve mental wellbeing.

Amount awarded: £25,000

Benefits: Visually impaired people

Priority Area: A Healthier Hounslow

<https://aftb.org.uk/>



Ruils: Family Matters

Family Matters is an outcome-focused support service for the families of disabled children and young people in Hounslow.

Amount awarded: £9,172

Benefits: Young people and families

Priority Area: A Healthier Hounslow

www.ruils.co.uk/services/family-matters/

alkatripathi@ruils.co.uk



Integrated Neurological Services: INS Hubs Hounslow

Reaching out to engage adults with neurological conditions and carers to access dedicated support, enabling stronger social and community connections.

Amount awarded: £22,800

Benefits: Those with neurological conditions and their carers

Priority Area: A Healthier Hounslow

www.ins.org.uk

020 8755 4000



Family Lives: Energise Families

Helping inactive/isolated families form better, healthier, happier relationships and connect to their community through fun and sustainable activities, working with trained family befrienders.

Amount awarded: £24,000

Benefits: Young people and families

Priority Area: A Healthier Hounslow

www.familylives.org.uk

askus@familylives.org.uk



Perfectly Imperfect: Girls Connected

A nurturing space for young women to learn about healthy relationships and the opportunity to take part in a range of activities and mindfulness.

Amount awarded: £24,975

Benefits: Girls and young women

Priority Area: A Safer Hounslow

perfectlyimperfecthch@gmail.com



The Positive Movement Project: Access Support

To provide mental health support to Hounslow residents not currently accessing treatment, utilising creativity and physical activity with pastoral care.

Amount awarded: £21,260

Benefits: People on waiting lists for mental health support

Priority Area: A Healthier Hounslow

<https://thepositivemovementproject.org/>

positivemovementproject@outlook.com



C-Change West London: A Thriving Hounslow-Create Your Future

To inspire, to educate and to encourage young people 13 to 25 years old (NEETS) into filmmaking and community volunteering.

Amount awarded: £25,000

Benefits: NEET young people from housing estates

Priority Area: A Thriving Hounslow

<https://ccwl.org.uk/>

0784 004 7771



Creative and Connected Communities: BMER Outreach Service

An project to support vulnerable and isolated residents and housing tenants. Will offer support via home visits and/or in community spaces.

Amount awarded: £24,290

Benefits: BAME communities and housing tenants

Priority Area: A Healthier Hounslow

<https://www.creativeandconnected.org/>

creativeandconnected@outlook.com



Heston FC: Youth Club / Hub

Providing a safe and supportive base youth club/hub to encourage community involvement, social cohesion, and successful transitions to adulthood.

Amount awarded: £24,372.00

Benefits: Young people

Priority Area: A Thriving Hounslow

<https://www.hestonfcitc.com/>

info@heston-fc.com



St Paul's Church: Eco Garden & Clothes Repair Cafe Workshops

To resource and run community workshops in gardening/food growing and clothes repair, teaching skills for sustainability and improve health and wellbeing outcomes.

Amount awarded: £8,585.00

Benefits: Anyone in the community

Priority Area: A Greener Hounslow

<https://parishofbrentford.org.uk/welcome/eco-church/>



Feltham Community Development Association: Sewing Club

Teach local people new sewing skills, while providing the opportunity to reengage with fellow residents, and combat loneliness and isolation.

Amount awarded: £24,714

Benefits: Housing tenants

Priority Area: A Greener Hounslow

<https://fcda.org.uk/>

admin@fcda.org.uk



Riana Development Network: Connect and Thrive-Riana Community Hub

To develop transformative social connections through building capabilities for people to live as independently and for as long as possible.

Amount awarded: £12,457.50

Benefits: BAME communities and housing tenants

Priority Area: A Healthier Hounslow

<https://www.riana.org.uk>

info@riana.org.uk



Capture Minds: Ivybridge Filmmaking

Reducing the NEET rate amongst Ivybridge estate residents aged between 18-25 with free filmmaking training, volunteering and employment opportunities.

Amount awarded: £15,582.00

Benefits: NEET young people on housing estates

Priority Area: A Thriving Hounslow

<https://captureminds.co.uk/>

info@captureminds.co.uk