



HOUNSLOW THRIVING COMMUNITIES FUND



**London Borough
of Hounslow**

THRIVING COMMUNITIES FUND REVENUE ROUND ONE

September 2024



**24 community
organisations funded**



**£508,033.28
awarded**

For more information about any of these projects or about the Thriving Communities Fund, please contact Thriving Communities Grant Managers - Michelle Hutchinson or Halima Hussain: community.development@hounslow.gov.uk



Feltham Arts and Arts Jar: New Year's Day Parade

To engage with the community of Hounslow to create a Borough entry into the London New Year's Day Parade in support of LBH Mayor.

Amount awarded: £12,000.00

Beneficiaries: All Hounslow residents

www.felthamarts.org

0208 844 1802

Location: Feltham Library TW13
4GU and Borough-wide



Changing Suits: Wellbeing Workshops for the South Asian community

Empowering Hounslow's South Asian community through culturally sensitive workshops to reduce social isolation, foster connections and improve wellbeing; by creating safe spaces for learning new skills and open discussions about social issues.

Amount awarded: £30,000.00

Beneficiaries: Adults and South Asian Community

www.changingsuits.org

bal@changingsuits.org

Location: Heston Community
Centre TW5 0EE



Cultivate London: Green Hubs @Housing Estates

To develop resilient and sustainable community growing hubs in Hounslow's housing estate community gardens. To engage tenants to grow their own food, green their local area and learn new horticultural skills.

Amount awarded: £26,500.00

Beneficiaries: Housing tenants

www.cultivatelondon.org

auberon@cultivatelondon.org

0208 992 4941

Location: Heston Farm, Hogarth,
Harlech Gardens, Ivybridge and
Salopian Gardens



MIND: The Carers Project

The Carers Project will support carers across Hounslow, providing regular social opportunities, psychoeducation and 1-1 support to address individual needs and equip clients with the skills to self-regulate their mental health

Amount awarded: £29,837.00

Beneficiaries: Adult carers

www.hfehmind.org.uk
enquiries@hfehmind.org.uk
0208 571 7454

Location: The Treaty Centre TW3 1ES and borough-wide



Holy Trinity Church: The Olive Branch Recovery Centre

To add creative arts to the community hub for isolated elderly, victims of abuse and homeless to increase social connection, improve health and wellbeing and reduce isolation.

Amount awarded: £12,546.00

Beneficiaries: Adults

www.hthounslow.org.uk
info@hthounslow.org.uk
0208 577 9048

Location: Holy Trinity Church, High Street TW3 1HG



National Park City Foundation: Hounslow Wildlife Network

An exploration of Hounslow as the first National Park City Borough, where we will develop an exemplary platform for nature connection as part of A Greener Hounslow, building on our experience in making London greener, healthier, and wilder.

Amount awarded: £30,000.00

Beneficiaries: Young people

www.nationalparkcity.org
louis.rutherford@nationalparkcity.org

Location: Borough-wide



NU Start Community Enterprise: NU Start...New Beginnings

To nurture creativity and community cohesion through cultural intervention and improve the skills and experiences of young people through creative programmes.

Amount awarded: £13,090.00

Beneficiaries: Young people

info@NUSTART.org
www.NUSTART.ORG

Location: Brentford



Speak Out in Hounslow: Speak Out Support

To provide advice, meaningful referral support and form-filling assistance to people with learning disabilities and/or autism and their parents/carers.

Amount awarded: £29,963.22

Beneficiaries: Adults with learning disabilities and/or autism and their parents/carers

www.soh.org.uk
www.soh.org.uk/contact

Location: Brentford and Borough-wide



Spurgeons: Boys2Men

Project to deliver intensive support to boys and young men 10-16 years who are following negative paths, the aim of which is to change thought processes and give BYM the tools to make more positive life choices.

Amount awarded: £30,000.00

Beneficiaries: Young people - boys

<https://spurgeons.org>
info@spurgeons.org

Location: Borough-wide



Food with Love: NU Start...New Beginnings

The Food with Love Project will support Hounslow residents, with hot meals, food packages and health and wellbeing support.

Amount awarded: £30,000.00

Beneficiaries: Vulnerable adults

www.foodwithlove.co.uk

info@foodwithlove.co.uk

Location: Borough-wide



Middlesex Association for the Blind: Digital project

To break social and digital isolation for people with visual impairment in Hounslow, through home-based IT training that removes barriers to digital participation, and monthly VIP group meetings that provide places for social interactions.

Amount awarded: £15,000.00

Beneficiaries: Adults who are visually impaired/blind

www.aftb.org.uk

info@aftb.org.uk

020 8423 5141

Location: Borough-wide



True Honour: Reaching the Hounslow Community

To deliver a community project for women developing activities to provide social, support and learning opportunities to women and girls in Hounslow, with a particular focus on women experiencing marginalisation.

Amount awarded: £15,528.00

Beneficiaries: Women

www.truehonour.org.uk

contact@truehonour.org.uk

Location: Borough-wide



C - Change: Empowering Wellbeing Project

Empowering residents to contribute to a healthier Hounslow. This project will provide creative wellbeing activities, a multisport programme, youth film club, counselling support and solutions to childcare barriers.

Amount awarded: £27,460.00

Beneficiaries: Men, women and young people

www.ccwl.org.uk

info@ccwl.org.uk

0784 004 7771

Location: Cranford Community College,
TW5 9PD

Compound Sports



Compound Sports: Hoops After School

After school basketball sessions providing a fun, positive, safe and engaging environment for young people to improve physical and mental wellbeing, self-esteem and social integration.

Amount awarded: £8,254.00

Beneficiaries: Young people

info@compoundsports.co.uk

Location: West Thames College, TW7
4HS- Mixed session 13-16 years
Osterley Sports & Athletics Centre TW7
5FG - Girls only 12-16 years



ILAYS: Friendship and Wellbeing

To support families with form filling, health/mental wellbeing workshops and sewing classes, community support and wellbeing group for women and girls. To support housing tenants to reduce isolation, develop community connections and boost health and wellbeing including individual or group coaching and counselling sessions.

Amount awarded: £28,120.00

Beneficiaries: Men, women and young people

www.ilays.org.uk

ilays@hotmail.co.uk

0208 890 5385 & 07392 090 606

Location: 38 Bensington Court, TW14
8HX
Feltham Assembly Hall, TW14 9DN



SHEWISE: Women's Wellbeing Hub

The women's Wellbeing Hub is to provide a comprehensive, supportive, inclusive environment focused on promoting the overall health and wellness of women particularly global majority women who speak English as a second language

Amount awarded: £26,000.00

Beneficiaries: Global Majority Women

[https://www.shewise.org/
support@shewise.org](https://www.shewise.org/support@shewise.org)

0333 1881 5005

Location: Holy Trinity Church
Hounslow, TW3 1HG



Positive movement project: Level Up – Fitness and Careers pathway

To support identified unemployed residents through a package of qualifications, mentoring and business support and paid employment, through the shadowing, supporting and leading of free community fitness activities to improve mental and physical health.

Amount awarded: £29,692.00

Beneficiaries: Adults including those seeking employment

[https://thepositivemovementproject.org/
info@thepositivemovementproject.org](https://thepositivemovementproject.org/info@thepositivemovementproject.org)

Location: Bedfont Lane Community
Centre TW14 9NB, Hanworth Leisure
Centre TW13 5EG



The Royal Association for Deaf people (RAD):Hounslow Deaf, Living Well

To support the wellbeing of deaf residents of Hounslow, providing:

Information & activities to enable deaf people to take action to improve their health

Peer support and friendships

Advice sessions on finances, housing, health, services

Amount awarded: £16,802.00

Beneficiaries: The Deaf Community

[https://royaldeaf.org.uk/
info@royaldeaf.org.uk](https://royaldeaf.org.uk/info@royaldeaf.org.uk)

Telephone: 0300 688 2525
SMS: 07851 423 866
Fax: 0300 688 2526

Location: Borough-wide



Transgenerational Change: Helping Hounslow families

This project will improve the health and wellbeing of Hounslow families, working across four schools - Cedars Primary School, Southville Primary School, Reach Academy Feltham and Sparrow Farm Primary School

Amount awarded: £20,000.00

Beneficiaries: Families and Children/young people

joanna.watson@theschoolandfamilyworks.co.uk

Location: Cedars Primary School, Southville Primary School, Reach Academy Feltham and Sparrow Farm Primary School



Perfectly Imperfect: Thrive Beyond

To support local young girls who have been affected by exploitation and promote healing through interventions, mentoring, therapeutic sessions and fitness sessions.

Amount awarded: £29,480.00

Beneficiaries: Young people - girls

perfectlyimperfectch@gmail.com
<https://perfectlyimperfect.org.uk/>

Location: Bedfont, Feltham, Hanworth



West London Ghanaian Association: Healthy Outdoors

This project will support elderly residents many with comorbidities to visit Hounslow's cultural buildings and parks to exercise and interact with one another, to reduce loneliness and isolation, improve physical & mental health.

Amount awarded: £10,176.16

Beneficiaries: Older people, especially from the Ghanaian community

<https://westlondonghanaianassociation.wordpress.com/>
020 857 06964

Location: Borough wide

The logo for AKAAL, consisting of the word "AKAAL" in a bold, blue, sans-serif font.

AKAAL: Community project

Project to provide community cohesion and help alleviate loneliness and isolation among the older community members, by providing opportunities for social interaction, exercise, health interventions and hot healthy food.

Amount awarded: £8,500.00

Beneficiaries: Older people primarily from the South Asian community

020 8577 3010

Location: Convent Way Community Centre, UB2 5UG



Hounslow Borough Respiratory Support Group: Health & Wellbeing 25

To support residents diagnosed with long-term conditions, primarily respiratory, and their partners/carers, by providing educational resources and community-based programs to improve their quality of life and health outcomes.

Amount awarded: £12,500.00

Beneficiaries: Adults with long-term health conditions

<https://hbrsg.org/>
info@hbrsg.org

07933 993 263 / 07562 250 060

Location: St John's Centre, Isleworth, TW7 6RU



LEAH: Connecting Communities in Hounslow

Trained local volunteers providing English language and integration activities for vulnerable asylum-seekers, refugees and migrants. Support is provided via a community class in Hounslow, enabling people to learn with others and feel less isolated. Funding will also cover childcare costs as this is often a barrier to accessing projects such as these.

Amount awarded: £16,584.00

Beneficiaries: Refugees and asylum seekers

<https://www.learnenglishathome.org.uk>
info@leah.org.uk

020 8255 6144

Location: Heston