



In partnership with the Pargiter Trust, Voice4Change England have awarded over £44,000 in grant funding to 9 BME organisations across England focused on providing health and wellbeing activities and services to BME communities aged 60+.

Below is an alphabetised list of our grantees and a summary of their projects.

**Building HER... CIC    £5,000**

This project will provide six in-person interactive cooking and story-telling sessions for 15-20 women of Black heritage, aged 60 and older, who live in Lambeth. Themed conversations around identity and resilience will also take place, accompanied by board games and creative activities. Each session will feature both older and younger female participants with the aim to combat isolation and loneliness by creating a sense of purpose and fostering stronger intergenerational bonds.

**Carers4Carers            £5,000**

This project aims to reduce loneliness and isolation by delivering 8 monthly in-person group outings for Black carers aged 60+, including a welcome lunch, nature walks, creative arts workshops, cultural heritage visits and peer support discussions. By encouraging social interaction and sharing lived experiences, this initiative hopes to improve mental wellbeing and nurture friendships and a renewed sense of purpose after caring.

**Communities Welfare Network        £4,686**

This project aims to address several key challenges with the BME community, including social isolation, language barriers, and practical issues such as debt, housing, and benefits. Interpreters will be provided to assist with one-to-one befriending services, telephone support, social media skills training and group exercise sessions.

**Greenwich Coalition for Equality & Human Rights    £5,000**

This is a 40-week project designed to combat social isolation, particularly among older individuals and those with specific religious and cultural needs within the Asian community in Greenwich. The project offers weekly sessions that combine physical exercise and digital skills training, with a culturally appropriate lunch provided. By fostering social interaction and equipping participants with new skills, this initiative aims to reduce loneliness and improve overall well-being.

**Lambeth Asian Centre                    £5,000**

This project will provide a 20-week programme of weekly, two-hour sessions to address isolation, poor physical health, and early-stage cognitive and mental health issues within the elderly Asian community in Lambeth. The programme will incorporate culturally appropriate activities such as social gatherings, discussions, events, arts, crafts, and fitness.

**Lambeth Elderly Association from Vietnam                    £4,990**

The project aims to reduce isolation, loneliness, and the effects of poverty for the elderly Vietnamese community through the provision of nutritious, culturally appropriate lunches and social opportunities to strengthen the sense of community, embrace culture and improve health and wellbeing.

**Men's Walk n Talk CIC                    £4,962**

This project is designed to support older men from BME communities through a combination of physical activity, creative expression, skill-building, and emotional support. Non-violent communication workshops, swimming lessons, and group walks will provide opportunities for reflection and creativity.

**Sangini                    £5,000**

The Khana Peena project aims to support 30 women in South Shields by providing regular luncheons and celebrating key religious and cultural dates. These gatherings will offer opportunities for social connection, helping to improve mental wellbeing and reduce isolation by fostering a sense of community and belonging.

**Stockwell Strikers Football Academy                    £5,000**

Active Lives 60+ is community-based physical activity and wellbeing programme specifically designed for individuals aged 60 and over from BME communities who are experiencing isolation and loneliness due to age-related and health challenges. The project will feature weekly sport and movement sessions, which include low-impact aerobics, walking football, chair yoga, and stretching. Additionally, the program will offer monthly wellbeing workshops and social events to encourage community bonding and reduce loneliness.