

## Motivating young people through sports



Pro Touch SA encourages children and young people to achieve their dreams, no matter what they are.

They deliver sports, healthy lifestyle and wellbeing classes via Zoom and social media platforms to mentor young people to develop their skills, gain new knowledge and increase their self-esteem to live healthier and happier lives.



## Addressing community needs in south Westminster

Working with communities in south Westminster, Abbey Community Association provides activities that promote health and wellbeing to older people and families, employment and training opportunities and support to those who are recovering from addiction or living on the streets.

During the pandemic, the charity is helping residents facing social isolation and supporting those with poor mental health. The charity also arranges food and necessary supplies, and works with elderly residents with dementia and families living in overcrowded housing.



These are just a handful of front line projects that are helping to improve the lives of residents. Thanks to your generosity, the City of Westminster Charitable Trust has been able to fund projects that are making a real difference to people and communities across the City.

For further information on the Community Contribution Fund visit: [westminster.gov.uk/westminster-trust](https://westminster.gov.uk/westminster-trust)

## The Community Contribution Fund

# How your donations are making a difference



City of Westminster  
Charitable Trust

## Helping the most vulnerable in Westminster

Thanks to the generosity of your donations, the Community Contribution Fund has raised over £1million, which is helping rough sleepers to rebuild their lives, assist elderly residents who are facing social isolation and loneliness, and guiding young people to a brighter future.

Nearly £500,000 has been awarded to 40 organisations to provide immediate relief to Westminster residents of which £250,000 was awarded to front line charities and projects responding to the coronavirus pandemic to help deliver vital support to different communities in Westminster.

In this leaflet there are some examples of how your money is helping. For details on all the schemes benefiting and to donate to the Community Contribution Scheme visit: [westminster.gov.uk/westminster-trust](https://westminster.gov.uk/westminster-trust)



## Helping young people to improve their social welfare

All Stars Youth Club provides health benefits using real-time boxing and fitness training sessions to help improve the social welfare of children, young people and those aged over 60 in Westminster.

In addition, mentoring support is provided via Zoom to families who are facing isolation, feeling stressed and may need general support during this difficult period.



## Protecting female rough sleepers

Standing Together aims to eradicate domestic abuse by transforming the way organisations and individuals respond to it. Standing Together works with partner agencies to ensure a coordinated community response to domestic abuse by improving their understanding and response to survivors and perpetrators.

During lockdown, Standing Together has been providing specialist capacity building support around homeless women experiencing domestic abuse and other forms of violence against women and girls (VAWG). The project has worked with homelessness professionals from supported accommodation and outreach teams across Westminster.



## Preventing elderly residents from experiencing social isolation

AgeUK Westminster promotes the wellbeing of older people by providing services that help to reduce loneliness, financial hardship to lead independent and fulfilling lives.

During lockdown, AgeUK Westminster set up weekly emergency food parcel deliveries benefiting 117 older residents, telephone befriending and wellbeing checks benefiting 852 older residents to prevent social isolation and loneliness.



## Practical support for vulnerable families

St Vincent Family Project provides support to vulnerable families with young children aged 0 -5 through parenting programmes that include therapy, structured learning and play activities.

Throughout lockdown, the charity has provided online therapy to anxious families who developed a fear due to or because of coronavirus. In response, St Vincent Family Project hosted online sessions that empowered parents to enhance their skills to support themselves and their children.



## Tackling homelessness in Westminster

ChgCommCIC works with people affected by homelessness and other forms of injustice to help them achieve their goals and get back on their feet.

Throughout the pandemic, they have worked to increase understanding of coronavirus and help people to maintain their emergency accommodation provided by the Council. They are supporting former rough sleepers to move on and resettle in more permanent accommodation, so that they can begin to rebuild their lives.

