

PRESCRIPTIONS

FOR MAKING CHANGE!



ALUMNI 2025



CHANGE



PEOPLE-POWERED CHANGE AT THE LOCAL LEVEL

At a time of enormous global change, it is easy to feel disconnected. This Changemakers programme works at the grass roots - uber local level, and helps people become connected. It demonstrates what is possible when people take power and are supported to follow their passion to work for positive change.

"Every year I look forward to coming to the Lewisham Changemakers pitch night. I am always inspired to meet local residents who share their brilliant ideas and positive ways to bring about local change. With each Changemaker receiving a starter grant, it's an excellent way to not only reward great ideas, but to also encourage collaboration and social entrepreneurship. The future is bright in Lewisham!"

Brenda Dacres, Mayor of Lewisham

"It is indeed true that we live in changing times, which is exactly why we need to support positive Change Makers. I am thrilled that Facework - itself a local social enterprise - is growing this programme year on year in helping citizens develop grass-roots change programmes. Congratulations to all the 2025 Changemakers. I can't wait to see the work they do to make Lewisham an even better place to live and work."

Vicky Foxcroft MP



Brenda (Centre) and Vicky (second from the right) with some of the Changemakers at a recent visit to Facework's MAKER SPACE

We are enormously grateful to our 'Changemasters' team who have supported Facework in running the 2025 Changemaker Programme.

THE CHANGE I WANT TO SEE

What has led us to start our projects and how do we develop a clear Theory of Change? Farrah helps us on our induction day work out why we are on the programme.



HOW DO I FUND MY CHANGE?

Identifying your income strategy and fundraising options is key to developing a change project. Expert Fundraising consultant Lillian helps us understand how to secure grant and earned income.



BUSINESS PLANNING FOR CHANGE

Developing a solid business plan for your project is the key to success. Reetu helps us plan using the simple but effective Canvas Business model.



STORY TELLING THE CHANGE

Developing a marketing strategy is vital but before you start with Social media Bryan will help us tell our story in a powerful way.



GOVERNANCE FOR CHANGE

What is the best legal and governance model for our change project and how do you build a solid trusted base? Mark, a Business advisor at Lewisham Council helps us review options.



COMMUNITY CHANGE AND ME

How do you go about getting support from your community, and what is the best model for community development? Kareem helps us understand power with or power over in community development practice.



PARTNERS FOR CHANGE

Building effective partnerships and networks is crucial for developing sustainable change. Emma who is a coach on the programme will help you understand value-aligned partnerships.



SUSTAINING CHANGE

Sustaining yourself and believing in your true value is crucial for ensuring you can withstand the challenges. Caroline, a coach for Changemakers, shares her experience.



PITCHING YOUR CHANGE

Every project can 'pitch' their project to potential funders at our Pitch night. Thanks to Isaac (a previous Changemaker and now Facework non-ex director) for photo and video content of participants.



"NEVER UNDERESTIMATE THE POWER OF A SMALL GROUP OF COMMITTED PEOPLE TO CHANGE THE WORLD. IN FACT, IT IS THE ONLY THING THAT EVER HAS." Margaret Mead

WELCOME TO THE 2025 CHANGEMAKER ALUMNI

The 2025 Lewisham Changemakers programme has brought together 18 residents passionate about playing their part in making Lewisham even better. Over the last 3 months it has been our privilege to work with them on their change journey and now to present them as graduates.

Some of these projects are well established, constituted as legal entities at **Pitch Ready Stage**. Others are at **Planning Stage**, and others are at a foundation **Ideation Stage**.



All of these represent 'citizen-led change' and over the next 6 months Facework will continue to support these projects through our monthly alumni meet-ups, mentorship and access to our work and event space.



Facework
Changemaker Manager

"We hope like us, you are inspired by these Changemakers and will join us in supporting their efforts to build positive, sustainable change in Lewisham."



Scan for links to all these
Changemaker projects



KRYSTAL PARKINS PROUD TO BE ME

Krystal Parkins is an experienced teacher, founder of **Proud to Be Me CIC** and the driving force behind the Reflections Project—an impactful initiative dedicated to empowering marginalised youth, particularly young girls, trans girls and non-binary individuals. This programme helps build self-esteem and life skills and has been designed to help combat child exploitation, county lines grooming, and mental health struggles. By fostering confidence, resilience, and awareness, it equips young people to excel in education, work, and life, while resisting manipulation and harmful influences. In addition, the project offers specialised training and support for parents and workshops for professionals, empowering adults to identify, support and protect vulnerable youth.



**I need funding and
marketing support.**



PATRICIA EVANS WHAT ABOUT THE MEN?

Many men struggle with opening up due to societal expectations or fear of judgement or looking "weak". Experienced Employability coach Patricia wants to address this. Her project aims to create a safe space and supportive environment where men feel empowered to express their emotions and vulnerabilities.

The project will help men improve their communication, feel emotionally supported, develop healthier relationships and experience improved mental well-being.



**I am seeking partners
to help scale.**



JADE BARNETT POWER2PREVAIL COMMUNITY

Twenty four year old Jade Barnett has established Power2Prevail Community (CIC), which is on a mission to empower vulnerable young people - especially those with care experience - to break barriers, realize their potential, and transition successfully into adulthood. Her flagship Journey2Adulthood programme provides essential support, guidance, and skills to help them step confidently into independence, employment or training.

Right now, demand is outpacing our capacity with 40 young people on the waiting list, eager for the chance to change their future. With your support, we can transform wait lists into success stories.



I am seeking funding to help meet demand.



EMMA KEENOY INCIDENT SUPPORT FOR SUPERMARKET STAFF

Emma is on a mission to support supermarket staff impacted in their work by abuse, threats, and acts of violence from shoplifters. This is a situation Emma feels has been exacerbated by the rise of automatic check-out scanners.

Emma wants to work more closely with supermarket policy makers and the Lewisham Business support team to encourage more robust support mechanisms to further protect staff's mental health, emotional, and physical well-being. Overall her aim is to achieve better emotional resilience in the workplace. Could this be a programme piloted in Lewisham and adopted country-wide?



I'm looking for partners so i can collaborate.



ZAINAB MARFO ANTENATAL CLASSES FOR BLACK FAMILIES

With 10 years of experience as a midwife, Zainab has dedicated her career to finding innovative ways to enhance the maternity care experience for Black women. This cause is deeply personal to her, as she is all too aware of the unique disparities Black women face in pregnancy and childbirth.

Zainab has an idea to create specialised antenatal classes designed to empower Black women and their partners, offering them a deeper understanding of the challenges that may arise during pregnancy and delivery. She wants to develop partnerships with other Maternal services and find ways to better advocate for good quality maternal health for Black women.



I need a suitable space to host my events.



ISIORONO IGHO-ORIENRU SICKLE CELL SUPPORT

Sickle Cell Disease (SCD) is the UK's most common genetic blood disorder, disproportionately affecting Black and ethnic minority communities. Yet, many individuals in Lewisham face delayed diagnoses, inadequate healthcare support, workplace discrimination, and educational barriers.

As someone with lived experience of SCD, Isiorono wants to respond to the challenge through targeted awareness campaigns, workplace advocacy, healthcare training, and community education. Ultimately he wants to build partnerships which will help scale his impact, create systemic change, and improve lives. Will you join him as he plans to make Lewisham a leader in SCD awareness and equity?



I need help with community outreach.



MEIRE LOPES BELLINGHAM DISABLED PEOPLE

Disabled since the age of six, Meire has never let her circumstances define her. Through resilience and determination, she has always supported herself and found ways to overcome challenges. Now living in Bellingham, in the South of the Borough, she is turning her focus toward helping others. Meire says:

“Even if we can’t change what we live with, we can change what we live for.”

Recognising the lack of local help for those with a physical and/or mental disability, Meire is determined to create a self-help group where disabled people in her community can come together, share experiences, and support one another. This initiative isn’t just about filling a gap—it’s about building a space for empowerment, connection, and collective strength.



I need a suitable space to host my events.



SUHAYMAH ALI ROMEICHI & JEILANI

For 36 years, Suhaymah battled chronic eczema, trying countless treatments with no lasting relief. Frustrated, she researched what her skin truly needed and discovered that gentle, natural ingredients —free from harsh chemicals— worked best. Experimenting at home, she created formulations that transformed her skin and freed her from ineffective medications.

This breakthrough led her to launch my vegan skincare and haircare brand, harnessing mango seed oils and butters to support sensitive skin, alopecia and scalp conditions. Her mission is simple: To provide comfort, confidence and relief for those struggling to find solutions that work.



I need mentorship to help bring my product to market.



MARENA NEWTON-WRIGHT SOCA SESSIONS

Soca Sessions was founded by Marena and has been running for 5 years in New Cross and Peckham. The programme utilises the spirit of carnival and Soca music to boost community ties, fitness and wellbeing through Caribbean dance fitness workshops and cultural events.

For Marena, ***“movement is medicine”*** and her workshops and events facilitate cultural exchange, and support the wellbeing of women by promoting feelings of joy, freedom, and body positivity through dance, exercise, movement, and sisterhood.



I need suitable space and partners so I can expand my social business.



HERMOND OSANGO GLOBAL FRENCH ACADEMY FOR REFUGEES

Global French Academy (GFA) is the vision of Hermond, a French-speaking entrepreneur from the DRC (Congo). Drawing from his own experience, he aims to support fellow French-speaking asylum seekers and refugees in the UK with specialist English language assistance. His mission is to equip them with the skills and opportunities needed for integration and independence.

His weekly Zoom class already serves 20 students, but he believes many more need personalized support to adapt to life in London.



I need funding to be able to enroll on a CELTA training course.



FRANCINE DALEY & LEON THOMPSON 360 LIFESTYLE SUPPORT NETWORK CIC

360 Lifestyle Support Network CIC educates and inspires individuals to change their lifestyle for better Health and Wellbeing focusing on core areas of:

Diabetes, Obesity, and Hypertension

Of course, stress & mental health is germane to these illnesses, and the organisation takes a 360 degree approach to addressing health. What makes Francine and Leon's approach unique is that they hold members accountable in supportive practical activities and for making simple and consistent changes through a WhatsApp group and weekly zoom webinars.



We need a suitable space to host and run our events successfully.



SARAH CHAMBERS OAKS AND ACORNS IN HARMONY C.I.C

Oaks and Acorns In Harmony C.I.C provides holistic family support for parents of african descent who live in Lewisham. Oaks and Acorns offer; advice, information, signposting, advocacy, intergenerational family learning sessions, and holiday enrichment activities.

Sarah and her team run The Youth Engagement Hub @Rockbourne, which is an open access youth club for children and young people aged 10+, promoting social and recreational physical activities, with a focus on teaching life skills in a fun and creative way.



We need funds to upgrade our table tennis, pool tables and basketball hoops.



JULIAN LAHAI-TAYLOR LEWISHAM PARK HERBAL PLOT

The Lewisham Park Herbal Plot addresses wellbeing and social isolation and employs activities for the benefits for healthy life. Growing, producing food, preserving fruits, vegetables and herbs and providing cooking training. Edifying, nurturing and training the knowledge of nutrition in food products, produced by our growing practices.



We need a suitable space to grow our gardening events.



ANTHONY KALU & JANET GEORGE LEWISHAM EDUCATION GROUP

Lewisham Education Group is committed to improving educational attainment and social mobility for Black pupils in Lewisham. To equip young people with future-ready skills, they are launching the **Access to Green Technology & Digital Skills** careers event. This will connect students with career advisors, Green tech professionals, and IT specialists, inspiring them to explore opportunities in these growing fields.

Attendees can access additional resources via a QR code linking to their website, ensuring long-term impact, Anthony and Janet would love to host an annual skills career event.



We need a suitable space to host our careers event.



ABBIE DILLON WELLBEING - PIECE OF HEALTH

Abbie has a qualification in GP referral and is committed to helping people who struggle with arthritis, obesity, diabetes, anxiety and depression. Her fitness classes have been running for 5 years and she has very valuable experience in providing both online and face to face care in wellbeing and fitness.

Abbie's new 'Piece of Health' wellbeing programme has been created to tackle the health inequalities here in Lewisham and she wants to expand her service so that individuals can not only manage their health, but prevent chronic illness. Come talk to her about her mission to create healthy communities, which in turn will reduce the pressure on NHS and social care services.



I need help in meeting the right partners.



JOAO MANUEL TEIXEIRA AFONSO HERBAL SYMBIOSIS

Herbal Symbiosis, led by medical herbalist Joao Afonso, offers holistic consultations for various health concerns. While they don't treat cancer, they provide supportive care alongside your chosen treatment.

Joao addresses hormonal imbalances, fertility, menopause, mental well-being, respiratory issues, digestive health, circulation, memory support and musculoskeletal conditions. Their remedies include tinctures, teas, creams and ointments, with alcohol-free options available.

Passionate about herbal medicine, the project also runs workshops on identifying, cultivating, and preparing natural remedies safely and effectively.



I need marketing support to increase visibility and reach the right audiences.



AMANDA MCGREGOR ALAFIA WELLBEING

Amanda is a certified meditation & wellbeing guide, dedicated to empowering Black women and girls. With a deep passion for holistic healing, she creates safe spaces for rest, reflection, and growth, through workshops, retreats and open dialogue. Her mission is to nurture emotional resilience, self-care, and inner peace, helping women reconnect with themselves and thrive. By blending mindfulness practices with culturally affirming support, Amanda is committed to breaking barriers in wellbeing and making meditation accessible to those who need it most. Her work is a call to action—prioritizing mental and emotional health as a foundation for empowerment and success.



I seek training and certification for facilitators to enhance skills.



ANTOINETTE GRACE LAWRENCE OUT OF THE BOX

Antoinette is 24 years old and has just passed her training to work in the security industry. One day, she wants to combine the technical skills she has learnt in personal security, with the entrepreneurial skills she has learnt on the Changemakers course, to be able to help young people stay safe and have a place on her local estate where they can come together to connect, play, and learn.



I am looking for a space where I could run the first pilot.



Chief Executive
Facework Group CIC

WHY 'YET' IS AT THE HEART OF CHANGE.

They say the difference between someone with a *fixed mindset* and a *growth mindset* comes down to one simple word "YET."

The inference is that we are all on a journey, and even if we are scared, feel inadequate or hold onto a fixed mindset because of past failure, trauma or lack of experience, we can embrace a growth mindset if we seize hope in the word "YET".

"I can't do it ... yet"

"I don't believe I can ... yet"

"I don't know how to do it ... yet"

At Facework we want to embrace this word. For us, discovering and seeing change starts with inspiring people to have a go, learn by doing, understand how to build their network and find value-aligned partners. We help Changemakers embrace mistakes, including the possibility of failure knowing that often, seeming failure can be the birthplace for growth and success.

This year, thanks to our partners, we are able to give each of these projects a £400 starter grant and we will continue to support them for the next 6 months. We don't have the funding to really grow these programmes, or replicate the model in other London Boroughs (yet), but we are committed to working with partners to help local people find their own solutions and agency, inspire others and realise the power of embracing "YET"!

Reach out to me if you want to support our Facework "yetty club"!

Stephen@face.work



The Lewisham Changemaker programme is supported by the following organisations



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MAYOR OF LONDON

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