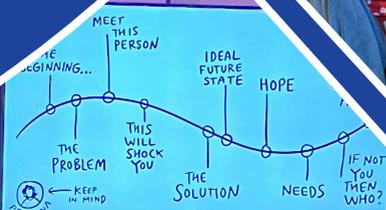


# PRESCRIPTIONS

FOR MAKING CHANGE!



ALUMNI 2025



# THE STEPS OF CHANGE



**Starting a social enterprise means stepping into the unknown.** Some days the challenges feel bigger than the wins, and it's easy to feel as though no one else can see the change you're fighting for as clearly as you do. Doubt creeps in when funding is uncertain and progress feels slow. It can be hard to trust your instincts and choose which next step to take.

That's why the Lewisham Changemakers Incubator exists; to help residents not just start their journey and "cradle the problem," but to work with others to test ideas, articulate a strong vision, stay resilient, and dare to believe in the positive impact their project could have.

In 2025, Facework supported 30 Changemakers across two programmes, and in this brochure we spotlight the 10 projects from our most recent autumn cohort. We also feature several inspiring alumni whose projects have continued to grow since earlier programmes and who are now making ripples across Lewisham and beyond. Collectively, these projects have attracted further investment of more than **£650,000** since taking part, an amazing positive return on investment!

But we don't measure the legacy of Changemakers only in the funding raised. Many of the initiatives are quietly transforming thousands of lives through everyday acts of support, connection and creativity. And often, the most profound shift happens within the individual Changemaker themselves, the growing confidence, the increased clarity, and the courage that comes from realising that each of us has a meaningful role to play in shaping change.

*Each of the projects in this brochure - whether they are at ideation stage or pitch ready - have huge potential. Having completed the course, they are learning to trust their footholds, even when the path isn't perfect. We hope you will help us find a way to support them on their journey of change. Who knows where they will lead us!*



Changemaker Team Leaders  
Stephen Carrick-Davies and Rikefe Ohwosi



## THE CHANGEMAKER PROGRAMME

### INDUCTION TO CHANGEMAKERS

Am I a Social Entrepreneur?  
Meet the members of this year's programme



### STORY TELLING THE CHANGE

Developing a marketing strategy is vital but before you start with Social media we help you tell your unique story.



### THE CHANGE I WANT TO SEE

What has led us to start our projects and how do I develop a clear Theory of Change?



### GOVERNANCE FOR CHANGE

What is the best legal and governance model for my change project?



### BUSINESS PLANNING FOR CHANGE

How do I develop a solid business plan for my project? We show you how to use the Canvas Business model.



### HOW DO I FUND MY CHANGE?

How do I develop a sustainable income and funding strategy?



### COMMUNITY CHANGE AND ME

How do you go about getting support from your community, and what is the best model for community development?



### PARTNERS FOR THE CHANGE

Building value-aligned partnerships is crucial for developing sustainable change. But where do you start?



### SUSTAINING YOUR CHANGE

What happens when things don't work out and what do we learn from mistakes?



### PITCHING YOUR CHANGE

Every project has an opportunity to 'pitch' their idea or project to a group of funders and supporters at our wonderful Pitch night.



# LONDON TURKISH ASSOCIATION

## AKJEN & JAMIE

Our mission is to create a lasting home for the Turkish-speaking community in Lewisham, a place where our culture and heritage can be cherished, shared, and passed on with pride. The Lewisham Turkish Community Centre will stand as a beacon of belonging, where generations come together to learn, celebrate, and grow.

Through education, creativity, and compassion, we will empower individuals, honour our roots, and ensure our culture and heritage continue to inspire future generations.



**WE ARE LOOKING FOR A NEW SPACE IN LEWISHAM TO EXPAND THE SUPPORT WE GIVE TO TURKSH FAMILIES**

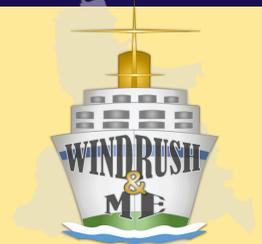
Contact: AKJEN HAVALI [akjen@lta.london](mailto:akjen@lta.london)



## WINDRUSH AND ME BYRON STOKES

Windrush and Me CIC is dedicated to the preservation, documentation and archiving of the lived experiences and impact of the Windrush Generation and their descendants.

Through immersive, emotive experiences, and challenging exhibition tours, the authentic voices of the Windrush spectrum are candidly explored, revealed and debated to honour and cement the legacy of this integral post-war population as told by them. The continuous archiving will supplement the exhibitions, thoughtfully curating archives that encapsulate the theme of the particular leg of the tour, whilst being readily available for wider exploration.



**I AM LOOKING FOR PARTNERS TO HELP ME CURATE WINDRUSH AND ME EVENTS**

Contact: [WindrushAndMe@mail.uk](mailto:WindrushAndMe@mail.uk)

## RESET

### GEORGINA & PHOEBE

Raising young children can be joyful and rewarding but often physically and mentally draining. It affects people's sleep quality, mental health, and inter-family relationships. When tired and stressed it can be harder to be patient and tolerant when faced with the unpredictable and challenging moments of parenting young children.

We want to build a digital community that enables local house sharing to give tired parents rest and recovery.



**WE'RE LOOKING FOR MENTORS AND TECH PARTNERS TO HELP US DEVELOP A PROTOTYPE PLATFORM FOR HOME EXCHANGE AND PARENT SUPPORT**

Contact: [georgina.bourke@hotmail.co.uk](mailto:georgina.bourke@hotmail.co.uk)  
[phoebbeasley@rocketmail.com](mailto:phoebbeasley@rocketmail.com)



## JOURNEY WITH BOLA ADEBOLA AKANDE



Adebola's mission is to help women over 60 see the world again with confidence and new horizons! She feels many of her contemporaries are stuck in their comfort zone or been denied the freedom of movement. Personal circumstances such as children 'flying the nest', divorce or separation can make many women feel isolated and lonely.

That's why the **Journey with Bola project** is proving to be so impactful. The approach is to ask women about a destination close to their heart that they would like to visit, and together we research and plan a day trip and travel together and explore the location. It is such a simple project which creates friendship and as all travel does open up horizons.



**I AM LOOKING TO DEVELOP A PARTNERSHIP WITH A COACH COMPANY OR TRAVEL AGENT SO I CAN EXPAND MY SERVICE**

Contact: [bola@journeywithbola.com](mailto:bola@journeywithbola.com) | Instagram [@journeywithbola](https://www.instagram.com/journeywithbola)

## CAFE NEURO CIC TANYA BURKE



Café Neuro is a neurodivergent-led, lived-experience initiative supporting adults who often fall through the gaps, especially late-identified women and carers facing burnout, trauma, hidden disabilities and complex needs. Many feel isolated or overwhelmed navigating services, work and daily life without the right support.

Café Neuro creates inclusive, trauma-informed spaces where people can breathe, belong and rebuild confidence. Through peer support, creative workshops, wellbeing activities, gentle advocacy, clear signposting and pathways into training or employment, we aim to reduce isolation, prevent burnout and strengthen resilience. Families and carers, often carrying invisible pressures, are welcomed too.

**WE'RE DEVELOPING A PILOT AND KEEN TO CONNECT WITH PARTNERS, FUNDERS AND NEURODIVERGENT ADULTS WHO WANT TO COLLABORATE:**

**EMAIL: [CAFENEURO.CIC@GMAIL.COM](mailto:CAFENEURO.CIC@GMAIL.COM) | [WWW.LINKEDIN.COM/IN/TANYA-BURKE-CAFENEURO](http://WWW.LINKEDIN.COM/IN/TANYA-BURKE-CAFENEURO)**



## RED RIBBON - LIVING WELL HUSSEINA HAMZA AND ROSE EUPHRASE

Red Ribbon Living Well has a proven track record of delivering inclusive, community-based support to individuals living with or affected by HIV and mental health challenges, many of whom are refugees, asylum seekers, or newly arrived migrants. The group was founded in 2009 by members who recognised a need for peer support in the community. Over the past 16 years, we have facilitated peer-led wellbeing programmes, cultural integration events, and skills-building workshops that align with the organisation's mission. Our work consistently fosters a sense of belonging, reduces isolation, and empowers participants to rebuild their lives with dignity, free from stigma and discrimination, as well as the negative culture and perceptions of HIV.



**WE ARE CURRENTLY HOMELESS AND DESPERATELY NEED AFFORDABLE SPACE TO CONTINUE OUR MISSION: ELIMINATING HIV STIGMA, PROMOTING HEALTH EQUITY, AND EMPOWERING COMMUNITIES TO THRIVE. RECOGNITION OF OUR WORK IS NOT JUST SYMBOLIC; IT'S A STEP TOWARD JUSTICE**

**Contact: [redribbonlivingwellproject@gmail.com](mailto:redribbonlivingwellproject@gmail.com)**



## THE ETIQUETTE PATHWAY DANNIELLE JOHNSON

Many marginalised communities miss out on essential etiquette training, due to cost, social or educational barriers. There is also a lack of accessible programmes, designed with their needs in mind.

We believe that good training starts at home, and our courses will help children, young people, families and community members develop confidence, communication skills, respect, courtesy, and positive behaviour.

We will deliver accessible etiquette, life-skills and customer-service training for the benefit of the community, which we believe will improve community relationships, customer service standards and create a generational impact.



**I AM LOOKING FOR PARTNERS TO WORK WITH AND BUILD THE ETIQUETTE TRAINING AND CUSTOMER SERVICE PROGRAMME AS WELL AS A VENUE FOR THE TRAINING SESSIONS.**

**Contact: [theetiquettepathway@gmail.com](mailto:theetiquettepathway@gmail.com)**



## MDJ VISIONARY FLORAL MAKING MONIQUE JACOBS

Professional Florist and events organiser Monique Jacobs wants to give back to the community and has a vision to share her love and skills of Floral Making to help local people learn new skills and connect with nature. She says "The flower industry is massive yet buying flowers from large retailers and online platforms feel impersonal. Communities crave connection and authenticity.

To solve this MDJ will run workshops for local people to learn new skills as well as build community-focused projects such as donating flowers to hospitals, retirement homes, or local charities. **Flowers that give back — every bouquet tells a story from our community"**



**I AM LOOKING FOR A BUSINESS WHO I CAN PARTNER WITH SO WE CAN COLLABORATE AND WORK WITHIN A SPACE WHERE I CAN OFFER AFFORDABLE FLORAL AND CREATIVE WORKSHOPS TO THE LOCAL COMMUNITY**

**Contact: [enquiries@mdjvisionary.com](mailto:enquiries@mdjvisionary.com) | Instagram: @mdjvisionary**



## GMAX TRACKSTARS MARK LANCASTER

Young people aged 8-25, particularly in Lewisham and Greenwich, face growing challenges: declining physical and mental health, isolation, youth violence, limited access to sport, overstimulation from mobile phones, and a lack of affordable, safe spaces. These pressures are amplified by poverty, high living costs, insecure housing, reduced youth services, and widening inequality.

Our social enterprise works with many of these young people on a programme which combines Track & Field, Yoga/Mindfulness, and Mentorship to help build confidence, discipline, teamwork and leadership skills. The results are that we are helping to improve youth wellbeing through movement and emotional regulation. We want to expand and deliver our structured programmes to engage families, schools, and local organisations.



**I AM KEEN TO PARTNER WITH ANY SPORTS YOUTH PROGRAMME IN THE BOROUGH. TOGETHER, WE CAN GET MORE YOUTH TO PARTICIPATE WITH PURPOSE, AND CREATE LONG-TERM CHANGE THROUGH OUR PLAYGROUND TO PODIUM PROGRAMME**

Contact: [info@gmaxtrackstars.com](mailto:info@gmaxtrackstars.com)



## REBUILD & MAXIMISE: MAXINE CHARLETT



As a qualified teacher of adult learners in personal training and GP referral, and someone in remission from classic Hodgkin's lymphoma, I have long used my expertise to guide men with safe, informed, and supportive approaches to health, confidence, and personal development. Inspired by my own recovery and my experience supporting men facing learning difficulties, low self-esteem, and re-offending, I now focus on Black men in Lewisham through the Rebuild & Maximise: Men's Wellbeing Project — a six-week programme combining fitness, nutrition, digital skills and personal development.

I believe that supporting men from first engagement through rebuilding confidence and skills to exploring pathways into employment or self-employment can transform wellbeing, resilience and purpose, helping them become positive role models for themselves, their families and their communities.

**I'M LOOKING FOR REFERRALS TO BLACK MEN IN LEWISHAM WHO'D BENEFIT FROM THE PROGRAMME, COMMITTED PARTNERS OR MENTORS TO SUPPORT DELIVERY, AND EARLY FUNDING TO LAUNCH OUR FIRST SIX-WEEK COHORT WITH THE VENUE, MATERIALS AND EQUIPMENT WE NEED.**

Contact: [Maximiseitwellbeing@gmail.com](mailto:Maximiseitwellbeing@gmail.com)



# LEWISHAM CHANGEMAKERS 2026



## WOULD YOU LIKE TO JOIN CHANGEMAKERS IN 2026?



- ✔ Do you need support, training and mentoring to help make your idea come to life?
- ✔ Could you benefit from being part of a network of other like-minded local people?
- ✔ If yes, then apply for one of 12 free places on the 2026 Lewisham Changemakers course.



### The Changemakers course covers:

- Developing a sustainable business plan
- Income and fundraising advice
- Clarifying your 'Theory of Change'
- Growing effective partnerships
- Marketing and knowing your customers
- Linking to a network of Changemakers

**WHEN:**  
Sat 7th MARCH 2026 and then 8  
Wednesday evenings.

**WHERE:**  
Hatcham House, 367, Queens Rd  
London SE14 5HD

**SEE APPLICATION FORM AT :**  
[www.face.work/changemakers](http://www.face.work/changemakers)

# PAST CHANGEMAKER ALUMNI

In 2025 Facework was able to secure funding so each of the projects was awarded a modest **Starter Grant**. But new projects don't just need funding, that's why after the course, Facework offers 3 months further support and free meeting and event facilities at our Maker Space.

On the following 2 pages, we highlight just some of the projects who have been on previous Changemakers course which between them, have secured over **£650,000** in funding for their change projects.



Created in 2024 by three Ukrainians who made Lewisham their new home, **Meet Me** was born from a shared experience of displacement and developed during the Changemaker course. With support from **Facework**, the team secured funding from the National Lottery Awards for All, turning their idea into a weekly community hub. Every Sunday, around 60 people come together for Pilates Art & Craft workshops, wellbeing sessions, games, talks, and homemade food. This has helped grow friendship and belonging across cultures and generations and created 3 part-time jobs and new businesses.

**INVESTMENT SINCE CM - £27,000**

Twenty Five year-old Jade Barnet completed Lewisham's Changemakers programme with her **Power2Prevail** project for young care leavers. After the CM Pitch Night she was invited to the Leathersellers Foundation who awarded her project £20,000. She then raised another £10K for the new Bridge2Prevail mentoring pilot for Black and Asian young people. Jade also won the 2025 MyLifeMySay Changemaker Award, receiving £1,000 and launched a social media video series for care leavers called I AM POWER-EXPERIENCED.



**INVESTMENT SINCE CM £31,000**



Lewisham resident Tom Walder joined the 2023 Changemakers programme with a vision to get his employer, **The Salad Kitchen** to launch a youth initiative. One year on, Tom shared this update:

"TSK's Youth Programme has gone from strength to strength. We've supported 14 young people into work ( 4 are permanent staff with the SK). We have launched a youth-led street food stand on Leather Lane, and partnered with Drive Forward (your suggestion). We've even represented the programme at the Care to Career festival in the House of Lords. None of this is to boast — it's to thank you. Without your support and the Changemakers programme, we wouldn't be here. If I can support the next cohort, I'd love to be involved again."

**INVESTMENT SINCE CM £85,000 a year for the last 2 years.**

Also from the 2023 cohort, Sam Dias shared: "*Changemakers reignited something in me. After 45 years away from education, I arrived with a fragile idea: supporting women at risk of heart disease. You saw possibility where I saw doubt, and hope became action. Next week, I travel to Amsterdam to serve on the International Scientific Review Panel for a £10M global fund for women's heart health. That was once my dream — now it's policy.*

*Changemakers gave me resilience, community, and a space that didn't disappear when the course ended. It's more than a programme; it delivers what equalities legislation promises — opportunity, dignity, and flexibility. Changemakers should be permanent. It works."*

**INVESTMENT SINCE CM - HARD TO QUANTIFY !**



Krystal Parkins the founder of **Proud to be Me** writes, "*Since Changemakers, our programme has grown fast. I joined the School of Social Enterprise and the Do it Now Now Incubator, both with core funding. We've secured grants from the My Lewisham Fund, Peabody Parkside Community Fund, and the Turning Point Sexual Wellbeing Fund. We now have a permanent office at the Facework Loft and are partnering with the Good Things Foundation as a Data Bank. We've also launched the Rise and Shine Mentoring Programme to support impactful business owners with grant writing and business coaching. Thank you for creating such an inspiring community."*

**INVESTMENT SINCE CM £35,000 in earned income and grants .**

Anne Barrett joined the 2024 Changemakers programme to re-align her existing business to focus on climate issues. She launched **Climate Confidence** with the aim of helping Lewisham small business owners to feel empowered around tackling climate change through workshops, coaching and networking. Since then, the project has grown. With a grant from Lewisham Business team she started running practical workshops and hosts Lewisham People Planet Pint Sustainability Meetups. Climate Confidence has joined a movement which helps people feel informed, positive, and ready for change, influencing bigger business and policymakers too.



ANNE BARRETT



SICKLE CELL SHINE

Past Changemaker Isiorono Igho-Orienru, founder of the **Sickle Cell Shine Initiative**, recently hosted a landmark Sickle Cell Awareness Event at Hatcham House, bringing together residents, healthcare professionals, policymakers, and lived-experience voices. The event amplified community stories, strengthened partnerships, and sparked meaningful borough-level conversations about equitable healthcare.

His advocacy helped elevate Sickle Cell as a local priority, with commitments from borough leaders to champion improved support, including raising issues such as prescription costs and care access at higher decision-making levels. Follow his work on Instagram: @sicklecellshine

Queen Joan, founder of the Queens Walking Group, joined the 2023 Changemakers programme having already launched her CIC to empower children, women and men across diverse communities to live healthier, happier lives. Since then, she has secured National Lottery funding (£20,000) for elder health work in Lewisham and £80,000 (over 2 years) from Lewisham Public Health for the Health Equity programme focusing on reducing blood pressure and stroke in the Black African, Caribbean communities. She has also secured funding from Primary Health care Networks and the ICO which has commissioned her to lead on the Winter Wellness programme for the Black African community for Lewisham.



QUEENS WALKING GROUP

**INVESTMENT SINCE CM £100,000**



CATBYTES CIC

One of the earliest Changemaker projects - **CatBytes CIC** has now grown and developed its mission to address the needs of those whose ability to access the internet and other digital technologies is limited. They do this by providing digital education, recycled computer equipment and ongoing support. They are nearing their 3,000 loaned device and have had over 1,600 learners drop in to one of 19 regular weekly digital drop-ins where they provide hands-on support and group training sessions. See <https://catbytes.community/> to see this inspiring work.

**INVESTMENT SINCE CM £300,000**

**We are grateful to our 'Changemasters' team who all live locally and 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?.



Rikefe Ohwosi

**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 build a case for funding.



Lillian Brown

**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.



Reetu Sood

**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.



Bryan Matters

**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.



Mark Berbeck

**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.



Kareem Dayes

**PARTNERS FOR CHANGE**

Building effective partnerships and networks is crucial for developing sustainable change. Emma and Caroline from 4 I solutions help us understand value-aligned partnerships.



Emma Quansah

**SUSTAINING CHANGE**

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



Tim Mungbeam

**PITCHING YOUR CHANGE**

Every project can 'pitch' their project to potential funders at our Pitch night and Karen from Lewisham Local an expert in helping projects present their work to funders will help us prepare.



Karen Jefferys

