Project Completion Report
African Well-being & Social Integration Project
Organised by Edo Indigenes in Diaspora – UK Chapter
Funded by The National Lottery Community Fund

Introduction

The Edo Indigenes in Diaspora, UK Chapter, are pleased to present the completion of the African Well-being & Social Integration Project, which was made possible through the generous support of the National Lottery Community Fund.

Over 39 weeks, we successfully delivered a wide range of activities designed to promote education, health, well-being, cultural pride, and community cohesion among Edo and African families living in Peterborough and the surrounding areas.

We are deeply grateful to the Lottery Community Fund for enabling us to carry out this project and for helping us make such a meaningful difference in the lives of our community members.





Project Activities and Impact

1. Educational Support (September 2024 – April 2025)

- Weekly Maths and English lessons were delivered every Saturday, supporting GCSE and Year 6 students.
- Each session ran for two hours.

Objective: To strengthen academic performance and prepare students for important examinations.

Impact: Students grew in both ability and confidence, while parents expressed heartfelt thanks for the opportunity. Many learners reported feeling more prepared for their exams.

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2. Healthy Eating and Lifestyle Promotion





20th July 2024 – Healthy Eating Day

- Discussions on healthy diets and adapting traditional Edo recipes for modern, healthier living.
- Promoted the importance of eating five portions of fruit and vegetables daily.
- Participants sampled a variety of nutritious foods.
- Outcome: Many members pledged to adopt healthier eating habits and valued the balance between cultural heritage and healthy living.

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3. Well-being and Health Activities

14th December 2024 – Well-being Day at Herlington Community Centre

- Health Checks: Blood pressure and BMI screenings.
- Tai Chi Sessions: Encouraged relaxation and physical activity.
- Mental Health Awareness Seminar: Focused on stress management and access to mental health resources.
- Feedback: Attendees found the sessions practical and uplifting, with strong requests for similar events in the future.





19th July 2025 – Well-being Day at Ferry Meadows

- Originally planned for an earlier date, the event was rescheduled due to poor weather conditions and a period of bereavement affecting one of our members.
- Activities included health checks, outdoor group exercises, and wellness discussions.
- Impact: Participants were highly appreciative and said the project had inspired them to think more about their health and well-being. Many wished the programme could continue, as it has become a valuable part of their lives.

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4. Cultural Engagement and Community Cohesion

Cultural pride was at the heart of the project. Through various activities, we celebrated Edo and African traditions, encouraged intercultural dialogue, and created safe spaces for families to come together. These events helped to reduce isolation, strengthen community ties, and promote unity across different backgrounds.




Community Feedback

- Members described the activities as engaging, meaningful, and empowering.
- Suggested next steps included:
    - Expanding academic support into other school subjects.
    - Holding quarterly health and wellness events.
    - Creating more cultural programmes to strengthen identity and connection within the wider community.

Conclusion

With the support of the National Lottery Community Fund, the Edo Indigenes in Diaspora UK Chapter has delivered a project that has:

- Improved academic outcomes for young people.
- Encouraged healthier lifestyles and eating habits.
- Raised awareness of mental health and physical well-being.
- Strengthened cultural identity and community unity.

The project has had a lasting and positive impact, helping to reduce loneliness, boost confidence, and inspire healthier, more connected lives for individuals and families.

On behalf of all our members, we extend our sincere gratitude to the National Lottery Community Fund. Your support has helped us create a stronger, healthier, and more connected community.

Prepared by:
Planning Committee
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Links to activities:

https://eid.org.uk/project-activity

https://eid.org.uk/report