



## Press Release

### **Local social enterprise, Positive Change Consultancy, is awarded a National Lottery Heritage Fund grant**

Positive Change Consultancy has received a National Lottery Heritage Fund grant of £40,000 for an exciting heritage project, Becontree's Treasured Memories, in Barking & Dagenham. Thanks to National Lottery players, the project focuses on documenting the history, stories and memories of local residents of the Becontree Estate as part of the centenary celebrations in the borough.

Supported through the National Lottery Heritage Fund, the project will work with local older residents and children from Sydney Russell School to record the rich heritage of the area and to engage the children and pass on stories and memories from the older generation to the younger generation. To preserve, record and share these memories an exhibition is to be held at Valance House Museum and other local venues within Barking and Dagenham.

Positive Change Consultancy is an organisation that works with both younger and older people within the borough to tackle issues such as social isolation and anti-social behaviour. This is achieved through confidence building and finding common ground to help bridge the gap between the generations.

The Becontree Estate has such a rich heritage that needs to be celebrated, documented and shared with future generations, which will be made possible with residents stories being captured in many different formats to be displayed in the exhibition, on social media and archived at Valance House Museum. Positive Change will be looking for residents to take part in weekly workshops to share their stories, photographs and experiences of living on the Becontree Estate. The workshops involve reminiscence sessions, creating a scrapbook of memories and gathering content for the final exhibition. You can call Positive Change for more information on 07947724977 and book a place.

Christine Laney, Director of Positive Change Consultancy stated that 'We are so delighted to have been awarded another grant from the National Lottery Heritage Fund. We know the positive impact previous funding has made to residents in Barking and Dagenham'.



## Notes to editors

### About Positive Change Consultancy

Positive Change is a community interest company and works with individuals and organisations within the community to increase motivation, self-confidence, improve communications and build effective relationships allowing them to grow and become active members of their local area and positively contribute their skills and knowledge to the wider community.

We have developed innovative training, development and coaching programmes to give individuals essential skills for life that enable them to lead a more fulfilling life. With over 20 years combined experience of leadership and business coaching we have adapted mainstream leadership models combined with simple coaching techniques which allow people to draw on their own real life experiences to challenge behaviour and sustain change for the future.

Regular activities: 'Treasured Memories' a project which involves reminiscence sessions and craft work mainly for older isolated people. These sessions are held at Eastbury Manor House

'Tell Your Story' a project for disabled young people also using the essence of reminiscence and craft.

'Empowering Pathways' a project working with those recovering from addiction to help them to feel more confident with their choices to be part of the community.

'Becontree Forever Craft Group' a skill share group based at Valance Library that meet weekly to pass on craft skills such as crochet to others.

### About The National Lottery Heritage Fund

Using money raised by the National Lottery, we **Inspire, lead** and **resource** the UK's heritage to create **positive and lasting change** for people and communities, now and in the future. [www.heritagefund.org.uk](http://www.heritagefund.org.uk).

Follow @HeritageFundUK on [Twitter](#), [Facebook](#) and [Instagram](#) and use #NationalLotteryHeritageFund

### Further information

For further information, images and interviews please contact Chris Laney at Positive Change Consultancy CIC on 079477 24977 or [chris@positivechangeconsultancy.com](mailto:chris@positivechangeconsultancy.com)