

Marlborough resource centre Marlborough Street Glodwick Oldham OL4 1EG 0161 627 3109 www.fatimawomens.org.uk



Annual Report September 2021 – August 2022

Charitable Incorporated Organisation Number 1160027

INTRODUCTION

<u>Aims</u>

Fatima Women's Association aims to meet the needs of women from the surrounding areas of Glodwick, Alexandra, Roundthorn and other parts of Oldham. We provide and assist in the provision of training, educational courses, health and wellbeing sessions, recreation and leisure activities for women, young people, and children. We also meet our aims through the employment of staff, the development of partnerships with other agencies and using volunteers.

Within the last year FWA has created an environment, which appeals to and caters for the needs of the different local communities.

Through running numerous training sessions and courses FWA have succeeded in encouraging and supporting many women and young people in making the decision to go into further education and increase their qualifications, gain volunteer opportunities, chances of paid employment and improvement in their quality of life.

Chairperson's Report

As the chair of Fatima Women's Association, it gives me immense pleasure to submit this 31st annual report on the progress of the organisation and the new initiatives undertaken during the past year.

The progress of Fatima Women's Association in the past year has been challenging, encouraging and highly positive, improving services in the community immensely due to the focused management committee members, volunteers, and staff.

It has been an extremely eventful year where the association has delivered a range of new and innovative projects in response to what the community members have told us they need. For up-to-date information please go online at www.fatimawomens.org.uk. This website will be updated regularly. Please visit FWA to register your interest in any of the training courses, educational courses, health and wellbeing sessions and children's activities that are being delivered.

Strengthening communities

The manager has focused on the partnerships, particularly between the voluntary, community and the statutory sector. Working together has helped to enhance existing provision and has brought different sets of skills together

to provide improved networks of services for beneficiaries. The manager developed a focus group with student volunteers to involve them in future planning and programme development. FWA also joined the Develop Glodwick local consortium in submitting the bid to Greater Manchester on reduction of crime and violence. Furthermore, we host monthly consortium meetings at FWA. We work in close partnership with Greater Manchester Support for South Asian Women, BAME project, Action Together, Oldham Lifelong Learning, Positive Steps, Bethel Church, Oak project, Get Oldham Working (Oldham Council), Koggs, Answer Cancer Manchester, Bethel Church, Fresh Belief and many more.

Activities/Training

FWA has been involved in consultation with local women and networking with other agencies on an on-going basis to design and run new training courses reflecting the needs of the community.

We as a team have continued to build on our past experiences to develop FWA towards its full potential.

We had 249 adults and 115 young people and children's membership forms completed. Over a 52-week period the average number of participants accessing the sessions was 135 individuals per week. F.W.A has had 25 different volunteers throughout a 12-month period.

Funding

It has been another successful year for FWA in raising funds to run projects, maintain overheads, resources, and staff positions. We are extremely pleased that new projects taken on by FWA are meeting their outcomes and that they have an enhanced impact on our core delivery.

The association has sustainability for the next 4 years. Each year we are very successful in bringing in new projects that benefit the community e.g. Local giving magic little grants to deliver emotional resilience programme, one Oldham fund small grants to deliver boxercise, bhangrasize, yoga and put on an entertainment evening and various other small grants. This is amazing news which would not have been possible without the hardwork and commitment given by the management, staff and volunteers.

Covid-19 Pandemic

Since the centre has reopened demand for the classes have seen a great increase. We have limited places and sessions are oversubscribed. Many referrals from all communities have been received from the job centre plus and other agencies. There is a waiting list for women, children and young people. During this year we have enabled those adversely impacted by Covid-19 to access the help they need. We continue to contain the spread of Covid-19 in Oldham and safeguarding and supporting our most vulnerable residents.

I would like to thank all the organisations and individuals who have supported and encouraged us over the past year and look forward to a lot more teamwork and many new and challenging initiatives.

On behalf of the Management Committee, I would like to extend our appreciation and an excessively big thank you to all members of staff for their arduous work, commitment, and enthusiasm and all the volunteers of Fatima Women's Association, for their consistent and loyal support.

It is with immense pleasure that I present to you the 31st Annual Report of Fatima Women's Association September 2021 to August 2022.

Farzana Aziz Chairperson

FUNDING

FWA would like to thank the following for their financial support from April 2021 to March 2022:

Local giving magic little grants
Near Neighbours
NLDCF
One Oldham Fund Small grants
Reaching Communities
Tudor Trust
Other small funders

*Social Action Fund, Oldham Cares, BAME Connect

Funds received from The Social Action Fund are from the consortium bid grant. Fatima Women's Association are managing this fund on behalf of The Social Action Fund, and as such do not directly benefit from this funding.

The Oldham BAME Consortium is made up of the following organisations:

Oak Community Development Project
Pakistani Community Centre
Fatima women's association
Vision
Westwood and Coldhurst women's association
GP Cluster

The overall aim of this project is to reduce loneliness and social isolation by involving, engaging, and supporting socially isolated and lonely individuals into meaningful activities and empowering them to take initiative-taking action in improving their health and wellbeing. Thereby, reducing health inequalities that are experienced by Bangladeshi/ Pakistani heritage communities in Oldham.

Our Strategic Objective Education/Training:

To capacity build and empower disadvantaged women in Oldham, by building their confidence, self esteem, social and educational skills through the provision of a range of demand led, quality controlled and fit for purpose educational training programmes.

Women into Education and Training Programmes

Pre-employability Skills

The project has benefitted 80 individual women. Our learners feel more confident and more independent. Being dependent on others not only financially but also personally and being unable to live the life they wanted was one of the reasons they stayed on the course and made considerable progress. When we asked our learners 'What did the course help you with?' they agreed they are more independent and feel more in control of their lives.

We delivered 108 sessions, 216 hours of learning. We have delivered 13 hours of learning of other organised trainings and made sure the targets were being met. We have had referrals from the Job Centre Plus, Social Services and the Early Intervention Team from Positive Steps. Women from different ethnicities across Oldham were now changing their lives through FWA.

The project focused on helping women of Oldham to gain skills necessary to gain employment and to be independent. To achieve set goals and targets and to make a significant difference, learners took part in different programmes within the project.

ESOL classes was an amazing programme students took part in. During the course learners improved their speaking, listening, reading and writing skills.



Presentation skills

Intensive support was provided after being assessed by the staff. Students reflected on their learning and looked at the points that must be improved. What is more, the project workers supported these women not only with learning but also gave advice on employment and training. Ongoing support included constant revision of the previous work to link processes together and to help learners to achieve their targets. The programme consisted of 4

modules: reading, writing, listening and speaking skills. IT skills, CV writing, job search skills and presentation skills were embedded into the four modules.

Two women have secured jobs.

The project workers developed a focus group with student volunteers to involve them in future planning and programme development.



Spoken English

Spoken English

The project focused on helping women in Oldham gain the necessary skills to integrate in the wider community and to be independent. ESOL classes have been an amazing programme that students took part in. During the course learners improved their speaking, listening, reading, and writing skills. One to one intensive support was provided after being assessed by the staff. Students reflected on their learning and looked at the points they needed to improve on. Furthermore, the project worker supported these women not only with learning but also gave advice on employment and training. Spoken English sessions gave them an opportunity to improve their English language and raised the aspirations of long-term unemployed women who face many barriers to employment or volunteering. These sessions have helped women to feel confident enough to seek voluntary work to gain experience within an employment setting.



English class

Get Oldham Working, Step-up Programme

The learners took part in Get Oldham Working Step-Up Programme run by the Oldham Council. Its main aims were:

- -To change negative mindset, encourage positive and proactive approach in life
- -To promote self-esteem and overcome psychological barriers to employment
- -To inspire and promote self-development
- -To empower them to achieve their most successful state
- -To realise their own potential and its optimum utilisation

During the two hour long sessions the tutor addressed barriers to being more confident and introduced the students to positive thinking techniques. The students who attended the sessions were offered a complementary one -hour long individual coaching session.

After the sessions we have received positive feedback on the project. All the learners expressed their interest in taking part in more sessions to improve their wellbeing and to build their confidence.

Two volunteers from the community were given a chance to support the teacher and to provide one to one support during the sessions. Individuals who volunteered said, "I believe that volunteering has boosted my chances of getting employment as well as opened more doors for me, due to the transferable skills I obtained through volunteering which can be applied to a broad spectrum of jobs." Another volunteer also commented "Ongoing informal training and working three hours with the learners in the sessions had improved my teaching skills."

Two learners took part in getting work experience in administration tasks at FWA. Students were given an insight into an office job by being introduced to elementary tasks like how to send an email, photocopy, or answering phone calls.

We are considering involving more bilingual volunteers from diverse backgrounds to help our students. 5 % of the learners have been offered progression routes into further learning of higher level of English at the Oldham College and the Oldham Lifelong Learning Centre. They have started attending IT classes as well as ESOL. Some of the learners who needed the support were signposted to other agencies to address additional issues.

Below are some case studies we would like you to get familiar with. Those are genuine stories told by our female learners coming from different countries into the UK.



Reading and writing

Case studies

X is 57 years old and came from Bangladesh. She lived in Italy for sixteen years and worked at a restaurant. She came to England 9 years ago and has two children who are married. She lives with her husband and sometimes feels lonely. She suffers from depression and says, "that coming to English class makes her feel better." She is a motivated learner and made a considerable progress. She can follow instructions and work on tasks independently. She will continue working at the Pre-Entry level and is expected to be progressed to an Entry 1 course soon.

'I like English class and my teacher. I feel happy here and I have made new friends.'

X came from Pakistan five years ago. She is 38, has two children and is a single parent. When she came to England she struggled to communicate and relied on her then husband. She wasn't confident enough to speak to her children's teachers and suffered from depression. Now that her children are grown up, she wants to concentrate more on herself. She confirmed that attending the English class has helped her to improve her speaking and listening skills and fight mental health problems. What is more, she has made considerable progress and will be offered a course at Entry 1 level.

'Coming to class makes me feel happy and more confident. It also helps me with my mental health problems. I now feel it is time to concentrate on myself.' Sofia

'I felt nervous at first but afterwards I realised it was easier than I thought, and I feel presentation has boosted my confidence' Shazia

Z was an outgoing and confident woman who struggled with her daily tasks because of low level of English. She came to FWA at the beginning of Cohort 2 and attended the Monday afternoon class. She has developed English language and she's been studying hard throughout the course. She has completed most of the homework tasks, attempted answering questions as well as participating in discussions and role-plays during sessions. She often helped others which has increased her confidence. She said, "she would like to take up employment when she will feel more confident to speak English" She has completed the course successfully and she feels she is ready to continue her learning on the higher level at Oldham College.

'Helping others was a great advantage because I could revise what I had learnt in the class."

<u>Videos</u>

https://drive.google.com/file/d/1T3HI-Aik9hKvtNAcXP5KSWm0kg_cQ7/view?usp=sharing https://drive.google.com/file/d/1T3ITmnITbDkqaiQcq4oDMt04R8fJQzN2/view?usp=sharing

Volunteer Feed back

I have been volunteering at Fatima Women's Association for a few months now, helping the Esol teacher with her class. It is quite a big and diverse class with a variety of learners from all backgrounds including Arabic and Bengali speakers as well as Pakistani. I sometimes help a learner on a one-to-one basis as they may need more support than others. This has given me confidence in my own abilities when I am able to help others. It also means that I can get out of the house and meet others on a regular basis rather than sitting at home focusing on my own problems.



ELAP.

Our Strategic Objective Health and Wellbeing:

To improve the health, wellbeing of disadvantaged women and their children who may be experiencing isolation, poor physical and mental health, and domestic abuse by providing a variety of educational, social and leisure opportunities.

Fatima women organised a Health and Wellbeing event and produced a drama production. This event was to create an ambience of fun through dance and acting to celebrate the end of covid. The staff and volunteers of FWA were the cast and crew. They build their courage to perform in front of a large audience and have their self-esteem boosted. We discovered amazing talent from the women who volunteered to take the lead in writing, directing, and casting the drama with no experience. The drama workshops were an opportunity for ladies to take a break from daily pressure in a relaxed and entertaining environment. The participants added humour to the drama production as well as the whole event which made it fun and exciting. It has motivated all the participants to look after their physical and mental health. The dance trainer and the DJ at the event encourage the participants to get up and dance to mark the end of the evening. Everyone who attended

provided positive feedback about the event. This was a very memorable experience for many women who had never seen a live performance. The women took part in the dancing competition without any worry. A fantastic three-course meal was provided to all attendees after the performance.



X is a mother of 6 and works hard to provide for her children. She has issues with her partner and suffers from mental health. Her GP gave her anti-depressants which she did not want to take. She participated in drama practise and said that these were the only 2 hours of the week she was laughing in that belong and spent just for herself. She performed well and on the event was feeling deflated because it was the last day of the project. She requested that we should deliver more drama session which will help and support her mental health along with many other like her. She is a talented woman who managed to stay off drugs due to her productive time through drama workshops.



A celebration of women and Eid,

A big bang evening of entertainment, 260 women and young people attended



Feedback from the event

Everyone who attended provided positive feedback about the event. This was a very memorable experience for many women who had never seen a live performance. The event met the brief as everyone who attended absolutely enjoyed it. The women took part in the dancing competition without any worry. A fantastic three-course meal was provided to all attendees after the performance. The women celebrated till late.

Amazing talent came to surface from women who volunteered to take the lead in writing, directing, and casting in the drama with no experience. The drama workshops were an opportunity for ladies to relieve daily pressure in a relaxed entertaining environment. The participants added humour to the drama production as well as the whole event to make it fun and exciting. It has motivated all the participants to look after their physical and mental health. The dance trainer and the DJ at the event encourage the participants to get up and dance to mark the end of the evening.



Yoga sessions

Ideas Fund

This was a project delivered in partnership with Oldham Libraries. It was to improve the wellbeing of women from the community. We took 18 women from the community who wanted to improve their mental health and wellbeing.

We delivered 12 workshops each catered for the needs of the women and to improve their wellbeing in alliance with their cultural and religious needs.

They learned new skills through learning how to make plant pots out of recycled fabric and planting aloe vera, dance and exercise and have a laugh. They learned about the different composts and nutrients in composts. The women were taken to GROW to pick fruit and learn about growing organic vegetables. They enjoyed this trip and said they will bring family members with them next time. The women learned how to travel on public transport and travelled to Trafford Centre using the tram system. They made healthy salads, shared recipes and talked about nutritious value of various food.

Feedback

Comments from participants were:

"I loved every session especially fruit picking."

"I will try the recipe at home as I never use olive oil or feta cheese in my salad."

"Looking after my plant and I talk to it every day."

"This session is the only time I take out for myself in the whole week, otherwise I'm a full-time carer for all my family."

"Can you set more of the dance and exercise classes as I need to get out more."



Team building staff and volunteers

50 Plus Group

30 Sessions were specially designed for the Over 50's, combining fitness. Sessions were organised for older people from BME communities who are the most marginalized in society. 50 plus Older People's Project is in community hub for older, isolated and lonely women. There are no other meeting points locally for women, especially with a social element. Low impact fitness activities have been organised so that they can slowly improve their physical wellbeing without putting undue stress on bones, muscles and joints. Project members benefit from a day away from home to meet others and share information and social activities. They enjoyed nutritious lunch and refreshments. Few members live with dementia and mental health problems also attended the group.

Participants expressed great appreciation for the support brought to the community by FWA and the funding from The Grace Trust. Participants highlighted how the project had brought the community together and built new relationships and new friendships locally.

Case Studies

X said "I have been coming to the centre for about a year. I suffer from depression and anxiety. I enjoyed attending the Luncheon club. I have made friends here from diverse backgrounds and I feel less stressed and more physically active. My confidence has been increased through interacting with other people. I feel better when I talk to other people, having a laugh, under no pressure in the session and the atmosphere is so relaxed. I enjoy my delicious healthy lunches with them."

Y said my anxiety decreased as I became more familiar with the environment and the staff. This allowed me to feel more optimistic that my anxiety is not as large a barrier to access activities as I had felt and that I do have some coping mechanisms that I can develop further. I always look forward to attending the group.

Z claimed the group helped me to release worries in my life and helped me understand that I am loved in every way, and I am not alone. They made me feel like that I am special. I really enjoyed all the activities, especially attending women's International day. I had the opportunity to meet others and make new friends.

Activities	Number of average participants	Outcomes	
Art &Craft	10 women	Increased recreational	
		skills	
		Improved stitching skills	
		Improved artistic ability	
		Have less symptoms of	
		depression	
Luncheon Clubs	15 women	More able to get out of the	
		house	
		Improved healthy life and	
		have a better diet	
		Less isolated eating alone	
		at home	
Annual General Meeting	66 women	Increased knowledge of	
		the voluntary sector	
		Increased participation in	
		the workshops	
International Women's	20 individuals attended.	Increased participation in	
Day		workshops	
		Meet people of all ages.	
		Consult with other	
		agencies e.g., Lifelong	
		Learning, WEA.	
One Dish party		Increased social	
		interaction, skills and	
		ability to understand each	
		other.	
Yoga	6 women	Improved physical and	
		mental wellbeing.	

Children's and Young People Sessions, All United

The aim is to increase confidence of the children and young people, enhance their mental and physical health and wellbeing, and develop their skills through various activities.

Over the year 115 children and young people registered and benefitted from activities throughout the year.

Children and young people from the community suffered mental health during covid period and the pandemic had a knock-on effect on their mental and physical wellbeing. We had high demand for activities to engage children and young people and to encourage them to participate in activities and workshops.

We reached out to the vulnerable and needy children from the community and delivered the following activities:

Multisport
Cookery sessions
Gardening
Arts and craft
Recycling
Drama and presentation
Creative writing
Hair and beauty

The project aim was to increase confidence, enhance their mental and physical health and wellbeing, and develop their skills through various activities. 85 children and young people registered and benefitted from the reaching communities funded project by participating in weekly sessions.

They took part in weekly sessions on multi sports activities e.g., football, dodge ball, rounder's, cricket, and other ball games.

They enjoyed outdoor activities, travelling to many local destinations and open spaces. They were taken on numerous trips which benefited their health and wellbeing.

They took part in drama, self-care and hygiene, arts and craft, multi sports, gardening, recycling, creative writing, presentation, trips, parties and consultations.



Henna Painting Workshop

Outcomes

Fourteen young people took part in the workshops that were delivered in partnership with Manchester libraries. We delivered sessions where they participated in drama and sharing stories. Topics discussed were bullying, peer pressure, arranged marriages, mental health and LGBT. We have discussed drug use, relationships, and tolerance of all cultures. Young people took part in Khushi festival at the Oldham Coliseum. They participated in creative writing and wrote a short play about being happy. This was performed at the theatre. It was an excellent opportunity for developing new skills and boosting confidence to get out into the wider society. It was an opportunity for young people to experiment with theatrical and presentation skills.



Team building

We took 13 young people to Contact Theatre to watch the play, Peace Phobia and 12 to the Oldham Library to participate in a partnership project on animations. We have delivered spooky stories sessions around Halloween time. These opportunities made them feel safe to openly share their phobias and supernatural experiences.

15 young people took part in hair styling workshops. In addition, 12 young people took part in henna art on candles. They took part in decorating henna art on cookies with icing, too. The girls celebrated Eid after fasting the full month of Ramadan with their peers.

Children were introduced to the games from the past to encourage communication with their parents to ask questions regarding games from their parents childhood. Games from 1980's and 90's e.g., hopscotch, tig under arm, England Ireland elastic game,5 stones called panj geeta (cultural game from Pakistan) and many more obstacle games were introduced. This was a fantastic way to open dialogues about differences in society from different eras and how they can entertain themselves, without any access to digital equipment, and away from screentime.

Participants celebrated end of year with a pyjama party where they planned activities and enjoyed watching a movie with their peers just before

Christmas. This was a social event which is not part of their culture, therefore, children had an opportunity to have fun with their friends and learn more about diverse cultures.



Young people, Pyjama Party

Recreational activities

Children took part in designing their pencils and drafted stories with them. Next, participants read them in front of the group, which improved their presentation skills. They took part in tie dying the t- shirts, card making, recycling, gardening, and biscuit decorating workshops. While participating in the activities they have practiced teamwork and a role play.

Cookery

We have delivered 8 cookery sessions where children made toffee apples, cupcakes, banoffee pie and chocolate cornflakes. The workshop not only encouraged teamwork and communication practice but also applying health and safety regulations while cooking.

Sports

On average15 children have taken part in multi-sport and games every Saturday where they participated in challenging games and did various sports. They learned skipping and new games.

Trips

Children were taken to local trampoline parks and the reindeer parade.

Young people have visited the local cinema to watch a culture-based movie. Many of them could relate to the movie because of the stories they had heard about migration from their grandparents.

13 young people went to Oldham edge for bonfire night so they can participate in a community event with people from all communities.

33 children visited the Crocky Trail in Chester during half term. They thoroughly enjoyed the outdoor park and looked out for each other. They have participated in the various activities and practised working as a team. The

trip's aim was to reduce social exclusion and promote group cohesion along with improving wellbeing.

We took 11 young people to Go Ape for tree top adventure. This was a unique trip to encourage participating in a trilling, very physical and challenging outdoor activity. It boosted their confidence and enhanced their mental wellbeing. Young people overcame their fears of heights and supported each other in developing their confidence. Many children were taken to local parks.

Evaluation and progression

80% of the Children and young people who attended the regular sessions improved their behaviour and showed interest in sessions that were delivered. They contributed to the conversations and shared interesting information regarding their daily lives.

90% of the Children were committed and actively interested in learning new games and recreational activities. They improved numerous skills and developed confidence through series of workshops. All participants have significantly improved their mental health and wellbeing. They enjoyed all the activities and worked towards improving their physical health and wellbeing. All members enjoyed the leisure-based activities and insisted on being taken out more.

100% of young people enjoyed meeting friends at the centre and discussing their school and daily life. This was their only social time away from home and usual duties of cleaning and cooking on the weekends. Their communication skills improved through dialogue and meeting new people during partnership work. Children loved taking home what they made in arts and craft sessions, from bracelets to toffee apples. They joy and sense of achievement was priceless and has encouraged the staff to work even smarter and come up with new and innovative projects next year.



Consultation by the Police

Partnership work

At FWA we are aware how important it is to work together, share ideas and share resources. That is why we have partnered with the following organisations, Contact Theatre, Oldham Library, PCC, Fresh Belief, Mahdlo, Oldham Theatre, Oldham Metropolitan Police, Peshkar, Northern Roots and Oldham Coliseum.

SUMMARY OF FINANCIAL ACTIVITIES FOR APRIL 2021 TO MARCH 2022

INCOME	£
Local giving magic little stars Near Neighbours One Oldham Fund small grants Reaching Communities Tudor Trust Volunteer celebration fund Other small funds Activities for generating funds Social Action Fund*see notes on page 5	500 2,500 9,901 72,743 35,000 500 4,594 8,452 106,319
Total Income	240,509
EXPENDITURE	
Staff Costs Property Expenses Office & Communication Costs Events/Trips/Projects Payroll Service and Index Volunteers Social Action Fund	73,177 3,979 11,530 14,691 1,221 2,077 93,132
Total Expenditure Total Surplus/ (Deficit)	199,807 40,702
Balance brought forward FWA 01/04/21 Balance brought forward SAF 01/04/21	104,686 46,964
Restricted Funds at 31/03/22 Restricted Funds Social Action Fund 31/03/22 Unrestricted Funds at 31/03/22	72,767 60,151 59,434

FATIMA WOMEN'S ASSOCIATION

Staff Menhos

Fauzia Chaudhry	Manager/Development Worker	34 hours
Uzma Khaliq	Finance Officer/Fundraiser	21 hours
Farhanda Qadeer	Outreach/Development Worker	24 hours
Shabana Parveen	Children's Co-ordinator	10 hours
Arjam Sadiq	Children's Sessional Worker	6 hours
Farhanda Qadeer	Children's Sessional Worker	6 hours



Farzana Aziz Samina Iqbal Shamim Akhtar Tabasum Kausar Nasreen Shabir Parveen Akhtar Maria Nessa Sylvia Akram Chairperson Treasurer Secretary Vice Chairperson

Fatima Women's Association is extremely interested in recruiting new Management Committee Members and volunteers. Interested individuals should contact F.W.A for further information.

Please visit our web page www.fatimawomens.org.uk for up-to-date information.



We support people and communities to thrive.

The National Lottery Community Fund

