



Annual Report 2011 to 2012



CHAIRS REPORT

This year we have continued to provide activities for local Asian women and their families focusing on mainly reducing health inequalities. We know that Newham is one of the most deprived areas of the country and that people living in the Borough suffer poor health. By organising activities that promote health and wellbeing we hope that we have improved people life chances and made a real difference.

In 2011/12, Fair and Share organised two day trips, one to Broadstairs seaside. The other trip was to the British museum to see the Hajj exhibition. The Hajj exhibition was an amazing experience for members of Fair and Share. Without the outings organised by Fair and Share, many women would not have an opportunity to go outside of the borough.

Fair and Share were also funded by Grassroots to deliver Bhangra Aerobic classes. The classes were held at two different venues, one class was held at the Katherine Road Community Centre and the other at the Froud Community Centre.

We had some funding left over from the previous healthy Asian cooking classes and after consulting with the funders we were able to run two focus groups. The purpose of which was to find out what health impact the sessions had on people who attended the healthy Asian cooking classes and whether they wanted more cooking classes. As people wanted more healthy cooking classes we delivered a few more which ran during February and March 2012. This was funded by the Help The Heart Grant. The healthy cooking classes were run by an Asian bi-lingual qualified instructor who is also dietician. This person was identified by NHS Newham who have been very supportive of our work.

As well as running Yoga Classes at the Katherine Road Community Centre, Fair and Share took the opportunity to involve the community in social gatherings on a weekly basis, helping to reduce their isolation. We also held our annual Eid party and at the Urdu reading group we celebrated Jashne Baharan (Spring Festival) during May 2011. At this event members took part in Urdu poetry competition. The prize for the winner was provided by Forest Gate library (The Gate)

We were also invited to visit Richard House Children's Hospice following an End of Life Care Strategy Consultation event and a visit to St Josephs Hospice. This visit helped to raise awareness of the hospice within the local Asian community.

Fair And Share are proud to say that we are communities of health awarded organisation.

Nargis Qayyum
Chair

MANAGEMENT COMMITTEE

Nargis Qayyum
(Chair)
Rehana Baig
(Treasurer)
Maryum Bhatti
(Secretary)
Tanzila Shiakh

VOLUNTEERS

Ms Nusrat Yasin
(Co-ordinator)
Aneela Umar
Miriam Bibi



ACTIVITIES CARRIED OUT

Over the last year we have delivered a number of services which include the following:

1. Yoga and a weekly Support Group

We have been able to run a Yoga session on a weekly basis at the Katherine Road Community Centre.

Following the yoga sessions at the Katherine Road Community Centre, we also hold a support group for women on a weekly basis. This has given them a chance to socialise, share ideas and give each other mutual support and reduce their isolation.

2. Library Service

We also have visits from the library service every month.

3. Healthy Cooking Classes

We had some underspend from the previous healthy Asian cooking classes. After consulting with the funders we were able to run two focus groups to find out the health impact it had on people who attended the previous healthy cooking classes and whether they wanted more in the future. As people wanted more healthy cooking classes, we delivered some additional healthy cooking classes that ran over a period of two months during the year. These were funded by Help The Heart Grant.

From our focus groups it was clear that these classes made a positive impact on people's health: the majority said that they have used the new healthy recipes at home and encouraged their families and friends to use the methods that they have learnt. They also have changed their eating habits such as reducing salt and oil in their cooking.

4. Urdu Reading Group

We have continued working together with Newham libraries and through this association we established an Urdu reading group which is held every second Tuesday of the month at Forest Gate Library (The Gate).

We have celebrated Jashne Baharan (Spring Festival) at the Urdu reading group. Members took part in poetry competition. The winner was presented with a prize by the famous poet Pakeeza Bieg. The prize was kindly donated by the library.

5. Bhangra Aerobics

Grassroots funding has given us an opportunity to deliver bhangra aerobics classes. We delivered two classes at different venues. One was at our usual venue the Katherine Road Community Centre and the other at the Froud Community Centre. The classes were very popular and people loved the idea of exercise in a fun way. One of our members who has health issues thought that there was no way that she could manage bhangra aerobics classes. However, to her surprise she attended a number of sessions and thought they were wonderful.

6. Trips

Fair And Share organised two day trips, one to Broadstairs seaside July 2011

The other was to the British Museum to see the Hajj exhibition.

The Hajj exhibition was a new and an amazing experience for our members. As always members enjoyed themselves thoroughly and have requested Fair and Share to organise more trips in the future and to also consider weekend trips. Most of the women do not have any other opportunity to go anywhere to enjoy themselves and reduce their isolation. This is because most of them are on low incomes or on benefits.

Hospital hosting a day of fun for all ages

FREE family fun, along with the chance to quiz health chiefs and discover more about Newham General Hospital, is promised when the University NHS Trust hosts its summer fayre at Glen Road, Plaistow, today between 2pm and 6pm.

Health checks, community stands, the opportunity to meet local emergency services, arts and crafts, competitions and giveaways are on offer in the hospital grounds.

The annual public meeting and question time will run from 6pm-7.30pm.

● TWENTY German visitors have had help to improve their language and IT skills during a three-week stay at the University of East London's Royal Docks-based school of Computing, Information Technology and Engineering as part of a European Commission-funded programme.

Course leader Thomas Forester said double the number of students are likely next year, leading to a regular programme of these courses with the university.

● FAMILIES are invited to the farm in Beckton for summer fun over the school holiday.

Family playdays are being held every Tuesday and Wednesday between 11am and 2pm at Newham City Farm in Stansfeld Road. Entry is free.



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Bereavement and coping with it

Women will become hospice ambassadors

A GROUP of Pakistani women in Forest Gate have agreed to spread the word about the good work done by a hospice after learning about its services.

Women from the Fair and Share community group in Katherine Road visited St Joseph's Hospice in Hackney in an event organised by the Forum of Health and Wellbeing and Newham Primary Care Trust.

Kulsoom Hussain, who admitted finding the idea of a hospice frightening at first, said: "Now I have seen the place I am very reassured and I will be telling everyone I know this is a good place that is very welcoming to all people."

Dr Hadi Al-Ayari, end-of-life care service improvement lead at the Trust, said: "We want this first group of visitors to be our ambassadors – spreading the good word about the hospice."

"There is a lack of awareness of hospices in some communities."

"Those who do know about St Joseph's may well know that it caters for people from all communities, with full ablution facilities and prayer rooms."

St Joseph's provides support and care to anyone suffering from a terminal illness in East and North-East London.



SPREADING THE WORD: The women visited St Joseph's Hospice



7. Visit to Richard House Hospice

Following the visit to St Josephs Hospice on 30th July 2010. We were approached by Richard House Children's hospice to network with them and were invited to visit Richard House in May 2011. Eleven members visited Richard House and were impressed by their services.

8. End of Life Care Event

In September 2011, Fair and Share members attended a East London and City event held at St Josephs Hospice. It was organised by the Forum for Health and Wellbeing. There were displays and information on all aspects of End of Life care. A handbook on End of Life Care was launched and we also had a chance to give our views to commissioners.

ACKNOWLEDGEMENTS

Our special thanks to: We would also like to extend our thanks to the following:



North East London and the City

All volunteers and Management Committee and supporters of Fair & Share

Front cover and
Layout Design by
Keya Gari

Report by
Nusrat Yasin

Fair and Share

Statement of financial activities for the year

ended 31 March 2012

	2012	2011
	£	£
RECEIPTS		
Membership Subscriptions & Donations	853.00	1179.00
Grass Root Fund	2190.00	558.00
Newham PCT		2100.00
London Borough of Newham		720.00
coach reimbursement	515.00	
cooking material reimbursement	367.90	
	3925.90	4557.00
 EXPENDITURE		
Voluntary Cost	10.00	120.00
Office rent & venue hire	780.00	1087.50
Events, transportation cost	491.62	496.00
Telephone	210.85	136.70
Postage, photocopying, advertisement & publications	231.66	239.91
Training & Consultancy Fee (yoga, Aerobics & cooking)	3261.88	2982.00
Meeting cost	65.00	237.32
	5051.01	5299.43
Excess of Receipts over Payments	-1125.11	-742.43
Gross Transfers of funds	86.49	
Opening funds Balance	1132.57	1875
Creditors		
Balance of Funds in Bank 31 March 2012.	93.95	1132.57





SERVICES AND ACTIVITIES

Yoga Class & Women's Support Group

Every Monday: 10.30am– 12.30pm
The Katherine Road Community Centre
254 Katherine Road
London E7 8PN
Tel: 07931 332 127

Urdu Reading Group

Second Tuesday of the month
5:30pm-7:30pm
The Gate
Forest Gate Library
Woodgrange Road
London E7

**For more information please call the
Co-ordinator Tel: 07931332 127**