



Annual Report 2010

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 2009, Fair and Share organised two one day trips at the request of members. One of the trips was to Kew Gardens and the other to Great Yarmouth. 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 for Yoga Classes and Health Promotion sessions which were held at the Katherine Road Community Centre. As these classes were so popular with people of all age groups, we held additional Yoga Classes at the Froud Community Centre from February 2010.

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 monthly basis, helping to reduce their isolation. We also held our annual Eid Party and a

Independents Day celebration.

Fair and Share took part in an End of Life Care Strategy Consultation event on the 26th March 2010 at the Touch of Green Restaurant in Upton Park. This event was attended by 44 women who took part in small workshops discussing key issues, facilitated by the Newham LINKs Team.

The aim of this Consultation was to establish what people want in the final stages of life. Women who had or still are caring for someone terminally ill had the opportunity to share their experiences.

The event was held on a Friday evening giving the women a chance to participate without having to worry about family commitments. In addition Pakeezah Baig, a Pakistani female Poet was invited to end the evening in a beautifully touching way, while she shared her poems about her mother who had recently passed away.

It is important to note that Fair and Share is run completely by volunteers and the main organising of events and activities is carried out by Nusrat Yasin who is our Volunteer Co-ordinator. We would like to thank her for all her hard work and dedication over the past year.

Saira Taqi
Chair

MANAGEMENT COMMITTEE

Saira Taqi	(Chair)
Rehana Baig	(Treasurer)
Maryum Bhatti	(Secretary)
Nargis Qayyum	
Tanzila Shiakh	
Sahdia Warraich	(Co-opted member)

VOLUNTEERS

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



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ACTIVITIES CARRIED OUT

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

1. Yoga/Support Group

We have been able to run 2 Yoga sessions on a weekly basis one at the Katherine Road Community Centre and the other at the Froud Community Centre as well as Health promotional talks on a monthly basis. We also provided lunch/networking opportunities after the health promotional talks as some members, particularly those who were diabetic had requested this.

Following the yoga sessions at the Katherine Road Community Centre, we also held a support group for women on a weekly basis. This gave them a chance to socialise and share problems.

Some members of the community approached us to also start a Yoga group at the Froud Centre, as they felt that there was a need for one. As a result we started Yoga classes from this site in February 2010.

We are now currently looking at ways we can fundraise to carry on with the Yoga classes at the Froud Centre.

2. Health Promotional Talks

The following subjects of health promotion were covered.

Healthy Eating, Oral Health, Cancer, Cardio Vascular Disease, Diabetes and Osteoporosis.

The members felt that they gained a lot of information/knowledge from these talks and some felt confident to manage their own conditions and others felt confident to help someone else.

3. Urdu Reading Group

We have been 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 membership of this group is increasing each month.

We celebrated Independents Day at the Urdu reading group.

4. Library Service

We also have visits from the library service every month.

5. Trips

Fair And Share organised two day trips. One was to Kew Gardens in June 2009, the other to Great Yarmouth seaside in July 2009.

We booked two mobility scooters for members with mobility problems. They felt if the mobility scooters were not made available, they would not have been able to see and enjoy the beautiful gardens.

Members really enjoyed themselves 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 for a day. This is because most of them are on low incomes.

End of Life Care Consultation with local Pakistani women

On 26th March 2010, 44 women participated in an End of Life Care consultation jointly organised by Fair and Share and the Newham LINK. Women took part in small workshops facilitated by the Newham LINKs Team after a presentation on End of Life Care from NHS Newham.



The event was held at the Touch of Green restaurant at the request of our members. We also had a poetry reading from a local female Asian poet, who had took part in the consultation. Participants were really moved by her especially when she decided to read out a poem about her mother who had recently passed away.

Participants were asked four key questions on the day outlined below and broke up into working groups with facilitators, who could communicate in their community languages.

Four Key Questions

- How would you, a member of your family or a friend of yours, like to be cared for at the end of their life?
- What do you think stops this from happening?
- Are there any specific cultural and religious aspects that need to be considered when planning End Of Life Care support services?
- Are there any additional support needs?

Some of the information gathered on the day:

- *Family rooms needed to be provided so for relatives could stay over and look after their family member.*
- *The women said that hospitals and hospices should have gender based wards. They also talked about gender specific nursing staff being available to care for them or their family members.*
- *People said they wanted to die around their families and not alone. They wanted to be looked after properly and felt that home was the best place for that.*
- *There was a clear divide in the room between those who expected their children to care for them at the end of their lives and those who did not. However, many had not spoken of their expectations to their children. There were others who did not want to be a burden to others.*
- *The women wanted to visit a Hospice as they had never heard of one before.*

The full report is available on request. The recommendations from the report have been sent to NHS Newham and will be discussed at the End of Life Care Strategy Group in February 2011. Hopefully, the recommendations will be taken on board and that will lead to changes for our community.

ACKNOWLEDGEMENTS

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

London Borough of Newham

Katherine Rd Community Centre's Staff

Forum For Health And Wellbeing

Sahdia Warraich

Mustafa Arralle

All volunteers and Management Committee and supporters of Fair & Share

Report by

Saira Taqi

Nusrat Yasin

Sahdia Warriach

Layout Design And front cover

Keya Gari

SERVICES AND ACTIVITIES

Yoga Class & Women's Support Group,

Every Monday: 10.30am– 12.30pm

Katherine Road Community Centre

254 Katherine Road, Forest Gate, E7 8PN

Every Thursday: 10.30am– 12.00pm

Froud Community Centre,

1 Toronto Avenue, Manor Park, E12 5JF

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: **07931 332 127**

FAIR AND SHARE

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDING 31 MARCH 2010

	<u>Restricted</u>	<u>Unrestricted</u>	<u>2010</u>	<u>2009</u>
	<u>Funds</u>	<u>Funds</u>	<u>Total</u>	<u>Total</u>
			<u>Funds</u>	<u>Funds</u>
<u>Incoming Resources</u>				
Grants	1	0	0	9092.00
Members Contribution & Donations	0	1875.00	1875.00	1707.00
Total Income Resources at 31/03/2010		<u>1875.00</u>	<u>1875.00</u>	<u>10799.00</u>
<u>Outgoing Resources</u>				
Staffing Costs	0	0	0	0
Direct Charitable Expenditure	4763.59	0	4763.59	7590.06
Net Incoming/Outgoing Resources Before Transfer	<u>(4763.59)</u>	<u>1875.00</u>	<u>(2888.59)</u>	<u>3208.94</u>
Gross Transfer Between Funds	0	0	0	0
Net Incoming/Outgoing Resources After Transfer	<u>(4763.59)</u>	<u>1875.00</u>	<u>(2888.59)</u>	<u>3208.94</u>
Balance Brought Forward at 01/04/2009	4463.40		4463.40	1814.46
Balance Carried Forward at 31/03/2010	<u>(300.19)</u>	<u>1875.00</u>	<u>1574.81</u>	<u>5023.40</u>



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