

# ANNUAL REPORT 2008 - 2009



## 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.

Our activities have included weekly yoga sessions and monthly health promotional talks at the Katherine Road Community Centre (Forest Gate). Both these activities were funded by the Awards For All, Big Lottery Fund.

We also were successful in getting a Go For It grant to hold Bollywood Dance sessions. These sessions ran for a total of 12 weeks and were extremely popular with people of all age groups.

In May 2009, we also established Coffee Mornings at the Priory Park Centre (East Ham) after discussions with the Council. These coffee mornings ran for a four month period, to enable us to find out more about the needs of Asian women in this particular area. We are now currently looking at ways we can fundraise for the activities requested by people using this Centre.

In December 2009 we worked with Newham LINK to raise awareness of Breast Cancer amongst Pakistani women as we were informed that they often did not attend their breast screening appointments. We wanted to find out the reasons why they did not attend so that we could tackle the barriers they faced and improve services. The Breast screening services have taken on board the comments of our members and changed the information on the general letter they send out inviting people to breast screening appointments. This demonstrates that consultation events can create change and we hope that you all continue to support such events.

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.

Sahdia Raja

Chair

## **MANAGEMENT COMMITTEE**

Sahdia Raja (Chair)

Kulsoom Hussain (Treasurer)

Maryum Bhatti (Secretary)

Nargis Qayyum

Shazadi Hussain

Sahdia Warraich (Co-opted member)

## **VOLUNTEERS**

Ms Nusrat Yasin (co-ordinator)

Sfeena Begum

Miriam Bibi



Brighton Seaside

## **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 run Yoga sessions on weekly basis and Health promotional talks on a monthly basis as part of Awards for All funding. 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 we also hold a support group for women on a weekly basis. This gives them a chance to socialise and share problems.

### **2. Health Promotional Talks**

The following subjects of health promotion were covered.

Healthy Eating, Cancer, Stroke, Incontinence, Heart attacks, Diabetes Stress Management/Depression and Arthritis. The members felt that they gained 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. Trips**

Fair And Share organised a one day trip in August to Brighton's seaside. Fair and Share also arranged an outing to a restaurant in Green Street for a buffet lunch.

Members enjoyed themselves and have requested Fair and Share to organise more trips in the year and 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.

## **ACTIVITIES CARRIED OUT...CONTINUED**

### **4. 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.

### **5. Bollywood Dance**

In May 2008, we started Bollywood Dance sessions at the Katherine Road Community Centre. The sessions ran for 12 weeks and they were funded by a Go for It Grant. Classes were held during the evenings so that we could have maximise participation.

The classes came about as we wanted to have a new interesting way to get women to exercise. The classes were well attended and enjoyed by all age groups.

### **6. Coffee Morning**

The manager of the Priory Park centre approached us to start coffee mornings in the centre as it was under used by local people. In May 2008 we started Coffee Morning sessions on weekly bases. These sessions were run by our volunteers.

The coffee mornings ran for a four month period, to enable us to find out more about the needs of Asian women in this particular area. We are now currently looking at ways we can fundraise for the activities requested by people using this Centre.

### **7. Training**

We have organised training around "Community Heart Health Champions" with NHS Newham, formally known as the Primary Care Trust (PCT) and the British Heart foundation. The trainers were provided by the British Heart foundation. Soraya Bowen and Ian McDowell were also present.

This training was a whole day training which covered heart health, diabetes, and high blood pressure, healthy eating, and touched on smoking cessation. This training was attended by 12 of Fair and Share members. The hope of this training is that women in the community pass this learning on to others within the community.

## 8. Library Service

We also have visits from the library service every month.

### **SPECIAL GENERAL MEETING (SGM)**

We organised a SGM on 9<sup>th</sup> October 2008 at the Katherine Rd Community Centre. We were given guidance by the Charity Commission to organise this meeting, to make changes to our constitution. This was to support our application to become a registered charity and mainly were around making our objective clearer. The changes were agreed by all members. As a result we are registered charity now and our registered charity number is 1126823.

We took this opportunity to invite Sahdia Warraich and Syed Shahriar from the Black and Ethnic Minority Community Care Forum to talk about the Newham LINKs.



Dance classes



Breast Screening Awareness

## **Fair & Share working with the Newham LINK on Breast Screening**

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Newham's Health Services have been expressing concern about the low take up of breast screening amongst Asian women. As a result, Fair & Share joined forces with Newham LINK and the Forum for Health & Wellbeing to organize an evening of breast screening awareness-raising. The evening combined health promotion with entertainment, and aimed to find out more about women's reluctance to go for screening. Approximately 30 women attended the event which was held at Barclay Hall in December 2008.

The event kicked off with a Quiz on breast cancer awareness. Many women were surprisingly well informed and a number personally knew women who had died in their 50s, and even younger, from breast cancer. Abida Khanum, a Pakistani woman who had suffered breast cancer herself and undergone intensive treatment, then shared her story. Abida's story was a very moving personal account, as well as an instructive experience for all those present and prompted many questions and intense discussion among the women. Abida had been invited to attend by the PCT's Sarojini Ariyanayagam, who gave the women more information about breast cancer and showed a DVD on screening. Animated discussion continued after the showing and further questions were answered by both Abida and Sarojini.

Afterwards, Sahdia Warraich, Director of the Forum introduced the discussion on why women ignore their letters from the health services and do not go for breast screening. The women considered several issues. Many said they 'felt shy' and agreed that they did 'not want to be naked in front of strangers'. This was combined with fear about cancer generally and uncertainty about the screening staff. Sarojini said that letters for screening now make the point that screening staff are all women teams. Other women talked about how they put their family's health first and 'became lazy' about their own health. The older women also talked about their dependence on a family member to take them to screening appointments which often proved difficult, and they wondered why screening was not offered at a younger age when they were more able. The session ended with explanations on how to check your breasts properly and become fully breast aware.

Entertainment in the form of three young 'Bollywood dancers' from the Honey's Dance Academy followed, as well as plenty of refreshment.

## ACKNOWLEDGEMENTS

Our special thanks to **Big Lottery Fund “Awards for All”**

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

### **London Borough of Newham**

“Go For It Grant”

“Katherine Rd Community Centre’s Staff”

### **Black and Ethnic Minority Community Care Forum**

“Sahdia Warraich”

“Mustafa Arrale”

“Syed Shahriah”

Ahmed Shakil Warraich

All volunteers and Management Committee and supporters of Fair & Share

### **Front cover by**

Shahid Yasin

### **Report by**

Sahdia Raja

Nusrat Yasin

### **Layout Design**

Shahid Yasin





FAIR & SHARE  
(Registered Charity No: 1126823)

Receipts & Payments Account for the year ended 31  
March 2009

|   | 2009<br>£          | 2008<br>£          |
|---|--------------------|--------------------|
| <b>RECEIPTS:</b>                          |                    |                    |
| East End & city grassroots                | 4472.00            | 0.00               |
| AFA Eng Joint Pol                         | 4620.00            | 0.00               |
| Subscription & Donations                  | 1707.00            | 1003.89            |
| Local Network Fund-Aston Mansfield        | 0.00               | 0.00               |
| L.B. Newham Go For It Grant               | 0.00               | 1400.00            |
| Bank Interest                             | 0.00               | 0.00               |
|   | <u>10799.00</u>    | <u>2403.89</u>     |
| <br><b>EXPENITURE:</b>                    |                    |                    |
| Volunteer cost                            | 395.00             | 250.00             |
| Staff salaries                            | 0.00               | 0.00               |
| Office Rent and Hall Hire                 | 1305.00            | 245.00             |
| Events, Trips and Transportation          | 1156.45            | 380.00             |
| Telephone                                 | 347.38             | 297.30             |
| Postage Photocopies Stationery printing   | 283.63             | 120.00             |
| Independent Examination And Accountancy   | 200.00             | 150.00             |
| Training & Consultancy Fee                | 2420.00            | 60.00              |
| Meeting Expenses                          | 84.27              | 330.00             |
| Health Project- Yoga/Dance Instructor     | 1448.33            | 0.00               |
| Bank Charges                              | 0.00               | 0.00               |
|   | <u>7590.06</u>     | <u>1832.30</u>     |
| <br>Excess of Receipts over Payments      | <br>3208.94        | <br>571.59         |
| <br>Opening Fund Balance                  | <br>1814.46        | <br>832.87         |
| <br>Balance of Funds in Bank 31March 2009 | <br><u>5023.40</u> | <br><u>1814.46</u> |

## **ADDRESSES & SERVICES**

Yoga

Women's Support Group,  
Every Monday: 10.30 – 12.30

The Katherine Rd Community Centre

254 Katherine Road

London E7 8PN

Tel: 07931 332 127

Urdu reading Group

Second Tuesday of the month

5:30-7:30

The Gate

Forest Gate Library

Woodgrange Road

E7

For more information please call the above number