



osmaniTRUST

# we believe we can fly

**T**EN brave souls took to the skies over Cambridge in one of the more dynamic and exhilarating fundraising events of the year. The group each performed a tandem skydive jumping out of a plane at 13,000ft. They freefell 7,000 feet from the heavens before deploying their parachutes.



For all the participants this was a new experience and many were excited as well as apprehensive at the same time. There were also fears that if the weather conditions were poor then the whole event may be called off as was the case in November last year.

Thankfully it was a beautiful sunny day and everyone was able to perform the jump as planned.

Jahid Ahmed, one of the high fliers said, "I was really worried as we took off in the plane, and doubts over my sanity crept into mind as we climbed higher and higher

into the sky. However the moment I jumped off the plane the adrenaline took over and it was sheer joy. I thank Osmani Trust for this phenomenal experience, one that I will treasure for a long time."

Over £3,000 was raised in aid of the new Osmani

Centre. Construction is due to start next month with a completion date targeted towards the end of next year. If you would like to get involved in future fundraising events then please contact Abu Hasanath on 020 7247 8080 or [events@osmanitrust.org](mailto:events@osmanitrust.org)

## DOUBLE CHAMPS



## FOOTBALL IN THE COMMUNITY

Elite Youth's open age team who play in the London Football Weekend League Premier Division managed to win the Cup double in what has been a long and hard season making huge strides improving in their form, discipline and abilities. The nucleus of the team has been together since the age of fourteen and is integral to the success of the senior team. This season after an intense last few fixtures Elite Youth have finished a respectable fourth in the league.

In the first final on Saturday 22 May Elite Youth were up against Wembley Park FC in the scorching heat. This took its toll on the players but eventually the team eased past their opponents with a 3-1 victory. In the second

final on Saturday 29 May Elite Youth faced a sterner test against Fanatics FC in a much more football friendly weather. The match was evenly contested with some tough tackles from both sides. This did not hamper Elite Youth's spirit and their extra quality showed as they won the match 3-2. Both Cup finals took place at Wembley Football Club.

The team now have their sights set on moving to the Essex County League in order to further improve. Elite Youth are a football team of Osmani Trust. If you are interested in playing for the open age team or any of our youth teams than please contact Abdal Ahmed on 020 7247 8080 or [abdal.ahmed@osmanitrust.org](mailto:abdal.ahmed@osmanitrust.org)



# BAD MIN TON

## DOUBLES TOURNAMENT

BETHNAL GREEN TECHNOLOGY COLLEGE  
GOSSET STREET, LONDON E2 6NW • 9AM-4PM

**24 JUL | 25 JUL 2010**

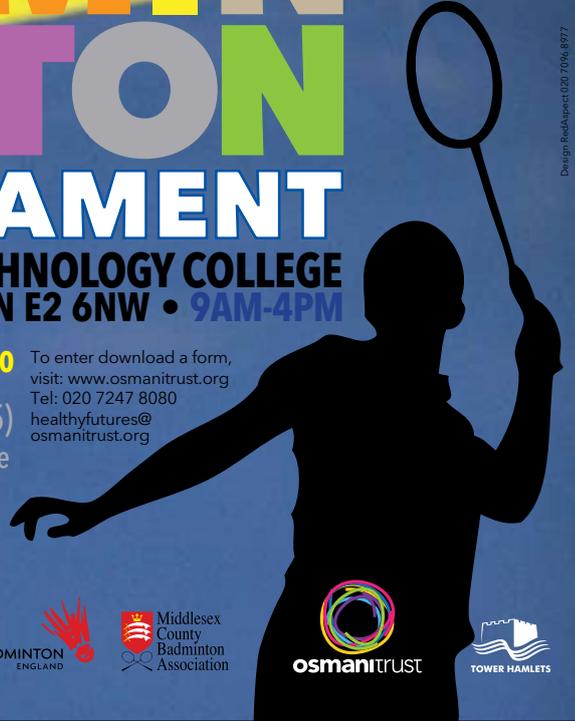
Age 11 & 12  
Age 13 & 14  
Age 15 & 16  
Under 19's

Open Age (£25)  
(Entries only eligible  
upto division 3)  
Aminur07534 524 903

To enter download a form,  
visit: [www.osmanitrust.org](http://www.osmanitrust.org)  
Tel: 020 7247 8080  
[healthyfutures@osmanitrust.org](mailto:healthyfutures@osmanitrust.org)



Design: ReadAgency 020 7096 8977



# girls sports day 2010

**31 JULY**  
**11AM - 4PM**  
MILE END ASTROTURF  
190 BURDETT RD E3 4HL

BOOK YOUR PLACE, CONTACT:  
020 7377 8429 or 07960 035 835  
[healthyfutures@osmanitrust.org](mailto:healthyfutures@osmanitrust.org)  
[www.osmanitrust.org](http://www.osmanitrust.org)

- FOOTBALL
- SACK RACE
- RELAY RACE
- EGG & SPOON RACE
- TUG OF WAR
- 3 LEGGED RACE
- & MUCH MORE



Tower Hamlets



osmanitrust

# HEALTH TRAINERS

Osmani Trust has successfully secured the Health Trainers project for another three years. The Health Trainers is a versatile project which allows the local adult community to participate in physical activity, healthy eating and smoking cessation.

In order to empower and engage with local people, the Health Trainers also deliver various workshop and stalls at local community centres. The project tackles issues including healthy living, exercise and nutrition advice.

The Health Trainers have recently participated in cycle training to become cycle instructors. This is to help, support, build confidence and motivate individuals to take on cycling and bike riding sessions. A new scheme called 'Quit to Get Kit' was launched to help local football clubs. Free football kits and rain jackets were offered as part of the scheme with a commitment to getting local people to give up smoking.



# HEALTHY FUTURES

Four more sports sessions were launched in the form of non-contact boxing at Tiller Leisure Centre and the Froud Centre in Newham as well as boxing at Kaizen Primary and badminton at Keir Hardie Primary. This is in addition to the regular nine weekly sporting activities. The introduction of the new sessions mean that Healthy Futures is now engaging an average of 229 people per week in regular sporting activities.

Healthy Futures will be hosting the annual Badminton Doubles Tournament and Girl's Sports Day in July this year. The tournaments will be bigger and better this year with the guest presence of an England international player.



# AASHA

Aasha successfully organised and completed a two day Unity Residential to Avon Tyrell, Hampshire. The residential was conducted under the theme of 'Purpose, Unity and Change' and had over 50 young people in attendance from different rival territories of Tower Hamlets. The ambition was to bring together four large groups of young people from different regions with the hope they would put aside their differences to unite and share under common grounds.

Staff and volunteers provided the opportunity to hold further in depth work with these young people by holding three major workshops and one-to-one sessions which helped them explore issues dealing with accepting responsibility for their community, addressing proactive steps for positive change and an understanding of group dynamics.





# skydive

IN PICTURES



# Snowdon here we come...

## OSMANI SNOWDONIA CHALLENGE

Whilst most people were looking forward to a long bank holiday weekend Osmani Trust were preparing for one of their great outdoor adventures to raise money for the new Osmani Centre, a state of the art facility for the local community.

More than 40 people gathered in the early hours of the morning to embark on a 24 hour adventure to trek Mount Snowdon in North Wales. For the past three months participants have been raising money by selling homemade food, doing car

boot sales as well as seeking sponsorship from colleagues, friends and family members.

For majority of the participants this was a new experience. People were slightly nervous and excited at the same time. The group was made up of staff, volunteers, friends, family and community members. After a short briefing session, the group was all geared up and ready for the trek.

It was a nice warm sunny day. Our guides were adamant that we would not reach the summit due to time restrictions but the group were focused on getting to

the top and stepped up the pace. Eventually two and a half hours later the group were celebrating reaching the summit.

Shema Begum, one of the trekkers said "I'm glad to have been part of such an adventure and a real awesome group of trekkers. The views were just breathtaking and amazing".

Saddique Ahmed, Project Manager said "We are very grateful to all our generous sponsors and everyone who took part in this challenge and raised a lot of money for this great cause. I am so proud of everyone for reaching the

summit (top) as well as being a great sport on the day."

Once we had overcome the joy of reaching the summit the realisation of the trek back down looked an even bigger task. Some participants found it challenging and for others it was a breeze in the park. The group's spirit and motivation was not to be dented and slowly they got back to where they started from.

If you are interested in participating in any future charity challenges to support the development of the Osmani Centre than please contact Abu Hasanath on [events@osmanitrust.org](mailto:events@osmanitrust.org)

# YOUTH CLUB & HOLIDAY

Two school holiday schemes took place from the Osmani Centre. During the Easter Holiday young people had an exciting opportunity to take part on a 3 day residential to Ashcombe Adventure Centre. Members also enjoyed activities ranging from quad biking sessions and clay pigeon shooting in the mornings, to structured group learning during the evenings. A series of workshops and activities around drugs and alcohol misuse were organised to raise awareness and educate young people.

Planned workshops over the coming weeks will focus on the issues of gun and knife crime in London. Young people will get opportunities to forward their questions and concerns directly to the MET Police.



# SHAATHI MENTORING

## STAFF & VOLUNTEER TRAINING "IMPACT OF ADVERSITY & TRAUMA"

Shaathi Mentoring Project facilitated a two day training course 'Impact of Adversity and Trauma to children and young people' for its mentors and staff. The course was delivered on 10th & 11th April by 'Young People in Focus' who have over 20 years of research and experience of working with young people. The course looked at attachment theories and how children and young people are attached to adults/ carers as well as the risks and dangers of children and young people when certain developmental elements are missed in a child's or young person's life. The course defined what trauma is and how it can have a long-term impact on the development and growth of a child.



# AMAAL

15 young women took part in a sponsored walk to places of worship in Tower Hamlets of six religions. The group visited a Church in Bethnal Green, a Buddhist temple in Roman Road, Mandir and Gudwara in Bow; a Mosque in Whitechapel and then concluded the walk with a visit to a Synagogue in the City of London. Through this venture young women were able to identify the common beliefs and cultures amongst the major religions.

A World Wide Women event was organised celebrating the 2010 International Women's Day. Over 150 women attended the event held in Mulberry school. The day featured hair and beauty, karaoke, dance performance, and charades competition. Special guest Cllr Rania Khan addressed the audience as a positive role model encouraging more young women to follow suit into leadership roles within the community.



# EDUCATION & EMPLOYMENT

The E&E project launched its Youth Work Apprenticeship programme for 17 and 18 year olds who are not in education, employment or training.

Eighteen aspiring young people have been recruited to take part on this exciting opportunity that will offer:

- 1 VRQ Youth Work Level 2
- 2 NVQ Youth Work Level 2
- 3 Basic Literacy and Numeracy
- 4 Paid Youth Work experience
- 5 Health & Safety and First Aid training

As part of this apprenticeship programme the project will train up its staff to become qualified A1 Assessors.



## INDIVIDUALS INTO EMPLOYMENT

The project also helped secure employment for two 18 year olds into the retail sector. Through our help and support one young person secured employment in Waitrose and another into Next PLC.

# CAN DO GRANTS

Osmani Trust is offering grants of up to £500 to help deliver projects which make participants become healthier. Beneficiaries of the project must reside in LAP 1 and 2 regions. The application process is simple and aimed at residents, community groups and small voluntary organisations.

You do not need to be part of an organisation; individuals are welcome. There is one more closing date this year for 'Can Do' Community Grants: 17th September 2010

Further information related to the Can Do Community Grants can be obtained from:

Azad Hussain

Community Development Worker

Email: [azad.hussain@osmanitrust.org](mailto:azad.hussain@osmanitrust.org) or [cando@osmanitrust.org](mailto:cando@osmanitrust.org)

## tower hamlets



change  
4 life

Eat well Move more Live longer

CANARY WHARF  
GROUP PLC



# *Tower Hamlets* Community Cup

*Promoting community cohesion & celebrating diversity*

**Saturday 31<sup>st</sup> July 2010 | 9am - 5pm**  
**Mile End Park Leisure Centre**

5-a-side tournament categories: Years 5 & 6 | 7 & 8 | 8 & 9 | 10 & 11

Entry Fee: £35 | Deadline for entry: Friday 16<sup>th</sup> July 2010

For more information or an application pack contact:

Abdal Ahmed | Osmani Centre | Vallance Road | E1 5AB

t: 020 7247 8080 | f: 020 7247 6453 | m: 07706 000 782 | [www.osmanitrust.org](http://www.osmanitrust.org)

