



**osmani**TRUST

**2010**  
ANNUAL REPORT

Elite Youth  
ENGLAND

## STATEMENT FROM CHAIR



**TOHEL AHMED**  
CHAIRMAN

I am proud to present the first Annual Report of Osmani Trust. This has been a challenging period for us following the merger of Brick Lane Youth Development Association and Elite Youth. We have learned a lot along the way. I am pleased to announce that we have emerged at the other end relatively unscathed.

Our projects continue to perform at a high standard, regularly exceeding the targets that have been set for them. I am particularly proud of Aasha's international trip to The Gambia. This initiative has raised awareness of hardships faced by young people elsewhere in the world.

I am also pleased to be continuing our partnership with NHS Tower Hamlets to deliver the Health Trainers programme. This project has become so popular within the community that we are oversubscribed and are constantly receiving referrals.

As an organisation deeply embedded in the community, Osmani Trust is constantly striving to offer better services that meet their needs. I feel the new Osmani Centre, scheduled to be complete in May 2011, will go a long way to enhancing the services on offer.

I would like to thank all the staff and volunteers who have worked tirelessly to make a real impact on the lives of local people. I would also like to thank all the funders and partners for making our work possible and look forward to their continued support. Above all, I would like to thank our members - young and old - for making Osmani Trust what it is today.

**AS AN ORGANISATION  
DEEPLY EMBEDDED  
IN THE COMMUNITY,  
OSMANI TRUST IS  
CONSTANTLY STRIVING  
TO OFFER BETTER  
SERVICES THAT  
MEET THEIR NEEDS.**

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## VISION

Provide a thriving environment where people can participate with confidence, and find support that realises their potential.

## MISSION

Provide excellent support services directed at addressing local needs, where people are empowered towards social and personal change.

## AIMS & OBJECTIVES

- Establish a multi-purpose youth and community centre.
- Advance further community development initiatives based upon local needs.
- Advance the education of young people and their families.
- Improve the quality of life of young people through the provision of recreational activities.
- Promote health and wellbeing of local people through healthy eating and physical activity.

## CORE VALUES

- Community Led • Grass Roots • Culturally Sensitive
- Inspire & Innovate • Empower & Enrich • Make a Difference

## WHO WE ARE

We are an independent community led organisation led by a Board of Trustees.

We are a local grass roots organisation with an open membership policy.

We provide holistic solutions to local problems and challenges.

We are committed to empowering the local community in making a difference to their lives.

## WHAT WE DO

We offer a wide range of community, health and sporting initiatives tailored to the needs of the local community.

We support people, particularly those living in disadvantaged urban communities to re-engage with mainstream society and improve their quality of life.

We seek to address issues impacting the local community. This includes substance misuse, racial tensions, criminality and anti-social behaviour, territoriality and gang-related violence, unemployment and overcrowding, lack of training and employment opportunities.

We also place strong emphasis on the health and social welfare of the community. This includes promoting healthy eating, physical activity, sports participation and smoke cessation.

## OUR HISTORY

Osmani Trust was created following the merger of Elite Youth and Brick Lane Youth Development Association in 2009. One of the key drivers for this was the Tower Hamlets Council's decision to invest towards the development of the new Osmani Centre.

Prior to this the Trust has had a rich history of serving the local community of Tower Hamlets and Newham spanning over 30 - 40 years. Originally this was focussed at the needs of the Bangladeshi youth and the issues that were affecting them such as racism, gang violence, drugs misuse and sports inequality.

Over the last decade we have opened and expanded our range of provision. We are now increasingly working with the wider diverse community of Tower Hamlets and Newham. Our services now include mentoring, employment, education, as well as adult health & well-being.

## SENIOR MANAGER'S FOREWORD

Last year BLYDA and Elite Youth merged to become Osmani Trust. Managing the merger has been both a challenging and exciting experience for everyone. I believe that as a result we are now in a much stronger position to meet the needs our community. Our nine projects are designed to extend our reach to a wide audience group. I can proudly say that last year we reached out to over 800 individuals on a weekly basis.

The development of Osmani Centre is exciting for everyone, especially our younger members. Having a state of the art youth and community centre will help to regenerate the whole area and offer a much needed community asset. Osmani Trust will work hard to ensure that we strive to

become a model centre and a beacon of good practice.

A key priority for Osmani Trust is to increase our female provision by fifty percent within the next 5 years. My other key priority is to sustain and enhance our current service provision. The challenge for Osmani Trust is the global recession and its impact on the third sector both nationally and locally. We will work with our partners to minimise the impact and at the same time plan efficiently to consolidate our existing provisions.

I would like to take this opportunity to thank my staff members and volunteers many of them are amazing, simply because of their commitment to the community and young people. I would also like to say a big thank you to all our funders and most importantly our service users.



ABU MUMIN  
SENIOR MANAGER

| 2009-2010 KEY STATISTICS (OUTPUTS & OUTCOMES) |                              |                                |                  |
|---|------------------------------|--------------------------------|------------------|
| KEY OUTPUTS                                   | YOUTH SERVICE TARGET (13-19) | YOUTH SERVICE ACHIEVED (13-19) | OVERALL ACHIEVED |
| Contacts                                      | 653                          | 1157                           | 5960             |
| Participants                                  | 392                          | 468                            | 1871             |
| Recorded Outcomes                             | 233                          | 275                            | 914              |
| Accredited Outcomes                           | 117                          | 175                            | 269              |

| VOLUNTEERS | MALE | FEMALE |
|------------|------|--------|
| 75         | 59   | 16     |

...LAST YEAR WE REACHED OUT TO OVER 800 UNIQUE INDIVIDUALS ON A WEEKLY BASIS.

## MESSAGE OF SUPPORT

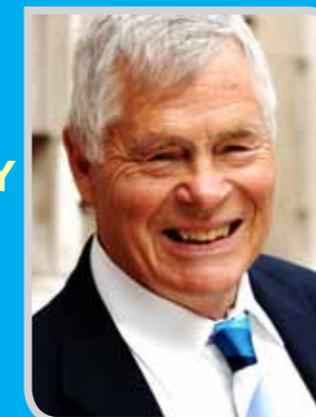


I KNOW THE FANTASTIC WORK THEY DO TO TAKE PEOPLE OFF THE STREETS; TO DEVELOP THE SKILLS AND CAPACITY OF LOCAL PEOPLE; THAT IS WHY I HAVE AND CONTINUE TO SUPPORT OSMANI TRUST AND THE BUILDING OF A NEW OSMANI CENTRE.

LUTFUR RAHMAN  
EXECUTIVE MAYOR  
OF TOWER HAMLETS

## MESSAGE FROM OUR PATRONS

I AM VERY IMPRESSED WITH THE WORK THAT OSMANI TRUST DO. THEY ARE A SPECTACULAR EXAMPLE OF YOUNG LEADERS IN TOWER HAMLETS HELPING THE YOUTH OF THEIR COMMUNITY TO DEVELOP AND FULFIL THEIR POTENTIAL.



STEPHEN O' BRIEN CBE  
CHAIR OF BARTS AND THE LONDON NHS

YOUNG PEOPLE NEED ORGANISATIONS LIKE OSMANI TRUST, AND THE FANTASTIC WORK THEY DO. I URGE EVERYONE TO SUPPORT THE DEVELOPMENT OF THE CENTRE. IT COULD ONLY SERVE TO IMPROVE THE LIVES OF THE PEOPLE LIVING HERE.



ALDERMAN MICHAEL BEAR  
LORD MAYOR OF THE CITY OF LONDON



**AASHA**

AMAAL

CAN DO

EDUCATION & EMPLOYMENT

FOOTBALL IN THE COMMUNITY

HEALTHY FUTURES

HEALTH TRAINERS

OSMANI CENTRE

SHAATHI

YOUTH CLUB & HOLIDAY

# AASHA

This year has been another year of progress, development and expansion of Aasha Gang Mediation Project. Aasha is now offering a range of services to the local community in our efforts at curbing the growth of gang related violence and youth conflicts.

## PEER PROGRAMME

This year our Peer Programme was rolled out in four different areas working with young people 'at risk'.

of the project. This helped us to maintain direct contact with young people in their own settings and provide us with awareness and street knowledge. We were able to mediate in a number of disputes related to money, drugs and territory. Tower Hamlets has a consistent problem of youth conflict and Aasha does not have the resources to deal with all of them. This is one aspect of the projects work that would benefit from strengthening a great deal.



## ONE OF THE MAIN ACHIEVEMENTS FOR AASHA HAS BEEN OUR ABILITY TO BRING TOGETHER DISPARATE GROUPS OF YOUTH FROM DIFFERENT ESTATES IN TOWER HAMLETS.

Each peer group (aged between 15 - 26 year olds) were assessed based on their needs. A training and development plan was then drawn up and delivered in consultation with the young people over the course of the year. The process saw young people volunteering three or more evenings per week.

## OUTREACH

Our outreach service also continued as a regular feature

## RESIDENTIAL TO SOUTH ENGLAND

One of the main achievements for Aasha has been our ability to bring together disparate groups of youth from different estates in Tower Hamlets. After building relations with each group and delivering workshops on territorialism and group conflicts, Aasha facilitated a residential in South England. The entire weekend was very successful





covering key topics such as unity, purpose and change. This built the foundations for a network of mediators in Tower Hamlets.

As the work continues, the project is steadily progressing towards its vision of reducing gang related violence in a meaningful and lasting manner thanks to the hard work and dedication of the team and the peer workers who volunteer their time and energy.

**...I WAS VERY IMPRESSED WITH THE SET UP AT AASHA, POSSIBLY THE BEST OF ITS KIND I HAVE SEEN**

DR ROBERT LAMBERT,  
UNIVERSITY OF EXETER

### WORKSHOPS & ACCREDITATION

Our workshops and courses are focused on gang culture. We are in the process of getting them accredited. Alongside the workshops and discussions, young people can also benefit from training tailored to meet their needs.

#### WORKSHOP TOPICS WHAT TOPICS WE COVERED

- GANG CULTURE
- STATUS AND POWER
- ENEMIES AND REVENGE
- TERRITORIALISM
- PEER PRESSURE
- ROLE MODELS
- EFFECTIVE COMMUNICATIONS

#### ACCREDITED COURSES WHAT WE DELIVERED:

- DETACHED YOUTH WORK
- FIRST AID
- GANG CONFLICT MEDIATION
- ANGER MANAGEMENT
- RISK ASSESSMENT
- QUALITY ASSURANCE

#### 2009-2010 KEY STATISTICS (OUTPUTS & OUTCOMES)

| KEY OUTPUTS                                 | TARGET | ACHIEVED |
|---|--------|----------|
| Number of peer workers enrolled             | 15     | 29       |
| Number of Workshops on youth related issues | 9      | 25       |
| Number of Accredited Course                 | 5      | 7        |
| Number of Sports Coaching sessions          | 40     | 64       |
| Number of Group Excursions                  | 8      | 16       |
| Numbers of Sports Tournaments               | 4      | 5        |

## CASE STUDY

### YOUNG PERSON, 14

One November evening Aasha received a phone call from a local resident that a large quantity of drugs was found in possession of 14 year old Momdud Imtiaz (not real name). They were concerned that some drug dealers would want their gear back. Aasha advised the family and young person about their safety and immediately set out to gather more information and verify the claims.

By the time we arrived (20 min later) the dealers had come to the house and taken the drugs. Nevertheless we advised the young boys about what they had got themselves into and the potential consequences. We also advised the parents. The next day, another Aasha volunteer got a call saying that the dealers were threatening Momdud about some missing drugs. Momdud insisted that they were lying and just wanted more money from him. Momdud was genuinely afraid. We advised him to keep a low profile and stay safe until we could make contact with the dealers. In an emergency we also advised him to call the police.

Our efforts to establish contact with the dealers were not fruitful. The situation escalated when the

following night Momdud allegedly involved some 'back up' from a neighbouring area. The confrontation led to one of the dealers being stabbed in the leg. We later found out the perpetrator had been drunk.

By this time, the police were now involved and were trying to deal with the case. We received a call from the local school attended by Momdud that he was dragged into a car and was threatened by the drug dealers after school the day before. Fortunately, he was not hurt but was extremely shaken.

We decided to step up efforts in mediation and paid another visit to Momdud's home. This was in response to the continuous pleas from his family who were being threatened by the same dealers to pay up. We went into the house leaving two volunteers outside in a car. We spoke in depth to Momdud and his family about ramification of his actions. After an hour of talking we concluded that Momdud and his friends stole some drugs from the dealers. He showed remorse in his actions so we arranged a brief meeting with the dealers.

The dealers were nervous when they saw us. We observed that they were moving around and calling frantically on their phones. Five minutes later some cars pulled up and older boys jumped out. Aasha members had a good relationship with another man who was very influential in the area. That individual spoke on our behalf and in the interest of young people.

We all spoke with the older brother of the dealer. He resolved any problems between Momdud and the dealer and gave him his word that nothing will happen. We took Momdud back to his house and told his family that it was over.

Thankfully through our intervention, the young person was safeguarded and also supported to understand the consequences of his actions. A major conflict was averted. The Aasha team provided reassurance to local residents and also got in touch with the Lead Councillor for Community Safety to take up the matter.





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& HOLIDAY

## AMAAL

This has been a very busy year for Amaal with the development of the outreach programme, cooking classes, and various fundraising initiatives. Youth workers and volunteers have worked hard in ensuring consistent delivery of sessions and a diverse range of activities for young women.

### YOUTH CLUB PROVISION

Young women from different walks of life have engaged in the youth club programme. This includes

Bengali, and White community.

### SCHOOLS OUTREACH PROGRAMME

In partnership with LBTH Extended Schools Services; Amaal developed an outreach programme to engage young people in positive activities out of school hours at Mulberry Secondary School, Bigland Green and Harry Gosling Primary schools. The programme targeted over 90 girls and young women.

We delivered taster sessions in kickboxing and canvas painting, as

**STUDENTS FROM DIFFERENT PRIMARY SCHOOLS WERE MIXED FOR GROUP SESSIONS, TO BREAK TERRITORIAL BARRIERS AND ENCOURAGE SOCIAL DEVELOPMENT.**

young women at risk of exploitation; homebound; excluded from education; young carers; and the gifted and talented. Our clubs sessions bring together young women from different schools and areas. Our weekly sessions have attracted more than 200 young women from a wide ranging background including those from the Somalian, African, Pakistani, Gujarati, Arab, Indian, mixed Race,

well as visits to local youth centres.

Students from different primary schools were mixed for group sessions, to break territorial barriers and encourage social development. The programme gave young people an opportunity to learn new skills and gain new experiences as well as help build the confidence and reform their attitude towards learning and education.



**OUR ACTIVITIES THIS YEAR:**

- WEEKLY EVENING AND WEEKEND CLUB SESSIONS AT OSMANI CENTRE
- MOBILE AFTER-SCHOOL CLUB SESSIONS BASED WITHIN SCHOOLS
- COOKING SESSIONS
- ACCREDITED TRAINING
- ANNUAL RESIDENTIAL
- VOLUNTEERING OPPORTUNITIES
- ANNUAL FUN DAY
- INTERNATIONAL WOMEN'S DAY CELEBRATION
- FUNDRAISING FOR OSMANI CENTRE
- HOSTING A YOUTH GROUP FROM DENMARK

**'LEARN TO COOK' PROGRAMME**

This initiative was launched in response to the need for focused support in transition from childhood to adulthood. The pilot programme worked with families over the course of 10 sessions.

This enabled the workers to establish positive relationships with each individual participant and tailor the session to their needs. As a family the participants were able to recognise and appreciate positive qualities in each other.

The sessions encouraged them to be selfless and enable learning as a group. Participants were able to understand and appreciate the value for money, discover hidden talents, and be motivated to try cooking at home.

**FUTURE PLANNING**

Following discussions with local schools, we plan to expand our outreach programme and work with more secondary schools in Tower Hamlets.

We hope to create opportunities for social enterprise for young members in hair and beauty. Amaal also plan to pilot a programme to engage mothers in weekly activities and encourage them to play an active role within the community.

It is both an exciting and challenging time for the project with new programmes unfolding. We are hopeful the project will continue to build on its strengths and create a new generation of positive female role models.

**THE DELIVERY OF YOUTH PROVISION BY AMAAL HAS BEEN OF HIGH QUALITY. THERE IS CLEAR EVIDENCE THAT THEY ENHANCE YOUNG PEOPLE'S TRANSITION FROM ADOLESCENT TO ADULTHOOD.**

**THE PROJECT ALSO MAINTAINS ADDITIONAL HOLIDAY PROVISION FOR THEIR MEMBERS BY DELIVERING A CURRICULUM BASED PROGRAMME IN CONSULTATION WITH THEIR MEMBERS.**

**GWEN JONES**  
YOUTH SERVICE  
MANAGER  
DIRECTOR OF ILEAP

| KEY OUTPUTS   | TARGET | ACHIEVED |
|---|--------|----------|
| NUMBER OF YOUNG WOMEN REACHED                         | 123    | 174      |
| NUMBER OF YOUNG WOMEN ENGAGED IN 5 SESSIONS OR MORE   | 74     | 74       |
| NUMBER OF YOUNG WOMEN WHO COMPLETED RECORDED OUTCOMES | 44     | 64       |
| NO YOUNG WOMEN WHO COMPLETED ACCREDITED TRAINING      | 22     | 32       |

**CASE STUDY** **YOUNG PERSON, 16 MULBERRY SCHOOL**

This year I was going through a difficult period in life. I was misbehaving and going down a bad path. I wasn't listening to anyone, uninterested in what people had to say and moving around in the wrong crowds. My social worker at the time referred me to Shaathi Mentoring Project where I was given a mentor to see me every week. My mentor introduced me to Amaal Girls Project but I wasn't bothered to attend because I didn't have the time. Later in the year, Amaal invited me to their residential which I felt excited and privileged to attend. It was a break away from home and I knew some of the girls who were going.

I really enjoyed the residential because I clicked and worked

well with other girls I never knew before. I got to know the staff and volunteers really well at the residential. They were very inspirational and awakened the good side of me again. I wanted to help other young girls the way I have been helped by others. Amaal gave me the opportunity to take up a volunteer role. I was really happy. I felt my independence growing; I learnt to prioritise my time with work and training as well as socialising.

I developed a number of skills while volunteering at Amaal such as learning how an organisation is run, carrying out tasks, time management and conducting outreach. Most of all I learnt to put people before me. It made me realise that I want a

career in youth work. Amaal felt like a second home to me, I love volunteering at Amaal it has changed my life and it has motivated me to go far in life. It has really improved my skill and confidence..

What I enjoyed most while at Amaal is the whole experience of being a young member to then becoming a volunteer and helping young people like myself. Amaal has changed my life for the better and I feel like I am a completely different person. The staff have really inspired me, in particular Khadeja. I consider her as my role model and I would like to thank her for her hard work and all the other staff. Khadeja helped me develop from a young person to a young woman.





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## CAN DO COMMUNITY GRANTS (CDCG)

The primary aim of the Can Do Community Grants (CDCG) is to engage members of the community and give them opportunities to take the lead on projects which make them healthier. Regular communication and involvement has helped us to achieve this target. Through these projects we were able to engage more than 300 residents and highlight the importance of having a healthier diet. Our success has led Osmani Trust to administer the CDCG for another year.

From April 2009 to March 2010 there were four closing deadlines. On each occasion we received a good number of applications. We were faced with hard decisions in choosing between projects. Over the course of the 12 months we approved 20 grants totalling £10,000.

Osmani Trust organised and hosted the End of Year Event for project winners, stakeholders and partners to celebrate the success of the

**OVER THE COURSE OF THE 12 MONTHS WE APPROVED 20 GRANTS TOTALLING £10,000**

As a host organisation our primary target was to award and administer micro grants to local residents who met the above criteria. We had £10,000 to distribute to projects which support the Healthy Borough Programme – active lives, travel and healthy eating. Grants of up to £500 were provided to projects which met the three cross cutting strands. These grants were approved by a panel consisting of local people.

Can Do Community Grants. This was attended by many of those involved and certificates were awarded to project winners.

Osmani Trust would like to thank panel members who contributed their valuable time in approving the grants. Their help was essential and we hope we can continue the good work which adds value in helping the local community.





**CASE STUDIES**

### KEEP FIT SESSION

This project involved older people participating in exercise classes to keep fit. Majority of the beneficiaries were over 60 years old. This project was very successful and created a network of people engaging in health related activities.

### PROJECT GROWABLE

This project has been very successful in bringing local residents living in blocks of flats & houses, to grow fruits and vegetables in their own balconies. The project was very helpful and supported individuals financially to start and learn how to grow. Regular communication was maintained between beneficiaries with whom they exchange ideas and report progress in growing fruits and vegetables.

### BADMINTON

Badminton is a very popular sport among the Asian community and some would say an expensive activity. However, this grant has helped many individuals to get involved without the worry of finance.

In addition many of the beneficiaries have continued participating by individual contribution and applying for other grants.

**// MAJORITY OF THE BENEFICIARIES WERE OVER 60 YEARS OLD. THIS PROJECT WAS VERY SUCCESSFUL AND CREATED A NETWORK OF PEOPLE ENGAGING IN HEALTH RELATED ACTIVITIES. //**

## CAN DO COMMUNITY GRANT PROJECTS APPROVED BY PANEL 2009/10



| FIRST ROUND      |                                    |      |
|------------------|------------------------------------|------|
| MARTIN SHORTIS   | PARKVIEW GROWING PROJECT           | £500 |
| MINAL MIAH       | BADMINTON SESSIONS                 | £500 |
| MAMUN CHAOWDHURY | FOOTBALL COACHING                  | £500 |
| AMINUR RAHMAN    | TENNIS                             | £496 |
| JAMAL HUSSAIN    | A HEALTHY LIFE'S AN ENJOYABLE LIFE | £500 |
| ZISHAN AHMED     | GOING FOR GOLD (CAMPING)           | £500 |
| SECOND ROUND     |                                    |      |
| EBADUR RAHMAN    | GLOBE TOWN AASHA ( FOOTBALL)       | £500 |
| MOMOTA BEGUM     | BEST MUMS                          | £500 |
| SHAMSUL HOQUE    | COLLINGWOOD ESTATE                 |      |
|                  | BANGLADESHI ELDERS PROJECT         | £500 |
| VI DAVIS         | KEEP FIR SESSIONS                  | £500 |
| DEBBIE FULLERTON | STRENGTHENING FAMILIES             |      |
|                  | STRENGTHENING COMMUNITIES          |      |
|                  | PARENTING PROGRAMME                | £500 |
| ALI AHMED        | GYM AND SAUNA SESSIONS             | £500 |
| JACKIE REMFRY    | COOKING TO CHANGE                  | £500 |
| RENE MUGENZI     | KURDISH FOOD FOR BETTER            | £500 |
| THIRD ROUND      |                                    |      |
| JAMES BRANT      | HEALTHY PLAYTIME                   | £500 |
| RUPNA KHANAM     | BOWLING & ICE SKATING              | £500 |
| SHAMSUL HOQUE    | COLLINGWOOD ESTATE                 |      |
| ABDUL GOFFAR     | SKIING SESSIONS                    | £498 |
| FOURTH ROUND     |                                    |      |
| RACHEL COOPER    | GROWABLE' PROJECT GROW             | £500 |
| RAHELA BEGUM     | JOHN SCURR CYCLING PROJECT         | £500 |
| KIM UYSAL        | GYM SISTERS                        | £500 |



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## EDUCATION AND EMPLOYMENT

This project was established to provide tangible education, training and employment related outcomes. As part of the project delivery the E&E team undertook training in NVQ 4 Information, Advice and Guidance. This qualified the E&E staff as Guidance Workers. Over the course of the year the E&E team then focused on four areas of work:

- Pre-Apprenticeship;
- Youth Work Apprenticeship;
- Step by Step;
- Job Ready



The two apprenticeship programmes provided young people with skills development, positive activities and an individual action plan that lead

### THE TWO APPRENTICESHIP PROGRAMMES PROVIDED YOUNG PEOPLE WITH SKILLS DEVELOPMENT, POSITIVE ACTIVITIES AND AN INDIVIDUAL ACTION PLAN

#### TARGET GROUP

- Young people at risk of engaging in criminality, drug abuse and anti-social behaviour;
- Ex-offenders at risk of re-offending;
- School leavers with low qualifications;
- People who are socially excluded or at risk of social exclusion;
- Black and minority ethnic (BAME) communities.

to paid employment. Through this programme the project has secured employment for 36 young people all of whom are also in part time education. An additional 25 young people are currently going through the same process. Forthcoming apprenticeships in Business Admin and Customer Services are due to start post September 2010.

## APPRENTICESHIP PROGRAMMES WHAT TOPICS THEY COVER?

### PRE APPRENTICESHIP PROGRAMME

- FIRST AID AT WORK
- HEALTH & SAFETY AT THE WORKPLACE
- CONFLICT MANAGEMENT
- YOUNG LIFESAVERS AWARD
- CAKE MAKING
- PACE YOUTH WORK TRAINING
- POSITIVE ACTIVITIES

### YOUTH WORK APPRENTICESHIP

- VRQ LEVEL 2 YOUTH WORK
- NVQ LEVEL 2 YOUTH WORK
- KEY SKILLS – ENGLISH LITERACY & NUMERACY
- PAID TRAINEE YOUTH WORK JOB PLACEMENT
- RESIDENTIAL
- INDIVIDUAL LEARNING PLAN

### STEP BY STEP PROGRAMME

“Step by Step” was an innovative project born out of the need for tailored employability skills training. The aim was to provide young people with basic skills, knowledge and to raise aspirations in order to equip them in the pursuit for further education or employment.

Support for the project has involved staff from, Allen & Overy, Deutsche Bank, East London Business Alliance and Hammerson (Spitalfields Together Partnership). 5 young people from Tower Hamlets

were selected from the NEET group (not in employment, education or training), aged from 16-18 year olds.

Sayem Ahmed, Nural Huda, Kamrul Hussain, Masoom Rahman and Shahidul Islam were all given the opportunity to pilot the scheme. To date they have participated in an Insight Tour of Allen & Overy, Deutsche Bank and Hammerson. The young people also participated in workshops self perception & motivation, developing a CV, communication skills and interview techniques.

### JOB READY PROGRAMME

This Job Ready programme is the most popular package our clients seek. A 13 week programme where the following services are offered:

- 1-2-1 advice & guidance
- Action Planning
- CV building
- Job Search Sessions
- Application Writing Support
- Mock interview sessions

Through the job ready programme the E & E project has secured employment, training, and work placement opportunities for the majority of our clients.

“**THANK YOU SO MUCH FOR YOUR HELP AND SUPPORT. I AM SO HAPPY. I WOULDN'T HAVE BEEN EMPLOYED IF IT WASN'T FOR YOU**”

AFREEN ASHRAF

### CASE STUDY

#### RIDWAN KHAN AGED 19

Ridwan was referred to the E & E project by a teacher who was concerned that Ridwan was not in education, employment or training (NEET). He did not want to go to college when he finished school as he disliked classroom based teaching and due to this he felt as though he was not good at learning which had a knock on effect on his confidence and motivation.

Through Advice & Guidance Ridwan's views soon changed after a few appointments with his E & E advisor. He realised that not all courses were purely theoretical and that there were actually courses for people like him who enjoyed a more hands on approach.

Ridwan always had a keen interest on becoming a plumber and so a step by step action plan was created with Ridwan and within weeks he found himself enrolled on a painting and decorating course that would allow him to progress to a plumbing course. ‘My advisor was great; he listened to my needs and provided me with options, he helped me decide what course would best suit me



and even took me to visit some of the training sites. I am now half way through the multi skills course and can now tile walls and floors and prepare and paint surfaces’

The project wanted to boost Ridwan's confidence especially now that he had a few good skills and so offered Ridwan an opportunity to paint and decorate the reception area for the Osmani Centre.

“**THIS WAS MY FIRST JOB, I WAS NERVOUS AT FIRST BUT THANKFULLY MY SUPERVISOR WAS VERY SUPPORTIVE.**”

‘This was my first job, I was nervous at first but thankfully my supervisor was very supportive. I prepared the walls for the Osmani Centre reception area, painted the walls and also laid a new

floor. The job was done well and I earned my first wages! What's more is that all the tools that were purchased to complete the job were donated to me. Now I have a qualification, good paid work experience and even some equipment. My next step is to develop some business cards!’

### OUTPUT/OUTCOME DESCRIPTION

| KEY OUTPUTS  | TARGET | ACHIEVED |
|--|--------|----------|
| Job/Work placements                                    | 9      | 14       |
| Individuals into employment                            | 7      | 11       |
| Jobs safeguarded                                       | 1      | 4        |
| Individuals trained                                    | 33     | 240      |
| Individuals capacity built                             | 73     | 115      |
| No. People Accessing Careers Advice                    | 40     | 60       |
| No. People Signposted (referred) to other organisation | 15     | 20       |
| No. BME Women into Employment                          | 1      | 3        |
| No. NEET young people into employment                  | 3      | 6        |



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 CAN DO  
 EDUCATION &  
 EMPLOYMENT  
**FOOTBALL IN  
 THE COMMUNITY**  
 HEALTHY FUTURES  
 HEALTH TRAINERS  
 OSMANI CENTRE  
 SHAATHI  
 YOUTH CLUB  
 & HOLIDAY

## FOOTBALL IN THE COMMUNITY

With the bad weather this winter players, coaches and managers had to work extra hard to play all our fixtures. This paid off with probably the most successful season in recent memories.

The new U12 and U14 teams both finished in respectable positions in the East London & Essex League. The U14 team narrowly missed out on the League Cup Final losing 4-3 and missing a penalty in the last seconds of the match. The Saturday Senior

### SCHOOL BASED COACHING

The school based coaching programme as always was very popular with a huge demand for sessions throughout the year.

We worked with seven different primary schools delivering on average six lunch time and after school sessions per week to more than 150 children. One key development in this area was our expansion of the programme to Newham. This is something we will be looking to build on in the forthcoming months.

## THE SATURDAY SENIOR TEAM DID EXCEPTIONALLY WELL IN THE LONDON FOOTBALL LEAGUE, FINISHING FOURTH IN THE LEAGUE AND WINNING TWO CUPS.

team did exceptionally well in the London Football League, finishing fourth in the league and winning two cups. The Sunday Senior team in contrast started off really bad and were certain to get relegated in the Inner London Football League. However they managed to turn it around in the New Year and avoid relegation.

### FOOTBALL EVENTS

The project over the years has become known to deliver high quality tournaments. This year again we staged one of the biggest football events of the year; the Tower Hamlets Community Cup. We also organised the One Game One Community festival in line with the national Kick It Out Week of Action.





Through these two community events we promoted community cohesion and provided a safe and structured environment for young people to participate in football.

### GOTHIA CUP

The most significant event in our calendar was taking the U14 team to participate in the world's biggest youth football tournament, the Gothia Cup in Sweden. We teamed up with Kick It Out as their ambassadors

to take the spirit and message of unity and harmony. The Gothia Cup tour attracted much publicity in the media. We featured on the BBC London News and BBC London Radio as well as a variety of local papers and radio shows. The tour to Sweden was not only a football experience for the players but also a chance to develop their personal and social skills through integration with many different cultures and people from around the world.

### COACH DEVELOPMENT

Away from football we also placed a strong emphasis on developing our coaches, volunteers and other local clubs and organisations. Throughout the year we delivered the FA Level 1 Coaching and Referees Courses at the Osmani Centre.

**KICK IT OUT IS A LONG STANDING AND FERVENT SUPPORTER OF THE WORK DONE BY OSMANI TRUST. THE ORGANISATION CONTINUES TO GO FROM STRENGTH TO STRENGTH, CONSTANTLY DEVELOPING ITS RANGE OF SCHEMES AND INITIATIVES THAT REALLY ENGAGE WITH YOUNGSTERS IN THE AREA**

**DANNY LYNCH  
KICK IT OUT**

## CASE STUDY

**HARIS KHAYRUNZZAMAN  
14 YEARS OLD**

I first knew about Elite Youth FC when I played against them in the East London & Essex League, I liked the way they played and the coaches seemed really good. I met the coach one day in a tournament so I asked about joining Elite Youth FC, I then started to train with the team.

The coach asked me to play in the team that was going to Sweden, at first I was confused but excited at the same time. I told everyone that was around me, and kept on checking the website and the internet to find out more about the Gothia Cup and Sweden.

The training and preparation we did for Gothia Cup was immense but I really enjoyed it. This helped me a lot in Sweden but also at school, where in an athletic competition I came first in the 400 meters without breaking a sweat! At the training sessions I made friends with the rest of the players very quickly as they were all very welcoming.

Finally after what seemed years, we were boarding the plane for Sweden, at this point the seriousness of the competition hit me as there were a lot of other

football teams, including Crystal Palace and Wolverhampton FC. Throughout the whole seven days, everyone treated each other like brothers, the football there was great too, and playing on quality pitches and meeting a variety of people and cultures from America, Sweden, and Mexico the list goes on!

The best day of my life so far has to be the opening ceremony for the Gothia Cup. The atmosphere was great, we were jumping up and down throughout the whole ceremony, and we were yelling the team song to everyone that thought they were louder than us.

Just experiencing Sweden in itself was enough. There were a lot of funny moments, especially with one member of the team, Yakub; everyone loved him as he always puts a smile on anyone's face. Gothia Cup is football heaven, whether your football crazy or not.

The whole experience was great, going with Elite Youth taught me if you want something enough you could get it, which did not only help me on the field but off the field. If I was asked to go again I would jump at the opportunity.



|   | TARGET | ACHIEVED |
|---|--------|----------|
| Introduce one new youth team                            | 1      | 1        |
| Maintain existing Teams                                 | 3      | 3        |
| Number of participants from deprived communities        | 500    | 500      |
| Number of participants from BAME communities            | 2000   | 2000     |
| Number of volunteers engaged in project                 | 10     | 5        |
| Number of coaches qualified to FA Level 1               | 10     | 10       |
| Number of coaches qualified to FA Level 2               | 2      | 2        |
| Number of Referees qualified                            | 20     | 20       |
| Number of healthy living workshops delivered            | 6      | 6        |
| Number of coaching sessions delivered on a weekly basis | 15     | 21       |
| Number of football tournaments delivered                | 4      | 4        |





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HEALTH TRAINERS

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& HOLIDAY

## HEALTHY FUTURES

Sporting activities and workshops in Healthy Futures are used as a pivotal tool to encourage healthy lifestyles amongst children and adults. The activities and workshops are delivered in school premises, leisure centres and community halls.

### TOWER HAMLETS EXPANSION

Much of the focus this year was on expansion. The year started well with the launch of 2 taekwondo sessions that attracted 120 participants

and youth organisations that a decision was made to launch a boxing session in the Isle of Dogs.

### NEWHAM EXPANSION

Our expansion to Newham was an outstanding success. We launched sporting activities in 4 different schools, initiating a community based boxing session, running many accredited courses and attracting a volunteer base. In line with the trends in Tower Hamlets all sessions were oversubscribed, highlighting the great need for our services.

## ...PARTICIPANTS HAVE GAINED THEIR YELLOW BELT ACCREDITATIONS AND SOME HAVE EVEN FOUGHT AND WON GOLD MEDALS...

and amassed a waiting list of 50. During the session's short existence, participants have gained their yellow belt accreditations and some have even fought and won gold medals in international tournaments.

Healthy Futures prides itself on stakeholder consultation and it was due to interest expressed from the local authority, residents

### REACHING 'HARD TO REACH GROUPS'

Perhaps the most satisfying development has been the girl's activities. Our culturally sensitive approach has allowed us to reach to the community according to their needs, and provide girls sessions. The activities included basketball, football, badminton and taekwondo

led by female coaches and volunteers. Previously take up was low due to religious or cultural constraints.

We have exceeded all of our targets and are ready to welcome an exciting and challenging year to come. After rapid expansion, we will need to pay close attention to sustainability and quality control. Keeping in tradition of conducting ground breaking work, we hope to launch a series of catered sports sessions for disabled people. We plan to run an 'Olympic Community Programme', using the London 2012 Olympics as a launch pad to make people health conscious. In response to the huge problem of obesity amongst young people we also plan to deliver a weight management programme.

**KEY ACHIEVEMENTS 2009-2010**

- Over 300 workshop participants
- 230 average weekly attendance in sporting activities
- 8 new sporting activities launched
- 5 new projects launched in Newham expansion
- HF reaches semi final of national lottery awards for "Best Sport Project 2009"
- HF is awarded Canary Wharf PLC "Group of the Year 2009"
- Badminton tournament launched with 200 people engaged
- Girls sports day engages 150 people
- Girls basketball team wins the "Muslim Women's Sports Federation Basketball League 2010"
- Osmani Badminton Academy finishes third in Middlesex Badminton League



//  
**I'VE BEEN PART OF HEALTHY FUTURES FOR SO LONG NOW, IT FEELS LIKE ONE BIG FAMILY. THE REASON I GIVE UP SO MUCH OF MY TIME FOR HEALTHY FUTURES IS BECAUSE THE PROJECT IS DOING SUCH A FANTASTIC JOB IN HELPING THE LOCAL COMMUNITY. I'VE SEEN THE PROJECT REALLY DEVELOP OVER THE YEARS AND WE CAN EXPECT GREAT THINGS TO COME**

SAFIAN HUSSAIN //

**CASE STUDIES**

**MOHAMMED KAJIMUR RAHMAN**  
 AGE: 22

Kajimur first came into contact with Healthy Futures six years ago (aged 16). Since then, Kajimur has built up a mini empire with two businesses, whilst in the process of acquiring a third. He has also completed a degree in accounts and finance and is on his way to becoming a chartered accountant. During his rise to fame, Kajimur has never forgotten Healthy Futures and has always found the time to volunteer for the project on a weekly basis, despite his busy schedule. From providing advice to helping out during sessions, Kajimur is a super volunteer. He also participates in the Healthy Futures Taekwondo Sessions. Kajimur is in the process of recovering from an international taekwondo tournament, where he received a bronze medal in 2010. During his prep, Kajimur attended sparring sessions four times per week, lost 1 stone in 1 month and visited the gym on a daily basis to become 'fight ready'.



**YUSUF MORTUZA**  
 AGE: 5

Having just turned the tender age of five, Yusuf is the youngest participants of Healthy Futures. He has been attending the taekwondo sessions for 6 months with his father, who is the eldest member of the session at 39 years of age. Having been training hard, Yusuf is almost ready to take the test to get his yellow belt, where he will need to produce an unflawed taekwondo display in front of a panel of judges. According to his instructor, "Yusuf's performance is staggering. He has so much potential at the young age of 5. With a 34 year age gap between father and son, it's fantastic to see Healthy Futures bringing together so many people. Seeing parents and children training together is something rare and highlights the power of sport."



**ASHRAF ALI**  
 AGE: 31

Ashraf began boxing from a very young age. His talent for the sport got recognised whilst he was in secondary school and he has been an amateur boxer for the past 7 years. During this time, Ashraf decided to embark on a mission to make boxing more accessible for underprivileged children. With this mission statement in mind, Ashraf became a boxing coach for young people at Healthy Futures. Ashraf strongly believes in the power of boxing to change young people's lives and channel their energy and enthusiasm in a positive way. Ashraf currently coaches 2 of our boxing sessions and has been with Healthy Futures for over 3 years.



//  
**I LIKE TAEKWONDO. I WANT TO BE LIKE MY DAD**  
 //

//  
**I WISH TO USE BOXING TO HELP MAKE A CHANGE IN SOCIETY**  
 //



- AASHA
- AMAAL
- CAN DO
- EDUCATION & EMPLOYMENT
- FOOTBALL IN THE COMMUNITY
- HEALTHY FUTURES
- HEALTH TRAINERS**
- OSMANI CENTRE
- SHAATHI
- YOUTH CLUB & HOLIDAY

# HEALTH TRAINERS

**Health Trainers promote healthy living, physical activity and smoke cessation to adults in Tower Hamlets.**

Osmani Trust was commissioned by Tower Hamlets NHS to deliver the service in LAP's 1&2. We started the year knowing the fact that the project was being re-tendered for another three years. Therefore, it was crucial that we deliver on all fronts, meeting key project objectives and outputs. In comparison to the last two years, we didn't disappoint. The project achieved all its outputs

## GET INTO SHAPE AND HEALTHY YOU

The 'Get into Shape' campaign offers local people the opportunity to participate in a range of healthy lifestyle sessions. Under the campaign, we helped disadvantaged men and women over the age of 18 take part in a range of physical activity sessions including gym, swimming, football, badminton, basketball, walking, aerobics, keep fit, yoga, pilates, gardening and chair based exercises for over 50's on a weekly basis. The 'Healthy You' is another campaign we delivered,

**...EDUCATE AND EMPOWER LOCAL PEOPLE WITH HEALTHY EATING ADVICE AND ONE-TO-ONE PERSONAL DEVELOPMENT PLANNING.**

for the year and over exceeded in certain areas such as getting people to quit smoking and engaging local people into various physical activity sessions. The success was very much down to the Health Trainer's team. The team has worked extremely hard during the year through innovative and creative ways.

which aimed to educate and empower local people with healthy eating advice and one-to-one personal development planning. The Health Trainers delivered various workshops at local events, community centres and also worked intensely with local primary schools targeting parents and carers. Workshop topics included healthy eating, how to make a healthy pack

lunch, smoking cessation, benefits of five a day, benefits of good nutrition and regular exercise.

**ONE TO ONE**

During the one to one sessions, Health Trainers worked closely with clients offering support and motivation to change their lifestyle through healthy eating, physical activity and quitting smoking. Our Health Trainers spent up to an hour with each client to identify small changes that can be made to improve their health, even if it is something as simple as walking or having more fruit. They developed plans, set goals and offered ongoing support to help local residents to maintain their lifestyle changes. The programme was also a great way to meet new people and make new friends. Again, we exceeded our targets for last year as we signed close to one thousand five hundred people onto the programme in which over a thousand people have engaged in physical activity and healthy eating sessions.

**SMOKE CESSATION**

Our achievement in persuading people to give up smoking is one of the best amongst Health Trainer organisations within the borough. Success in reducing smoking is the

biggest single action that we can take to improve peoples' life chances and reduce the burden of disease. We currently deliver the 'Quit to Get Fit', 'Quit for Ramadan, and Quit for Life' campaigns. Last year we supported over 120 people to give up smoking and many more are on the list receiving advice and are on the verge of quitting. Closer to the end of last year, we also launched a new campaign, 'Quit to Get Kit' aimed at working with local amateur sports clubs. We offered clubs free football jerseys and coaching expertise and in return clubs registered their players onto the Health Trainers programme. We registered up to five hundred players through this campaign and offered them smoke cessation, healthy eating, nutrition advice and personal goal setting.

Osmani Trust made a comprehensive bid to the Tower Hamlets NHS to continue with the Health Trainers programme and also enhance the project in order to meet new demands and needs of the local community. After a nervous waiting period, on March 16th 2010 we received the good news from the Tower Hamlets NHS of being one of the successful host organisations. This was a good way to wrap up yet another very successful and pleasing year of project delivery.



|          | OUTPUT  | TARGET | ACTUAL |
|----------|---|--------|--------|
| Level 1  | Contact   | 400    | 1,450  |
| Level 2: | Number of people engaged in regular healthy lifestyle activities    | 500    | 983    |
| Level 2  | Number of healthy lifestyle sessions delivered throughout the year. | NA     | 700    |
| Level3:  | Number of people who had a 1 - 1 intervention                       | 200    | 565    |
| Level 3  | Number of people quit smoking                                       | 100    | 177    |

**WHEN I INITIALLY TOOK PART IN THE SESSION I FOUND IT DIFFICULT WITH MY ARTHRITIS. AFTER ATTENDING THE SESSIONS REGULARLY I FELT THAT THE PAIN FROM MY ARTHRITIS HAS REDUCED.**

**MARY HEATH - 78 YEARS OLD**



**CASE STUDY**

**NORMA HENRY  
79 YEARS OLD**

I really enjoy the sessions and we all blend in together; we are able to talk and exercise at the same time. I am willing to come to the session every Friday even though I am getting old! There is always a lovely atmosphere and I like your spirit and attitude it goes really far, and you have a lovely smile."

**GLADIS JAMES  
92 YEARS OLD**

Gladis has been attending the session for one year; she has asthma and uses a walking frame to support her to walk.

**I HAVE BEEN COMING TO THE EXERCISE SESSIONS AND I THINK I HAVE BEEN DOING REALLY WELL. ONCE I SEE YOUR FACE I KNOW ITS TIME TO EXERCISE. I TAKE PART IN THE SESSIONS AND NOT SIT BACK; OTHERWISE I WOULD BE SITTING INDOORS DOING NOTHING.**



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& HOLIDAY

## OSMANI CENTRE

**Osmani Centre is located in the Tower Hamlets ward of Spitalfields and Banglatown. It is a 150 year old Victorian building which was originally part of the Osmani Primary School.**

The current building is run down and not fit for purpose. Things became very bad when the roof began to leak severely, forcing the closure of the building for a week. In September 2008 after years of campaigning the Tower Hamlets Council agreed to the development of a new youth and community centre.

4 storey building with direct access to the Osmani Sports Hall and Multi Use Games Area which are managed by the school adjacent. The new building will be able to cater for a wide range of facilities and activities for the local community. With the construction of the new centre, Osmani Trust will build on the existing services delivered focusing particularly at children and young people.

We have watched in earnest as our builders Bowmer and Kirkland have moved like the

### THE NEW OSMANI CENTRE WILL BE A PURPOSE BUILT YOUTH AND COMMUNITY CENTRE

The new Osmani Centre will be a purpose built youth and community centre designed to replace the existing facilities located on Underwood Road. The site for the 'New' Osmani Centre is located at the junction of Vallance Road and Underwood Road. It will be a

wind in building the new Centre. From the foundations being laid in August to the present erection of the concrete shell these are truly exciting times for Osmani Trust. The completion date for the building has been set for May 2011 with the landscaping scheduled for later on in the year.

The centre will be a building for everyone and will include the following provision:

**YOUTH GYM**

This will comprise of specialised equipment to suit ages 5-18. The gym is designed to appeal to the youth and encourage them to exercise whilst having fun.

**ACTIVE STUDIO**

This will be a group exercise area where sessions will be for activities such as bawla, yoga and spinning.

**EDUCATION & EMPLOYMENT**

This will also include space for careers advice and guidance as well as an area to for job searches, CV development, and interview tips.

**COMMUNITY CAFÉ**

This will be a communal area for people to enjoy light refreshments, hot and cold food or just to relax and have a think.

**YOUTH CLUBS**

The new centre will provide a youth club with the top of the range leisure and recreation equipment so that the youth can come to socialise in a safe environment.

**TRAINING ROOM**

This will be used to deliver accredited training courses and bite-sized qualifications for groups of 16-20 young people.

**MULTI-PURPOSE HALL & KITCHEN**

This will be available for community events, healthy cooking, catering and private hire.

**ROOF GARDEN** – a peaceful area which is available with the hall hire service.

**1-2-1 & MEETING ROOMS**

This will be used for meetings and 1 to 1 advice and support.

**MULTI-USE GAMES AREA**

This will be used to take part in group sports and to promote healthy living.

**FUNDRAISING FOR FIT OUT COSTS**

As part of our commitment to the new centre Osmani Trust were tasked with raising £500,000 for fit-out costs. This has been a great challenge for us especially given the economic recession that has affected the whole nation. However not to be thwarted our membership, staff and volunteers have raised to the occasion and have been extremely creative in raising funds. These have included bucket collections, sponsored walks, climbing mountains, to jumping off aeroplanes. We have also received fantastic support from Corporate Sponsors and Grant Making Trusts. At the time of writing this report we have raised over £300,000 and are confident of raising the difference by March 2011.



**CASE STUDY**

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

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 thing 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."

**THE GROUP EACH PERFORMED A TANDEM SKYDIVE JUMPING OUT OF A PLANE AT 13,000FT.**



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# SHAATHI MENTORING

Over the last 12 months Shaathi has made a real and positive impact to the lives of children and young people. Young people were matched to positive role models who supported them through one-to-one sessions, group mentoring and residential breaks.

learning about its history and culture. We visited a Berber village and a local family who served us traditional Moroccan style tea. The trip enabled mentors strengthen and further their relationship with their mentees, as well as increase their confidence, aspiration and motivation.

## RESIDENTIAL TO MORROCCO

We visited Morocco for 7 days with a group of children,

## RESIDENTIAL TO SURREY

In October we facilitated the first girls residential weekend break. Children and young people participated with

## THE RESIDENTIAL HELPED MENTORS TO STRENGTHEN THEIR RELATIONSHIPS WITH THEIR RESPECTIVE MENTEES...

young people and mentors. Most of the mentees had never travelled outside London and this would be a unique life time opportunity for them. This was going to be their first time away from the usual home and school setting. The trip was action packed with quad biking and camel riding, whilst also completing educational tours of Marrakech and

their mentors to Surrey's PGL centre. The members participated on various group excursions as well as individual activities including zip wire and high ropes. The residential helped mentors to strengthen their relationships with their respective mentees; share their experiences of being on the programme and discuss future ways of improving the service.





### MENTOR HANDBOOK

TShaathi developed a unique Mentor Handbook that would be used for training, induction and act as point of reference for the mentors on the programme. The handbook has been a great addition for the programme and its mentors. It has made the mentoring that we offer more robust, clearer, consistent, professional and effective.

### YOUNG OFFENDER PROGRAMME

In January 2010, Shaathi were successful in gaining new funding to initiate work with young offenders. This enabled us to

deliver a specialist mentoring programme just for young offenders, providing a variety of engagement opportunities, monthly group sessions as well as residential breaks away. The programme is geared towards reducing the risk of re offending. We recruited 2 Senior Project Officers who are now mentoring the young offenders.



### 2009/2010 KEY STATISTICS:

- REACHED 110 YOUNG PEOPLE
- 66 PARTICIPANTS (5 OR MORE CONTACTS)
- 20 YOUNG PEOPLE ACHIEVED ACCREDITATION
- 66 YOUNG PEOPLE ACHIEVED RECORDED OUTCOME
- 25 MENTORING SESSIONS DELIVERED PER WEEK (ON AVERAGE)
- RESPONDED TO 5 OUT OF HOURS CALLS/ EMERGENCIES
- 16 GROUP MENTORING SESSION FACILITATED
- 6 EDUCATIONAL WORKSHOPS DELIVERED
- 4 ACCREDITED TRAINING COURSES FACILITATED
- RESIDENTIAL BREAKS ARRANGED

## CASE STUDY

### YOUNG PERSON, 18

At a very young age, I was brought to this country from Bangladesh with my uncle. I grew up not knowing who my biological parents were. I always felt for some reason that I was never accepted. At an early teenage age, I learned that my parents were actually in Bangladesh and the people that I thought were my parents were actually my uncle and aunt.

When I turned 16, I wanted to go college like my peers, but my carers had other plans. They wanted me to work and send money back to Bangladesh. I started to drink and misbehave and was arrested several times for my actions. I started to detest living with my carers as they did not understand my needs nor put me first.

I approached Social Services and they were happy to place me in a care home. Although the



family that I was living with were not Bangladeshi I really enjoyed living with them. I was then referred to Shaathi who matched me to a mentor.

The mentor came and saw me every week and we did different activities. He would be happy to talk to me and explain how to resolve my issues. I needed some advice and guidance in my life. My mentor definitely provided this.

We visited Morocco for a week with Shaathi. Other than going to Bangladeshi on one occasion, I had never travelled to any other country. I really enjoyed the trip to Morocco. I enjoyed the opportunity to visit the markets and bargain with the shop owners. I wish I could continue on the programme as having someone that puts you first is important to me.

**THE MENTOR CAME AND SAW ME EVERY WEEK AND WE DID DIFFERENT ACTIVITIES. HE WOULD BE HAPPY TO TALK TO ME AND EXPLAIN HOW TO RESOLVE MY ISSUES**



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## YOUTH CLUB AND HOLIDAY

Young people are engaged in extra-curricular activities during the evening, weekend and school holiday periods. We offer a range of experiences, opportunities and learning development.

In 2009 we started running separate youth club sessions for 8 - 13 years old. This was a real success in reaching out to the next generation of young people and doing early intervention work in the community. Regular weekly sessions included indoor sports, arts & craft and centre based activities.

**DURING THE SUMMER PERIOD WE WERE ABLE TO ACCREDIT 45 YOUNG PEOPLE IN A RANGE OF TRAINING INCLUDING CONFLICT RESOLUTION, YOUNG LEADERS AWARD AND FIRST AID.**

### SUMMER PROJECT 2009

We lead on delivering two Summer Schemes for the young people of LAP's 1 & 2. Our PAYP summer programme in the Holland Estate provided a four week scheme including a three day residential for 15 young

people to Ashcombe Adventure centre. We were a key partner in the PAYP Cohesion project, working closely with Poplar HARCA and Ocean Youth.

During the summer period we were able to accredit 45 young people in a range of training including Conflict Resolution, Young Leaders Award and First Aid.

### EXCLUDED PUPILS PROJECT

This was launched in partnership with Muslim Aid's 'Pathway to Citizenship' programme

in May 2009. We worked with young people who have been excluded from secondary school, pending exclusion or permanently excluded. We tailored programmes to meet the needs of individuals and help the pupils to re-integrate and remain in secondary education.



The young people were involved in a minimum of two hours of structured programme including mentoring, outdoor education, workshops as well as accredited training. The 1-2-1 sessions made great impact on the young people's lives, as mentors were able to give the individuals that extra push to go into school on time, develop short term plans and set goals that were realistic and achievable.



### MURAL PROJECT

12 local youths aged 14-16, were engaged in a Mural Exhibition in the Chicksand Estate, the work was done in partnership with ELBA, Allen & Overy and Deutsche Bank. The project provided opportunities for young people to meet some highly successful people that work in the City. It also provided an opportunity for the City workers to come out of their offices and build rapport with the youth and the neighbouring community.

**THE PROJECT PROVIDED OPPORTUNITIES FOR YOUNG PEOPLE TO MEET SOME HIGHLY SUCCESSFUL PEOPLE THAT WORK IN THE CITY.**

| OUTPUT   | TARGET | ACTUAL |
|--|--------|--------|
| Number of young people contacted                         | 140    | 237    |
| Number of young people engaged in 5 sessions or more     | 84     | 115    |
| Number of young people who completed recorded outcomes   | 50     | 56     |
| Number of young people who completed accredited training | 45     | 55     |

## CASE STUDY



### ABDUL BARI, 15

In the past year I started hanging around with different crowds. I slowly found myself getting involved in more and more trouble. As things started to get worse for me I didn't know who to turn to. My parents are very old and don't speak or understand much English.

I found it difficult for me to communicate my problems and would get frustrated.

My attendance and relationship at school with the teachers wasn't too good either so I would usually look at other means to stop my worries getting the best of me.

During this difficult period of my life I found that my local youth workers were extremely supportive and forthcoming to help me with my problems.

On more than one occasion

my youth worker supported me in arranging Legal Aid and attending appointments with me to the solicitors. I found it really useful and comforting at the same time that my youth worker would give up his time to meet my needs.

My youth worker helped me to deal with my problems not just by talking to me and giving me information, but rather looking at practical solutions; by making contacts with my school teachers; making several visits to my house and building a good relationship with my family.

During the annual Osmani Trust Gala Awards I was awarded 'Outstanding Engagement' as part of the Excluded Pupils Project. I realised from this that my youth workers were aware of my achievements and celebrated this with everyone else on that day.

**MY YOUTH WORKER HELPED ME TO DEAL WITH MY PROBLEMS NOT JUST BY TALKING TO ME AND GIVING ME INFORMATION AND DIRECTIONS, BUT RATHER LOOKING AT PRACTICAL SOLUTIONS.**

## OPERATIONS MANAGER'S REPORT

The last 12 months have been very demanding and stressful having to navigate through managing change, handling staff disorientation, dealing with cultural differences of two organisation and the uncertainties surrounding efficiency savings and so forth. However a number of factors that have made this stimulating & rewarding experience.

The services under my responsibility have excellent staff with a high commitment to children, young people and adults. Most staff & volunteers continue to work above and beyond their JD and contractual hours. Colleagues have gradually embraced the ideals of integrated working and developed various strategies to manage change. Our workforce is open to new ideas and has the skills and awareness to work in situations which are sometimes outside their comfort zone. Volunteers are extremely dedicated and passionate as well as positively contributing to society.

It is my belief that Osmani Trust has the experience, knowledge and skills to make a lasting difference to children, young people and adults as they make

the transition from adolescence to adulthood and beyond. We know only too well the consequences of children, young people and adults becoming disaffected from their communities – the sense of worthlessness and the drift into anti-social behaviour, drugs, crime and other social ills which can result.

We at the Trust are determined and quietly confident that we will achieve our priorities for the forthcoming year as outlined by the Senior Manager, which is underpinned by some of the following plans, strategies or documents;

1. Youth Service Plan
2. Community Plan
3. Children & Young Peoples Plan
4. Choosing Health: making healthier choices easier
5. Every Child Matters Framework
6. Joint Area Review (JAR)
7. Youth Crime Reduction Strategy
8. Third Sector Strategy

The Trust is well placed to support children, young people and adults in understanding their rights and responsibilities and to further develop them as active citizens and participants in our society.



**JOBRUL ISLAM**  
OPERATIONS MANAGER

**OSMANI TRUST HAS THE EXPERIENCE, KNOWLEDGE AND SKILLS TO MAKE A LASTING DIFFERENCE TO CHILDREN, YOUNG PEOPLE AND ADULTS**

## FINANCE & SUSTAINABILITY

The Finance and Sustainability team have borne the brunt of the merger that has led to the formation of Osmani Trust this year. New systems, procedures and structures needed to be implemented; people had to learn to work together; and stakeholders needed to be cooperative enough to enable the organisation ease into the transition. These are of course natural challenges associated with mergers and it will take a little while yet to smooth out the rough edges.

the bulk of the changes and progressing towards developing a coherent, effective and efficient department.

The other challenge under my portfolio has been the revenue fundraising. With the merger, we have an organisation consisting of 9 unique projects to sustain and develop. During 2009-10 despite the global downturn we have been quite successful in this front.

The real challenge will come in subsequent years when a

**THE REAL CHALLENGE WILL COME IN SUBSEQUENT YEARS WHEN A NUMBER OF MEDIUM TERM FUNDING SECURED EARLIER IN THIS DECADE COME TO AN END.**

Over the year we have faced varying challenges, but the most stressful of these has been transferring contracts with existing funders and stakeholders to the newly formed Osmani Trust.

Some took little time to make the necessary changes; whilst others have taken considerably longer adversely affecting the cash-flow of the organisation. Despite all this, we are now over

number of medium term funding secured earlier in this decade come to an end.

### FUNDING SECURED:

HEALTH TRAINERS (3 YEARS)

AASHA GANG CONFLICT MEDIATION (5 YEARS)

SHAATHI MENTORING (3 YEARS)

CAN DO COMMUNITY GRANTS (1 YEAR)

## STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31 MARCH 2010

|   | Unrestricted | Restricted | Total '10 |
|---|--------------|------------|-----------|
|   | £            | £          | £         |
| <b>INCOME AND EXPENDITURE</b>           |              |            |           |
| INCOMING RESOURCES*                     | 44,059       | 1,215,607  | 1,259,666 |
| RESOURCES EXPENDED                      |              |            |           |
| Direct Charitable Expenditure           | 67,220       | 1,173,584  | 1,240,804 |
| Other Expenses                          | 22,410       | 0          | 22,410    |
| Total Expenditure                       | 89,630       | 1,173,584  | 1,263,214 |
| <b>NET INCOME/ DEFICIT FOR THE YEAR</b> | -45,571      | 42,023     | -3,548    |
| Funds as at 1 April 2009 (b/f)          | 131,061      | 77,650     | 208,711   |
| Funds as at 31 March 2010               | 85,490       | 119,673    | 205,163   |

\*Funding received from LBTH, Tower Hamlets NHS, Big Lottery Fund, Henry Smith Charity, City Bridge Trust, BBC Children in Need, Sports Relief, Sport England, Football Foundation, Jack Petchey Foundation, Abel Charitable Trust, Community Fundraising.

## BALANCE SHEET AS AT 31 MARCH 2010

|                                    | £       | Total '10      |
|------------------------------------|---------|----------------|
| <b>Fixed Assets</b>                |         |                |
| Depreciating Assets                | 0       | 7,815          |
| <b>Current Assets:</b>             |         |                |
| Debtors and Prepayments            | 149,581 |                |
| Cash at bank and in hand           | 294,114 |                |
|                                    | 443,695 |                |
| <b>Creditors</b>                   |         |                |
| Amount falling due within one year | 246,347 |                |
| <b>Net Current Assets</b>          |         | <b>197,348</b> |
| <b>Total Net Assets</b>            |         | <b>205,163</b> |
| <b>FUNDS</b>                       |         |                |
| Unrestricted Funds: Designated     |         | 75,000         |
| Unrestricted Funds: Designated     |         | 10,490         |
|                                    |         | <b>85,490</b>  |
| Restricted Funds                   |         | 119,673        |
| <b>Total Funds</b>                 |         | <b>205,163</b> |

## OUR PEOPLE AND SUPPORTERS

### Patrons

Michael Bear  
Lord Mayor of City of London  
Stephen O'Brien CBE  
Chair of Barts and The London NHS

### Trustees

Syed Tohel Ahmed – Chairman  
Sati Aminur Rahman – Vice Chair  
Sirajul Islam – Vice Chair  
Shaynul Khan – Secretary  
Akrom Miah – Treasurer  
Luthfa Khanom – Executive Member  
Salma Khan – Executive Member  
Nadira Sultana – Executive Member  
Imadul Islam – Executive Member  
Abul Khayur Ali – Executive Member  
Abdul Mukhtadir – Executive Member

### Members

Dobir Miah  
Mahera Ruby  
Jahed Ahmed  
Jilu Miah  
Al-Amin  
Yusuf Khan  
Akmol Ali  
Rana Miah  
Shamsur Rahman

### Senior Management Team

Abu Mumin – Senior Manager  
Jobrul Islam – Operations Manager  
Khoirul Alam  
Finance & Sustainability Manager  
Abu Hasanath  
Business Development Manager

### Central Team

Mohibul Ahmed  
Senior Finance & Human  
Resource Officer  
Sazzad Miah  
Business Development Manager  
Abdulla Almamun  
Senior Fundraising Officer  
Jolal Uddin – Finance Officer  
Mohammed Shipu Miah  
MIS Officer  
Mostofa Khan – Admin Officer

### Health Trainers

Shelim Shakir – Team Leader  
Shamimuz Zaman – Health Trainer  
Shelly Ahad – Health Trainer  
Hamida Begum – Health Trainer  
Shajue Begum – Health Trainer  
James Ali – Health Trainer  
Mohamed Hussein – Health Trainer

### Healthy Futures

Muhammad Didar  
Project Manager  
Alema Khadim  
Health & Sports Officer  
Azad Hussain  
Community Development Officer  
Abdul Kamal  
Health & Sports Officer

### Football In The Community

Abdal Ahmed  
Football Development Manager  
Sana Miah – Senior Football Coach  
Manik Miah – Football Coach

### Amaal Girls

Khadeja Begum – Project Manager  
Eliza Begum – Youth Worker  
Thamina Khanom – Youth Worker

### Shaathi Mentoring

Saddique Ahmed  
Project Manager  
Ehsan Hoque  
Senior Project Officer  
Noorjahan Rashid  
Senior Project Officer  
Najia Firdous – Project Officer  
Mustaque Miah – Project Officer

### Youth Club & Holiday

Abdul Hasnath – Project Manager  
Ibrahim Ali – Youth Worker  
Munim Rahman – Youth Worker

### Aasha Gang Mediation

Muhammad Rabbani  
Project Manager  
Rukon Hassan  
Senior Project Officer  
Jahid Ahmed – Project Officer  
Muhinur Choudhury  
Senior Project Officer  
Muhammad Subhani  
Schools Outreach Worker  
Ebadur Rahman – Project Officer  
Razaull Ahmed – Project Officer  
Zafar Ali – Outreach Worker  
Asif Choudhury – Outreach Worker

### Education & Employment

Saiful Alam – Project Manager  
Shelu Miah – Project Officer  
Aktar Hussain Ali  
Service Link Officer  
Rubel Ahmed – Project Officer  
Hina Qayum – Project Officer

### Coaches

Ashraf Ali  
Andrew Heron  
Patricia Imbert  
Master Esrar Ahmed  
Mei Minh Luong  
Dan Varzari  
Roberto Urban  
Luca Vannella  
Steve Hallett  
Ruth Dunkley

### Volunteers

Nozrul Islam Ahmed  
Abul Kalam  
Mohammed Kajimur Rahman  
Chadnee Shah  
Aminur Rahman  
Abzal Mahmud  
Jalal Abu-Salai

### Mohammed Safian Hussain

Tahir Mortuza  
Jabin Islam  
Amad Mahbub  
Nurul Ahmed  
Shahin Abdurrahman  
Nurul Amin  
Syeduz Jaman Kamali  
Habibur Islam  
Masom Rahman  
Asab Uddin  
Akhtar Ahmed  
Ruhel Miah  
Muhammad Zakariyya  
Eklima Begum  
Sheba Begum  
Zenobia Talati  
Rugena Ali  
Asma Begum  
Halima Begum  
Zeinab Amer  
Tajmin Choudhury  
Neri Ahmet  
Saaira Gill  
Anwara Begum  
Johura Begum  
Shanaz Basit  
Farida Begum  
Mourash Ali  
Saydul Alam  
Mohammed Robbaani  
Mashfiqul Alam  
Shahjahan Ahmed  
Sazedur Khan  
Sadekul Islam  
Mamoon Al-Hassan  
Mohammed Ali Ahmed  
Fazlul Huda  
Abu Sadique  
Waliur Rahman  
Rashed Alam  
Rofikul Islam  
Mabusur Rahman  
Owen Browne  
Minara Begum  
Nargis Begum  
Arful Nessa  
Rugena Ali  
Azafur Miah  
Debbie Fullerton  
Rachel Cooper  
Shamsul Hoque  
Louise Wallace

### Just As Important People

Lutfur Rahman  
Executive Mayor of Tower Hamlets  
Dr Kevan Collins, Chief Executive  
Tower Hamlets Council  
Isobel Cattermole, Corporate  
Director – Tower Hamlets Council  
Mary Durkin  
Tower Hamlets Council  
Pat Watson  
Tower Hamlets Council  
Dinar Hossain  
Tower Hamlets Council  
Joynal Abdin  
Tower Hamlets Council

### Duncan Cameron

Tower Hamlets Council  
Kevin Munday  
Tower Hamlets Council  
Everett Haughton  
Tower Hamlets Council  
Ali Rushbridge  
Tower Hamlets Council  
Anam Hoque  
Tower Hamlets College  
Syed Dohan Nuh – Designer  
Atique Miah – Designer  
Mahera Ruby  
Tipu Miah  
Tower Hamlets Council  
Tojomul Ali  
Tower Hamlets Council  
Ian Suatt – Tower Hamlets Council  
Derek Bennett  
Tower Hamlets Council  
Florence Ogunyankin  
Senior Probation Officer  
Sylvia Barnet  
Tower Hamlets Council  
Rachel Nicholson  
Mentoring & Befriending Foundation  
Sukriti Sen  
Tower Hamlets Council  
Douglas Canning  
Tower Hamlets Council  
Aminul Hoque MBE  
Nessa Consultancy  
Tazim Uddin – Ink2Design Ltd  
Carol Rider  
Christ Church Primary school  
Jaz Gillon  
Kate Golding  
Virginia Primary school  
Kevin Coleman – Kick It Out  
Nik Trivedi – Sporting Equals  
Annette Goldband  
Tony Cisse – Connexions LEP  
Deborah Wigley  
Business 2 Business Engagement  
Jon Tychband – YMCA College  
Hannah Fox – Swanlea School  
George Manners  
Mamun Ahmed – Exoert Tech  
Zakir Khan – Canary Wharf Group  
Howard Dawber  
Canary Wharf Group  
Darren Stephenson  
Bowmer & Kirkland  
Chris Brown – Autohouse Group  
Bashir Ahmed  
Social Investment Business  
Mujibul Islam – Medialink  
Umer Sheikh – Medialink  
Nur Ahmed  
Accountants N.C. Associates  
Chris Lovitt – Tower Hamlets NHS  
Amy Potter – Tower Hamlets NHS  
Brenda Scotland  
Tower Hamlets NHS

### Funders

Abel Charitable Trust  
B2B Engage  
BBC Children in Need  
Biffa  
Big Lottery Fund  
Canary Wharf Group  
CBRE  
Charitable Trust  
City Bridge Trust  
Clothworkers Foundation  
Deutsche Bank  
Fidelity UK Foundation  
Football Foundation  
Ford Foundation  
Garfield Weston Foundation  
Help A London Child  
Henry Smith  
iLEAP  
Islamic Relief  
Jack Petchey Foundation  
LloydsTSB Foundation  
London Marathon  
Mercers Company  
Metropolitan Police  
Muslim Aid  
Newham Council  
NHS Tower Hamlets  
Poplar Harca  
Richoh UK Ltd  
Safer London Foundation  
Sport England  
Sport Relief  
Swanlea School  
Timebank  
Tower Hamlets Community  
Transport  
Tower Hamlets Council  
Tower Hill Trust  
Youth Opportunity Fund



**osmanitrust**

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[www.osmanitrust.org](http://www.osmanitrust.org)