

ANNUAL REPORT

2015- 2016



osmani
TRUST



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MESSAGE FROM THE CHAIRMAN



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Our priority remains to work with some of the most disadvantaged young people and adults through our youth programme, mentoring, education and employment, sports and health programmes.

2015-16 was another great year of achievement for the Trust. It was also one of consolidation and strengthening of the Trust in what is acknowledged by all to be a challenging economic climate, particularly for the third sector.

We have just passed a small but significant 5 year milestone in our new journey which began in 2011 with our move to the purpose built Osmani Centre. We have clearly demonstrated in this period that we are well placed to take on the challenge of managing and maximizing the use of the new centre to ensure it grows into an active, busy youth and community hub. Local communities have responded warmly and are fast making it one of the busiest community centres in the borough.

Our priority remains to work with some of the most disadvantaged young people and adults through our youth programme, mentoring, education and employment, sports and health programmes. Our mentoring service has provided more one to one support than ever to young people and their families facing multiple and complex challenges.

As services in general and particularly young people's services are reduced both in the public and third sector we have a unique and critical role to play in continuing to provide a range of vital services to meet increasing needs in the community. Our impact on our users continues to grow in significance by improving conditions and changing lives.

I am deeply grateful to all our stakeholders including our patrons, funders, members, staff and volunteers who have enabled countless 'ordinary people to do extraordinary things.' With unrelenting ambition, imagination and dedication from all, I am confident that we will continue to make greater impact in all our communities.



Imadul Islam
Chairman

OUR VISION

Helping ordinary people do
extraordinary things

OUR MISSION

To provide an excellent youth and
community service that is creative
and accessible

OUR VALUES

- Culturally Inclusive
- Open and Accountable
- Community Focused
- Inspire Change
- Be Relevant Today & Ready for Tomorrow

OUR PATRONS



Sir Stephen O'Brien CBE



Sir Michael David Bear



Sir Jack Petchey CBE





WHO WE ARE

- **We are an independent community led organisation led by a Board of Trustees**
- **We are a grass roots organisation providing holistic solutions to local challenges**
- **We are committed to empowering communities to make a difference in their lives**

WHAT WE DO

- **We offer a wide range of community, health, educational, and sporting initiatives tailored to the needs of local communities**
- **We support people, particularly those living in disadvantaged urban communities to re-engage with the mainstream society and improve their quality of life**



EXECUTIVE DIRECTOR'S FOREWORD



It's been another exciting year with a staggering 40,000 plus people using the Osmani Centre for services, events, activities, training, sports and other community purposes. The Osmani Centre has rapidly established itself as a vibrant youth and community centre at the heart of the community.

All our projects performed admirably to not only exceed targets but to provide services that were genuinely accessible, of high quality and delivered by people with a passion for serving some of the most disadvantaged and vulnerable people from our communities.

We were proud to beat heavy competition to become Sainsbury's 'Local Charity of the Year' 2015/16 and enjoyed working in partnership with their staff to raise funds for Osmani Trust. Many members of our local communities joined us on our fundraising trek at Mount Snowdon which clearly demonstrated the community support and appreciation for the services delivered by Osmani Trust.

I am honoured to have been appointed to the Young Review Independent Advisory Group to the Ministry of Justice and National Offender Management Service. On a practical level we have started to develop our offender mentoring service to meet the resettlement needs of ex-offenders in the community and plan to be part of a pilot offender management project with London wide partners.

Despite challenging economic times for all including the charity sector, we successfully managed to maintain resources to continue providing much needed services across youth, health, education and training sectors whilst simultaneously strengthening our overall financial position.

Our priority going forward is to maintain levels of existing services, build on our sustainability, increase centre and services usage and develop new services to meet unmet needs in the community such as the offender mentoring service.

The dedication, passion and commitment of our staff, trustees, patrons and volunteers are instrumental to our success and I would like to thank them for all their invaluable contributions.

Shafur Rahman
Executive Director

“
Our priority going forward is to maintain levels of existing services, build on our sustainability, increase centre and services usage and develop new services to meet unmet needs in the community

HEALTH TRAINERS

The Health Trainers programme offers advice on key health issues, provides healthy lifestyle activities and signposts people to other relevant services to support their health needs. The target groups are disadvantaged adults, vulnerable groups e.g. mental health, elderly, disabilities and people with low income or on benefits.



A key highlight of our service was that the Health Trainers registered 2,410 (against target of 2,000) participants onto its Level 1 Service (first contact and introduction). This was achieved by attending various health and community events, weekly outreach information stalls, referrals from GP practices, NHS departments, hospitals, pharmacies and community groups etc.

The Healthy Lifestyle Programme, Level 2 Service, had 1,586 (against target of 1,200) participants who were provided with a range of activities e.g. gym sessions, keep fit and body conditioning classes, Yoga & Pilates classes, cycling sessions, walking groups, badminton, chair-based light exercise classes for the elderly, community gardening and food growing, healthy eating workshops, cook and eat sessions.

During the year we provided confidential one-to-one behaviour change support, Level 3 Service, to 881 people (against a target of 400), to help them make positive lifestyle changes and reduce health inequalities. This service included 1-2-1 motivational support to client groups, initial and full assessment including a Personal Health Plan (PHP), weight management / BMI checks, fitness and exercise plans, healthy eating and nutrition plan, review and follow up at 3 months and 6 months.

Mental Health Level 1, Level 2 and Level 3 activities are similar to healthy lifestyle sessions, as described above, but tailored for the specific needs of clients with mental health.

During the Level 3 stage, 860 clients agreed to be alcohol audited, against a 400 target. This involved Health Trainers asking the client alcohol screening questions and following up with advice where necessary.

We also established two 'stop smoking' support groups.

Summary of Key Achievements & Targets 2015/16

Service level	Achievements	Targets
Level 1	2,410	2,000
Level 2	1,586	1,200
Level 3	881	400
Mental Health Level 1	423	216
Mental Health Level 2	418	48
Mental Health Level 3	246	108
Alcohol audit	860	400
Stop smoking support groups	2	2



Living with Autism

The Mums Wellness Group was set up in partnership with Living with Autism to support socially isolated mothers who have caring responsibilities for a child with Autism (ASD) and other related disabilities. The outcome is, as a result of these group sessions, women enjoy meeting socially and providing peer support. Some have engaged in other Health Trainer's physical activities including a female walking group. The social aspect of these monthly meetings has been popular and praised and is well-attended with an average of 15 women attending regularly.

Alzheimer's Society, chair-based exercise

Twice every quarter chair-based exercises were delivered by our Health Trainers to the Alzheimer's Society Dementia Café attendees, located at the London Muslim Centre. These were delivered on behalf of the Alzheimer's Society and on average 20 people attended each session.

Health Expo 2015

The Health Expo, hosted by Osmani Trust, has once again been a huge success. The event brought together professionals and practitioners from the health and wellness industries, NHS services and local community projects along with the general public to encourage a lifestyle of health and wellbeing through networking, information sharing, taster exercise sessions and awareness of local health services. There were over 30 organisations holding information stalls and over 350 attendees.

We continued to work closely and effectively with Tower Hamlets Public Health and other local service providers such as Bart's NHS Trust, MEND, Look Ahead, MIND and Community Options.

AASHA GANG MEDIATION PROGRAMME

Aasha programme focuses on young people pre-dominantly from the local BAME community aged between 13-25, who are at risk of becoming socially excluded or engaging in youth conflict, crime and drugs or anti-social behaviour.



Aasha's network once again has proven to be instrumental in preventing and responding to violence, criminality and anti-social behaviour. Significant members of these networks are young people (peer groups) which the project has previously worked with. In 2015-16 there were 3 new peer groups engaging in the Aasha Peer Programme:

- 1 Vallance Road (VRA)**
- 2 Clichy (CA)**
- 3 Christian Street (CSA)**

Impacting the lives of young people

Total number of young people recruited as Peer Workers - 88



We interviewed 24 young people who engaged in our peer programme, giving us a good assessment of their progress. We gathered baseline perception data and then interviewed them at the end of the programme to measure improvements and/or changes.

The Outcomes Star is a family of tools for supporting and measuring change when working with vulnerable people. The Outcomes Star is based on an explicit model of the process by which people make changes in areas of their life that are not working for them. The Star measures the relationship the client has with any difficulties they are experiencing by identifying where they are on their journey with each of those issues. Assessments took place on two levels – Personal Change and Social change.

1 Personal Change

These included the following areas:

Personal Change	Initial	Final	Change
Drugs/Alcohol	3.8	4.6	0.8
Well being	3.8	4.5	0.7
Security	3.6	4	0.4
Structure	3.2	4.2	1
Citizenship	3.4	3.8	0.4
Family values	4.1	4.4	0.3
	3.65	4.25	0.60
			12.0%

The most notable positive change young people felt were with structure and feeling of structure in their lives. The overall average figures changed from 3.65 to 4.25 which is a 0.60 points difference in improvement. In Summary, a total average percentage of 12.0% positive change was experienced by young people when it came to their personal development and well-being.

2 Community/Social Change

These included the following areas:

Social Change	Initial	Final	Change
Feeling safe	4	4.2	0.2
Getting to know people	3.6	4.2	0.6
Making a difference	2.3	3.6	1.3
Healthy Lifestyles	3.2	3.7	0.5
Greener choices	2.6	3.1	0.5
Learning new activities	2.3	4	1.7
	3.00	3.80	0.80
			16.0%

Aasha Engagement

Peer Work	Target	Achieved
Group sessions delivered		76
Number of contacts with young people aged 13-19	110	113
Number of young people engaged in the programme (more than 5 session)	35	42
Number of young people in nationally recognised accredited training	24	25

Youth Club Diversiory Activities	Target	Achieved
Number of contacts under 19	70	109
Number of young people engaged regularly as participants	36	41
Number of young people who achieved a recorded outcome	22	22
Number of young people who achieved a nationally recognised accreditation/certification	11	11

Summer PAPP	Target	Achieved
Number of contacts under 19	45	48
Number of young people engaged regularly as participants	32	32
Number of young people who achieved a nationally recognised accreditation/certification	10	10
Number of young people who achieved a recorded outcome	20	20

Summary of Aasha Programme	Achieved
Overall reach throughout the entire programme	270
2 Community events with the total attendance	340
Workshops specifically on gangs, drugs and ASB	21

AASHA CASE STUDY

Thamidur Rahman, 18 years old

Well, before AASHA I wasn't that concerned about my future, to be honest I wasn't confident with anything, so I didn't really focus on education or anything. However, as we all started working on the AASHA programme, we did many workshops which built our confidence up and helped us achieve our goals and visions. AASHA made me think about my future in the long and short term. I was a guy who use to 'go with the flow' and not be bothered about anything apart from what I am doing right now – that isn't the case anymore. I actually think about my decisions before I make them now.

I am glad I was a part of the peer programme, as it had a big impact on me, it made me more motivated and gave me an insight into actual life, the youth workers that were leading were inspiring. I really liked the fact that the youth workers could relate to us, come from similar street backgrounds and got what we are about. No one treated us like babies and gave us respect. They wanted to empower us, and I think that's exactly what they did.

Now that our project with AASHA has ended, I will take that motivation to drive me to my goals. I used to have no targets and look forward to nothing but now I believe that I can make something of myself and I know what I am good at. Already I have progressed and there's a lot more to come from me.

“

I am glad I was a part of the peer programme, as it had a big impact on me, it made me more motivated and gave me an insight into actual life

Thamidur

Senior Project Officer

When we first met Thamidur, all he wanted to do was show-off and was never concerned about repercussions of his actions. He was never thinking long term and always out to impress his friends. Getting in trouble was a part of life for him, as long as his friends were always with him.

As we started working together, he realised that his friends won't always be there. He understood his friends were not of the same thinking and were developing themselves while he was doing nothing. He had no idea about what he may want to do in the future, apart from very ambitious (sometimes totally unrealistic) plans that he hadn't really given much thought to. I think the breakthrough came when we did a workshop on goals/visions. It sparked something in him, he realised that he needs to take steps now to achieve things for his future.

Response and Mediation

Aasha worked with a wide range of agencies and stakeholders to mediate between conflicts which include Police, Safer neighbourhood teams, local council, Resident Social Landlords and many more. Aasha was involved in mediating in 12 major incidences, involving 6 - 15 people directly per incident, including the following:

Attempted Murder (July 2015)

A 19 year old who was stabbed and left fighting for his life in ICU by a group of young men after an altercation. This soon escalated when a local young person from the same area recorded the incident and uploaded this onto social media which infuriated the friends of victim. This led to a serious situation where Aasha helped to resettle the family away from harm and also mediated with the all sides. Staff also stopped further escalation when 50+ young men gathered armed with weapons to retaliate by dissuading the victim and his friends from seeking revenge. The victim was encouraged to pursue the matter through the criminal justice system. Aasha was involved in emergency strategy meetings with the police and key members of the safer neighbourhood team to help defuse and reduce any threats in the area which Aasha is still continuing to be part of.

Territorial Conflict (November 2015)

Two groups of young people came into conflict on a busy main road whilst driving. There were three cars full of young people from two different areas that used weapons to attack each other, leaving some in hospital. This led to young adult men from their own areas to get involved. Guns were drawn by them however fortunately at that time, shots were not fired. Police got involved but couldn't get any details from any sides. Both sides were heavily armed and were ready to go to an all-out gang war. The Aasha team met with up with representatives from both sides and brokered a fragile truce to prevent it leading to an all-out gang war.

Future Projects/ Programmes

We are developing a mentoring programme for ex-offenders which will support young BAME and/or Muslim men released from custody or given community sentences to provide support with resettlement and to create a positive change in order to reduce the chance of re-offending. We have already started talks with London Probation and MOPAC to explore partnership work.



AMAAL GIRLS

Amaal means hope and aspiration. Throughout the year we have maintained the running of our once-a-week club sessions for young women, aged between 8 and 25. We have successfully delivered the Mainstream Grant funded programme (ended in September 2015) and other youth service programmes. Our summer programmes, as ever, were successful and remain popular.



Amaal has entailed a re-visioning of its work to be more reflective of service users and community needs. Through regular consultations and one-to-one sessions, we are continuing in building urgent education on body health, active life styles and safety from gender-based and/or sexual violence against young women.

Highlights

An International Women’s Day seminar was held in March at the Osmani Centre. The seminar was planned, organised and delivered successfully by young women from the local community. 30 young girls attended, bearing in mind the seminar was on a school day, along with a further 100 people ranging from parents to local residents and stakeholders. At the seminar, some of the young girls took lead in giving speeches, while others helped with hosting and talking to professionals and parents about their experiences as a young woman.

Kingswood Residential

Amaal Project took 20 young women to a 3 day residential, focussing on personal development, being independent, making choices and working as a team. Activities included team building exercises, rope challenges, canoeing and orienteering. Along with workshops the young people worked towards a Peer Mentoring ASDAN accreditation.

Summer Holiday Programme

Amaal delivered a full summer programme for girls and women at Osmani Centre. The programme attracted many young women and girls who were able to enjoy an array of activities and workshops. The theme of the programme was “being healthy and staying safe” seeking to raise awareness amongst young women and girls.

Half term programmes (Oct 2015, Dec 2015 and Feb 2016)

Amaal delivered half term programmes that were hugely successful. Young girls enjoyed numerous activities, workshops and excursions that helped them with their lives as well as empowering them. These programmes were extremely popular with young women and girls.



Amaal outputs/outcomes

Category	Targets	Achieved
Contacts	141	196
Participants	99	154
Recorded Outcomes	68	79
Certified/ Accredited Outcomes	36	38

EDUCATION AND EMPLOYMENT

The project offers a comprehensive support programme to help young people (16-24 years) into education, training and employment.



The project has established vital links with key service providers to ensure that young people are provided with the right service according to their needs; this included Tower Hamlets Youth Service, Job Centre Plus, Bart's Health NHS Trust, Aim Skills Development, 15billion, Idea Store, Employment Solutions, London Open College Network, Skills Match, Tower Hamlets College, Working Links, Way to Work, Swanlea School, London College of Beauty Therapy and many other organisations.

We are an approved training organisation, registered on the Skills Funding Agency (SFA) Register of Training Organisations (ROTO) and an approved center with Pearson (EDI, Edexcel), ABC, ASDAN and Matrix standard.

Apprenticeships

We successfully placed 9 people onto the Advanced Level Business Admin apprenticeship course out of which 5 have achieved and 4 expected to complete by September 2016. The apprenticeship is a combination of BTEC, functional skills in English, Mathematics and ICT. We secured further employment for 88% of our apprentices.

Leaving Care Services

We delivered 2 cohorts of structured functional skills course to Leaving Care clients from LBTH council. This is a specialist service for vulnerable clients between the ages of 16-24. Some of these clients are socially excluded, lack in confidence, have no formal education, are potential risks to their selves and very unlikely to be employed. Each course was 9 weeks long 3 days a week. The course covered accredited qualification in English & Mathematics. LBTH referred to us 13 clients for registration of which 10 qualified with us. It also encompassed communication skills, socializing skills and leisure activities. The interactive class based learning was very successful and has made a positive impact to their lives. Some of these clients have moved onto further education while others have secured employment.

Partnership work with NHS

Our partnership agreement with Bart's Health NHS Trust has helped us to support 11 candidates into employment in various roles within the Trust.



Jobs, Skills and Prosperity Routeways to Employment

As part of LBTH Mainstream Grant (MSG) agreement, we provided information, advice and guidance, non-accredited training (CV writing, job search, interview skills, communication skills), work placement, accredited training, and employment. The objective of this programme is to develop the capacity, knowledge and skills of young people, especially those marginalised by the labour market. By delivering these services we expect an increase in participant's confidence, employability skills and interpersonal skills.

Service	Description	Target	Achieved
Main Stream Grant	Initial Engagement & IAG	80	80
	Individuals Capacity Building (Non-accredited training)	40	40
	Provide Accredited Training to clients	20	20
	Place individuals into work placement	20	20
	Secure Employment sustained for a minimum of 4 weeks	20	20

OC ACTIVE

OC Active Programme is a health and physical activity programme tailored to meet the needs of children and young people (8-19). It is designed to embed healthy lifestyle solutions that can be transferred to their friends and family.

Funded by the Big Lottery Fund for 5 years, this programme is currently in year 4 and covers all of Tower Hamlets.



OC Active Programme aims:

- To improve the health and well-being of children and young people (8 – 19) living in Tower Hamlets
- To help parents/guardians/carers become more aware of health needs of their children and better able to offer healthier options and guide them onto healthier lifestyles.
- To enable young people acquire skills to deliver health provisions and give healthy living advice.
- Help and facilitate young people to successfully complete health related accredited training. Support young people to show commitment to sustain their health benefits by enrolling them on sports and physical activities programme after their engagement in OC Active.
- By working with siblings and family/parents OC Active is also preventing childhood obesity.

OC Active target group:

- Children and young people who are overweight and obese and their siblings
- Children living in poverty
- Disadvantaged children and young people
- BAME communities
- Girls and young women
- Work with parents and siblings to introduce healthy lifestyles

What does OC Active do?

- Deliver 8-10 week cohorts of Healthy Lifestyles Programme including sign-posting to weekly physical activity sessions, sports coaching, weight management programme.
- Volunteer opportunities for young people
- Workshops on healthy living to young people and parents
- Accredited training and qualifications
- Annual sporting events

We continue to work in close-cooperation with Tower Hamlets Public Health, MEND – NHS, Central Foundation Girls School, Canon Barnet Primary School, Al-Mizan Primary School and LBTH Sports Development Team and are grateful for their support.

Healthy Lifestyle Programme (HLP) 8-10 weeks Cohorts

OC Active has delivered 6 Cohorts of Weight Management Programme engaging over 60 young people. 4 Cohorts were delivered at our Centre and 2 in different local secondary schools. Young people attended 8 or 10 week programmes that included 1 hour nutritional theory (classroom based session), and a second hour of physical activity session. Young people set SMART health goals and a BMI assessment is undertaken.

Over 60 young people engaged in weekly sports & physical activity programmes - football, badminton, basketball, and boxing with an average attendance of 10-15 per session. This is in addition to the young people enrolled onto the Weight Management Programme. Young people from the Weight Management Programme are also sign-posted to our weekly sports & physical activity sessions to support their continuous health improvement.

OC Active has also built a new working relationship with 'MY TIME ACTIVE', an organisation delivering Weight Management Services in the borough after winning the NHS tender. We have been working together to deliver a Teens Programme, this is work in progress.

Boys' Football Coaching and Youth Football Teams

Our football coaching sessions at Stepney Green 3G attracts over 25 young people of different age groups, background and social standing on a weekly basis. Volunteers with FA Level 1 or 2 qualifications in football coaching lead the sessions. Coaches gain experience in delivering sessions and enables them to gain further accreditation in sports. Players that show good progress and potential also get to play matches by joining youth teams (FC Osmani) which participates in Tower Hamlets Youth League & youth tournaments of different age groups.





Girls' Basketball

Our girls' basketball is one of the most popular sessions we deliver. Our session caters for participants that are aged 16+ and is delivered by qualified level 2 female basketball coaches. We have over 20 girls attending on a weekly basis from diverse backgrounds and walks of life.

Girls' Football and Badminton

These are introductory sessions for young people that are inactive and not engaging in regular sports. Over the years these sessions have become very popular with over 15-20 girls attending per week on average. The sessions make use of volunteers who are sports leaders or young people interested in gaining sports accreditation.

Mother and Child Sports

This session naturally developed from our healthy lifestyle programme where some of the mums wanted to participate in sports with their children. The Sunday session is a closed session with parents and their children engaging in activities such as football and badminton.

Weekly Sports sessions/coaching 2015/16

Sports Session & Annual Events 2015/16	Average per session	Number of sessions/games	Total attendance
Girls Basketball Coaching (Sports Hall)	20	43	860
Boys Football coaching @ Stepney 3G (ages 7 -14)	25	47	1175
Boys Multi Sports (Sports Hall) Ages 13-16	15	43	645
Girls Badminton (Sports Hall)	12	43	516
Boys Football (Sports Hall) ages 16+	14	43	602
Mother & Child Sports (Sports Hall)	10	43	430
FC Osmani u10s league football & cup matches (Mile End Leisure Centre)	8	30	180
FC Osmani u12s League Football & Cup matches (Mile End Leisure Centre)	10	35	350
FC Osmani u14s League Football & Cup matches (Various venues)	14	28	392
Girls Football (Sports Hall)	12	43	516
Total	140	398	5666



Can Do Community Grant

Osmani Trust manages the Can Do Community Grants for Tower Hamlets North West Cluster. The programme distributes small grants of up to £500 available to individual community members or informal community groups. 18 community projects received a grant of up to £500 each to promote healthy living and active lifestyles.

Key targets:

- Award £5000 community support to north west cluster
- Organise Training for Award winners & participants borough wide
- Organise, train-up Community Assessment Panels (Representative of ward cluster)
- Deliver celebration event borough wide

Achievements:

- Received 38 grant applications
- Panel awarded 18 applications community start up support
- Delivered a fundraising and project management training for 12 participants
- Hosted an Emergency First Aid Training course for 15 participants
- Recruited and trained 9 grant decision making panel members from diverse backgrounds
- Delivered borough wide celebration event
- Can Do grant funded projects benefited over 270 residents and community members

Tower Hamlets Community Cup and Family Fun Day (10th Anniversary)

In August Osmani Trust hosted the annual Tower Hamlets Community Cup (THCC) and Fun Day at Mile End Leisure Centre. It was the 10th anniversary year. This year's THCC was sponsored by Canary Wharf Group, supported by Tower Hamlets Sports Development and Swan Housing. Over 500 young people took part in one of the borough's largest youth football tournament. In addition, over 200 supporters and family members were treated to an array of activities, ranging from henna, face painting, bouncy castles and remote control car racing, organized by the Tower Hamlets Sports Development Team.

Participating teams came from Tower Hamlets, Newham, Islington, Hackney and Camden.

Annual Events	Attendees	No. of teams	Total attendance
Tower Hamlets Community Cup & Family Fun Day 10th Anniversary	Young people & family	50	600+
Canary Wharf Cup 2015	Young people & family	16	160+



SHAATHI MENTORING

The Shaathi Mentoring Project continues to support some of the most vulnerable young people and families in Tower Hamlets. The project helps children, young people and families by addressing needs and overcoming immediate challenges.



Our proven track record of supporting those that have complex, interlocking and multiple needs have given our partners and funders the confidence to continue to support our work.

We continue to build close working relationships with Social Services, schools, Parents and Children Centres/Teams, Child and Adolescence Mental Health Service, Pupil Referral Unit and many others. Most of our referrals come from the above sources.

Youth Mentoring

This strand of mentoring focusses on one-to-one mentoring support by youth mentors for up to 6 months, to help address imminent pressures and challenges faced by young people including:

1. Dealing with anti-social behaviour, truancy and poor family dynamics
2. Dealing with poverty and financial difficulties
3. Enabling positive and constructive use of time
4. Providing a positive role model
5. Raising aspirations/confidence
6. Enable them to make informed choices and decisions; take control of their lives; building communication skills
7. Supporting them in accessing the services and opportunities that they require; access and improve outcomes from education and/or training opportunities
8. Acquiring new skills to develop and pursue their life goals and aspirations

This year we continued to work closely with LBTH social services, schools and CAMHS, our main sources of young people referrals. We received 29 referrals and engaged with 29 young people.

Youth Mentoring	Output
Referrals Received	29
Mentoring relationship set up (for up to 6months) Young people and children	29
Mentors recruited, inducted and trained	17

CASE STUDY



A young boy X (aged 11) did not have the space or freedom to engage in positive activities outside of the school. He stayed at home with his mother who suffered from depression from being a victim of domestic violence and he played a very responsible role within the family.

The family were initially residing outside of London, however due to domestic violence the mother fled and came to London in 2006. His older brother was in care due to the level of violence he was exhibiting towards his family, including his siblings. In addition to this his elder sister had threatened him with a knife earlier in the year and she currently stays with dad in their hometown.

X had understandably created a very strong bond and relationship with his mum due to them being the only residents at their home. He subsequently took on responsibility in the absence of the father and elder brother and this was taking its toll on him. He had put on a lot of weight and did not go out the house for any sports or activities and he had very few friends who were limited to school. He was also suffering from low self-esteem and confidence, lacked social skills and showed strong signs of withdrawal. It was evident that he lacked a positive role model to take him out and engage him in positive activities and meet other young people.

Shaathi provided the young person with targeted one to one mentoring to help him overcome some of his current issues and challenges. We supported him in helping around at home with letter translating and visiting banks to pay bills which he undertook on behalf of his mum. Shaathi also encouraged and assisted him in starting to exercise and live a healthier lifestyle through signposting and accessing regular exercise sessions on a fortnightly basis. Subsequently he lost over 9Kg in the 7 months of engagement, which he was ecstatic about. This also did wonders for his confidence and self-esteem.



Family Mentoring

Family work, mediation and one to one support

Parents and young people receive regular intensive support from the Family Mentoring Officer and mentors; this includes one to one home visits for parents and young people, family mediation work and family building activities. Needs are assessed and addressed through initial assessments, family action plans, progress monitoring and exit evaluations.

Parenting Courses

Shaathi partnered with the Tower Hamlets Strengthening Families facilitators to offer parenting courses and workshops, some of which were designed and delivered meeting specific needs of the families on the family mentoring program. This helped them acquire and share skills and experiences to enable them to manage difficult situations with their children and families.

Topics covered including behavioural and conflict management, building and strengthening family relationships, stages of child development, building trust and fragile relationships, looking at deeper dynamics in the family and environment, safeguarding children from grooming, sexual exploitation and radicalisation.

By educating parents and guardians we create awareness, equip families with knowledge and skills that improve the chances of their children/families having a more productive future. The workshops have also helped parents find confidence to set up their own support group.

Volunteer Mentors

Volunteer mentors are recruited, trained and offered support from the Family Mentoring Officer; they are offered regular supervision, access to further training, and opportunities to take part in in-house group workshops. Volunteer mentors who come from a wide range of professional and community backgrounds have been a crucial part of the programme delivery. A number of young people and parent beneficiaries have expressed interest in becoming volunteer mentors in the future to help others like themselves.

Parent support network

Working with the Family Mentoring Officer a number of parents have created their own support network. Still in its early stage, the aim is to help parents in similar situations support one another. Often parents feel isolated in their situation thinking they are suffering alone. The parents support network can reduce the isolation they feel and help bring some normality and peer perspective to their own situations whilst widening their social networks.

Family Mentoring	Output
No. of families supported	41
No. of family meetings taking place	91
Support sessions delivered by Family Mentors (all)	337
No. of workshops facilitated for young people	4
No. of young people attending workshops	15
No. of Parenting workshops for parents, guardians, and carers	6
No. of Parents attending workshops	15
No. of volunteer mentors recruited and trained	8
No. of family members supported	205
No. of one to one support sessions with individual family members	271
No. of group activities delivered	24



OSMANI CENTRE

The Osmani Centre provides a great contemporary location for our offices as well as a youth and community centre.



At the heart of it is our youth centre comprising an entire floor of games, training and activities room. The centre also has training/meeting rooms, fitness studio, multi-gym space and changing rooms. Other facilities include a large seminar hall, catering kitchen and a roof garden. Most of these facilities are also available for hire to organisations and the local community.

This year the Centre catered for over 40,000 users from a wide range of public, private and community organisations as well as local residents for community events, meetings, training, seminars, sports and fitness classes. A variety of user groups made use of the centre's facilities including young people, women, people with disabilities and their families, adults with mental health, parents, the unemployed, elderly groups and various BAME groups. The Osmani Centre has successfully developed into a vibrant busy youth and community hub for the whole community.

Mount Snowdon Trek

On the 17th of October 2015, we invited the public to participate in our Charity Mount Snowden Trek to support our existing projects across youth, health and education and training. Osmani Trust led a team of 40 participants to climb Mount Snowdon in Snowdonia National Park, Wales. It was a great experience for all, fun, challenging and most importantly it was for a good cause. A real sense of community volunteering was created as participants helped fundraise from friends and family. In total Osmani Trust supported by Sainsbury's and Nafas raised £8,898 from this event. A big thank you to all those who volunteered, participated and donated.

Community Bazaar

The Osmani Centre hosted its first community Bazaar in July with a wide range of stalls offering clothes, jewellery, fashion accessories, cakes and confectionery for local residents. Due to its success we followed up with another Bazaar later in the year. Over 600 people attended both events. It was a great way to bring hundreds of local people together for shopping socialising and fun.

STATEMENT OF FINANCIAL ACTIVITIES

	Unrestricted	Restricted	Total
INCOME AND EXPENDITURE	£	£	£
Incoming Resources	526,296	414,099	940,395
Resources Expended			
Voluntary	961	160	1,121
Fundraising	9,688	13,557	23,245
Charitable Activities	199,688	377,693	577,381
Administrative	236,818	-	236,818
Total Expenditure	447,155	391,410	838,565
NET INCOME/DEFICIT FOR THE YEAR	79,141	22,689	101,830
Funds as at 1 April 2015	-64,226	69,689	5,463
Fund Movement	-5,161	5,161	-
Funds as at 1 April 2016	9,754	97,539	107,293

BALANCE SHEET

	£	Total '16	
Fixed Assets			
Tangible Assets		160,129	
CURRENT ASSETS			
Debtors & Prepayments	85,964		
Cash at bank and in hand	121,472		
	207,436		
CREDITORS			
Amount falling due within one year	109,521		
NET CURRENT ASSETS		97,915	
		258,044	
CREDITORS			
Amount falling due more than one year		150,751	
TOTAL NET ASSETS		107,293	
FUNDS			
Unrestricted Funds: General		9,754	
Restricted Funds		97,539	
TOTAL FUNDS		107,293	

