



osmaniTRUST



SUMMER PROVISION 2010

Foreword

Osmani Trust – *“Ordinary people doing extraordinary things”*

School's over, lots of free time... so what to do? This brochure aims to answer that very question. There are activities for everyone, so there really is no excuse to be bored!

This booklet gives details of all our provisions in London Borough of Tower Hamlets during the school summer holidays.

Osmani Trust aims to support children, young people and adults through their transition from childhood to adulthood and beyond, to enable them to explore opportunities to fulfil their potential and to empower them by offering a wide range of activities to develop their knowledge, skills and attitude to fully participate in society.

There are a wide range of daily activities on offer for children, young people and adults. Some projects cater for specific activities, such as particular sports, whilst others offer a variety of activities throughout the day and evenings. Special

events or activities are included too such as the Community Cup, Girls Sports Day and Badminton Tournament.

Most activities are free therefore children, young people or adults can just turn up on the day without needing to book spaces. However, some trips or activities involve a small charge and need to be booked in advance to avoid disappointment.

All details were correct at the time of going to press, but if in doubt or have any queries please do not hesitate to contact us on **020 7247 8080** (ask for the specific project).

Enjoy the summer!



**JOBRUL
ISLAM**

OPERATIONS
MANAGER

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About Us

Osmani Trust is a youth and community organisation based in Tower Hamlets and Newham. The Trust offers a wide range of community, health and sporting initiatives tailored to the needs of the community. It aims to provide a holistic service, which helps people, particularly those living in disadvantaged urban communities to re-engage with mainstream society and improve their quality of life.

Youth Club & Holiday Project

The Youth Club & Holiday Project is one of the early projects of Osmani Trust. The project offers a wide range of recreational, physical and educational activities to young people aged between 8 to 19 years. Provision is catered to the needs of the service users by carrying out regular consultation with the young people. It is also the first point of contact for many young people and has resulted in good relationship between youth workers and young people, especially the hard to reach sector of the youth population who are disengaged from any form of mainstream provision



WOW!

**I ENJOY
ATTENDING
THE YOUTH
CLUB** - K. AMIN, 13



**THE PROJECT
HAS HELP ME
TO STAY OUT
OF TROUBLE**

- R. HUSSAIN, 16

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
26th July	27th July	28th July	29th July	30th July	31th July
<p>2pm - 5pm Registration & Introduction</p> <p>Food & Hygiene</p> <p>6pm - 9pm General cub activities</p>	<p>2pm - 4pm Registration/Introduction & bookings</p> <p>Indoor sports session</p> <p>6pm - 9pm Unity football League</p>	<p>2pm-5pm Cardrome</p> <p>6pm-9pm General cub activities</p>	<p>12pm - 5pm General cub activities</p> <p>6pm-9pm Workshop: Cooking session</p>	<p>2.30pm - 5pm Ice Skating</p> <p>6pm - 9pm General cub activities</p>	<p>Community Cup (All Day)</p>
2nd August	3rd August	4th August	5th August	6th August	7th August
<p>Residential</p> <p>6pm - 9pm Indoor Sports</p>	<p>Residential</p> <p>6pm - 9pm Unity football League</p>	<p>Residential</p> <p>6pm-9pm General cub sessions</p>	<p>Residential</p> <p>6pm-9pm General cub sessions</p>	<p>11am - 4pm Stubbers Adventure</p> <p>6pm - 9pm General cub sessions</p>	<p>Annual Football Tournament (All day)</p>
9th August	10th August	11th August	12th August	13th August	14th August
<p>11am - 1pm Conflict Resolution (Accredited training)</p> <p>6pm - 9pm Indoor Sports</p>	<p>11am - 1pm Conflict Resolution (Accredited training)</p> <p>6pm - 9pm Unity football League</p>	<p>2pm-5pm Conflict Resolution (Accredited training)</p> <p>6pm-9pm General cub sessions</p>	<p>2pm-5pm Conflict Resolution (Accredited training)</p> <p>6pm-9pm Ten-pin bowling</p>	<p>2.30pm - 5pm General cub activities</p> <p>6pm - 9pm club competitions</p>	<p>11am - 4pm CSLA (Accredited training)</p>
16th August	17th August	18th August	19th August	20th August	
<p>11am - 4pm Conflict Resolution (Accredited training)</p> <p>6pm - 9pm Indoor Sports</p>	<p>11am - 4pm Jet skiing</p> <p>6pm - 9pm Unity football League</p>	<p>Snow Boarding (Milton Keynes)</p> <p>(ALL DAY)</p>	<p>12pm - 5pm General cub activities</p> <p>6pm - 9pm Workshop Young parenting</p>	<p>2.30pm - 5pm General cub activities</p> <p>IFTAR GATHERING AND AWARDS</p>	

Operational Hours: 2pm - 5pm and 6pm - 9pm

Football In The Community

Osmani Trust have been running the Football In the Community (FITC) project since November 2005, funded mainly through the Football Foundation.

The FITC project aims to increase access and participation for all young people living in Tower Hamlets through various football initiatives.

I GET A BUZZ OUT OF WINNING

- K. ISLAM, 14



FOOTBALL KEEPS ME BUSY AND FOCUSED

- P. GEORGE, 15



Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
27 th July	28 th July	29 th July	30 th July	31 th July	01 st August
	8pm – 10pm Open Age Training Mile End Leisure Centre		6pm – 8pm Under 15 Youth Team Coaching Osmani Centre	7am – 6pm Tower Hamlets Community Cup Mile End Leisure Centre	Various Times BFA Summer League (U13 & OA Team) Victoria Park
03 rd August	04 th August	05 th August	06 th August	07 th August	08 th August
10am – 2pm Soccer Camp Osmani Gym Residential	10am – 2pm Soccer Camp Osmani Gym Residential	10am – 2pm Soccer Camp Osmani Gym Residential	6pm – 8pm Under 15 Youth Team Coaching Osmani Centre	9am – 5pm Referee Course Osmani Centre	9am – 5pm Referee Course Osmani Centre BFA Summer League (U13 & OA Team) Victoria Park
10 th August	11 th August	12 th August	13 th August	14 th August	15 th August
			6pm – 8pm Under 15 Youth Team Coaching Osmani Centre	9am – 5pm Referee Course Osmani Centre	BFA Summer League (U13 & OA Team) Victoria Park
17 th August	18 th August	19 th August	20 th August	21 st August	22 nd August
			6pm – 8pm Under 15 Youth Team Coaching Osmani Centre		



**TAEKWONDO
KEEPS ME
ACTIVE & FIT**

- A.KELLY, 14

**HF IS DOING
A FANTASTIC
JOB IN
INSTILLING
HEALTHY
LIFESTYLE**

- A.KHAN

Healthy Futures

Healthy Futures works with children aged from 5 years across to adults, delivering sporting activities and health workshops. It has specific interest in working with children who are obese or underweight, people who are not partaking in any physical activities or exercise, and people from an ethnic minority background whom are disadvantaged or at risk of being disengaged with mainstream society. We are making a significant contribution towards the 5 hour sport offer for children and young people through schools based and community sporting activities.



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26th July	27th July	28th July	29th July	30th July	31st July	01st August
3pm – 5pm	3pm – 5pm	3:15 – 4:15	6:30 – 8:00pm	4pm – 6pm	07th August	08th August
School based Badminton	School based Football (Year 7)	School based Badminton	Girls basketball (ages 16+)	Boxing (ages 5-25)	14th August	15th August
Rokeby School	Rokeby School	Rokeby School	Osmani Centre	Froud Centre	21st August	22st August
					12pm – 2pm	1pm-3pm
					Children's Badminton (Ages 8-18) Osmani Centre	Badminton open age Osmani Centre
02nd August	03rd August	04th August	05th August	06th August		
3pm – 5pm	3pm – 5pm	3:15 – 4:15	6:30 – 8:00pm	4pm – 6pm	12pm – 2pm	3pm-5pm
School based Badminton	School based Football (Year 7)	School based Badminton	Girls basketball (ages 16+)	Boxing (ages 5-25)	Boxing (Ages 5-25) Limehouse (Tbc)	Girls taekwondo (ages 5+) Osmani Centre
Rokeby School	Rokeby School	Rokeby School	Osmani Centre	Froud Centre	4pm – 6pm	5pm-7pm
09th August	10th August	11th August	12th August	13th August		
3pm – 5pm	3pm – 5pm	3:15 – 4:15	6:30 – 8:00pm	4pm – 6pm	Girls Boxing (Ages 5-25) Osmani Centre	Boys taekwondo (ages 5+) Osmani Centre
School based Badminton	School based Football (Year 7)	School based Badminton	Girls basketball (ages 16+)	Boxing (ages 5-25)	2pm – 3pm	
Rokeby School	Rokeby School	Rokeby School	Osmani Centre	Froud Centre	Football (Ages 5-16) Osmani Centre	
16th August	17th August	18th August	19th August	20th August		
3pm – 5pm	3pm – 5pm	3:15 – 4:15	6:30 – 8:00pm	4pm – 6pm	3pm – 4pm	
School based Badminton	School based Football (Year 7)	School based Badminton	Girls basketball (ages 16+)	Boxing (ages 5-25)	Girls Badminton (Ages 8-18) Osmani Centre	
Rokeby School	Rokeby School	Rokeby School	Osmani Centre	Froud Centre		

**I AM 92
YEARS OLD
& COME
TO THE
EXCERCISE
SESSIONS**

- G. JAMES



Health Trainers

The Tower Hamlets NHS commissioned out the Health Trainers initiative in 2006.

Osmani Trust were one of the appointed host organisations who were selected for their capacity and skills resources to be able to develop and deliver the Health Trainers programme to a wide range of populations with diverse health needs. The programme currently offers a range of physical activity sessions for both men and women including gym, swimming, football, badminton, basketball, walking, aerobics, keep fit, yoga and chair based exercises for the elderly on a weekly basis. In order to educate and empower local people, the Health Trainers also deliver the 'Healthy You' campaign with various workshops at local community centres, leisure centres, idea store and schools; topics include healthy eating and nutrition, smoke cessation and benefits of regular exercise.



**THANK
YOU SO
MUCH FOR
HELPING
ME GIVE UP
SMOKING**

- J. ALLISON



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12th July 9 – 12:30 pm Mowlem Children's Centre stall for smoke cessation and healthy lifestyles	13th July 2 – 3 pm Providance Row Health workshop	14th July 12.30pm – 2.30pm LMC Smoke Cessation Stall	15th July 10 am – 1pm Men's summer activity day trip Shadwell Basin	16th July	17th July 12.30pm-2pm Link Age+ Retire Ready Programme Idea Store (Whitechapel) Health Stall	18th July
19th July 1.30pm – 3pm Smoke Cessation Stall Idea Store (Whitechapel)	20th July Colon Cancer Awareness event 10.00am – 3.00pm	21th July Colon Cancer Awareness event 10.00am – 3.00pm	22th July	23th July	24th July	25th July
26th July 1.30pm – 3pm Smoke Cessation Stall Idea Store (Whitechapel)	27th July Middleton Green Road Show Event Time to be confirmed	28th July 10am – 4pm Bengali Disability Awareness 2010 Swanlea School	29th July Collingwood Estate Road Show Event Time to be confirmed	30th July	31th July 9am-5pm Community Fair	1st August 10am-5pm Sonali Othith Masters Cup Mile End
2nd Aug-6th Sept 1.30pm – 3pm Smoke Cessation Stall Idea Store (Whitechapel)	3rd August 1.30pm – 3pm Smoke Cessation Stall Idea Store (Whitechapel)	2nd Aug-6th Sept 1.30pm – 3pm Smoke Cessation Stall Idea Store (Whitechapel)	5th August	6th August	7th August	8th August

Education & Employment Project

The Education & Employment Project is a relatively new project of Osmani Trust. However, since its inception in April 2006 it has made tremendous progress. The project offers a comprehensive support programme to help young people (15-25 years) into education, training and employment.

It supports young people who are traditionally 'hard to reach' and those who are classified as NEET (Not in Education, Employment and Training) to access education, training and employment opportunities.



**GREAT
1-2-1
SESSIONS**

- A. MIAH, 23

**FRIENDLY
AND ALWAYS
HELPFUL
STAFF**

- M. AHMED, 18



**MY
PERSONAL
ADVISOR
HELPED ME
CONSTRUCT
MY C.V**

- R. ALI, 21



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12th July	13th July	14th July	15th July	16th July	17th July	18th July
10:30am-5:00pm Youth Apprenticeship	10:30am-5:00pm Youth Apprenticeship		10:30am-11:30am Job Brokerage	3pm - 6pm 1-2-1 Drop in Sessions		
10:30am-12:30pm 2:00pm - 4pm 1-2-1 Drop in Sessions	10:30am-12:30pm 2:00pm - 4pm 1-2-1 Drop in Sessions	3pm - 5pm Outreach	3pm - 5pm Job Preparation Session			
19th July	20th July	21th July	22th July	23th July	24th July	25th July
10:30am-5:00pm Youth Apprenticeship	10:30am-5:00pm Youth Apprenticeship		10:30am-11:30am Job Brokerage	3pm - 6pm 1-2-1 Drop in Sessions		
10:30am-12:30pm 2:00pm - 4pm 1-2-1 Drop in Sessions	10:30am-12:30pm 2:00pm - 4pm 1-2-1 Drop in Sessions	3pm - 5pm Outreach	3pm - 5pm Job Preparation Session			
26th July	27th July	28th July	29th July	30th July	31th July	1st August
10:30am-5:00pm Youth Apprenticeship	10:30am-5:00pm Youth Apprenticeship		10:30am-11:30am Job Brokerage	3pm - 6pm 1-2-1 Drop in Sessions		
10:30am-12:30pm 2:00pm - 4pm 1-2-1 Drop in Sessions	10:30am-12:30pm 2:00pm - 4pm 1-2-1 Drop in Sessions	3pm - 5pm Outreach	3pm - 5pm Job Preparation Session			
2nd August	3rd August	4th August	5th August	6th August	7th August	8th August
10:30am-5:00pm Youth Apprenticeship	10:30am-5:00pm Youth Apprenticeship		10:30am-11:30am Job Brokerage	3pm - 6pm 1-2-1 Drop in Sessions		
10:30am-12:30pm 2:00pm - 4pm 1-2-1 Drop in Sessions	10:30am-12:30pm 2:00pm - 4pm 1-2-1 Drop in Sessions	3pm - 5pm Outreach	3pm - 5pm Job Preparation Session			



**I REALLY
ENJOY THE
ACTIVITIES
OF AMAAL**

- T. KHANAM, 15

**IT'S A
GREAT
PLACE
TO BE IN**

- T. HOQUE, 15

Amaal Girls Project

Amaal means Hope and Aspiration. Established in 1992, the Amaal Girls Project works with young women aged between 8 and 25. Amaal delivers a range of activities and opportunities for girls in a culturally sensitive environment with the aim of encouraging more young women into mainstream provision such as education, training, employment and community work.





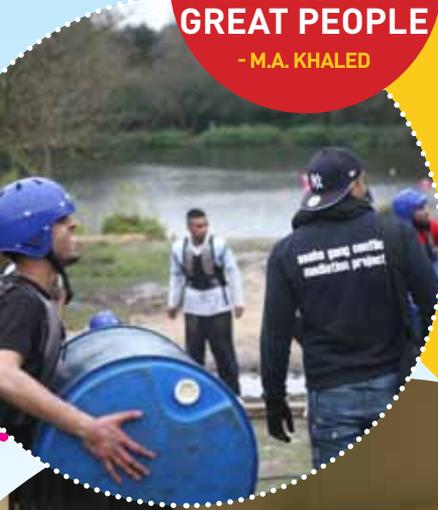
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26th July	27th July	28th July	29th July	30th July	31th July	01st August
11am – 1pm Ice breakers Team building games 2pm - 4pm Glass Art 4:30pm-6:30pm Planting	11am – 1pm Jewellery making 2pm - 4pm Clay Modelling 4:30pm-6:30pm Recycling workshop	11am – 1pm 2pm - 4pm 4:30pm - 6:30pm Accredited Training AQA Cake Decoration	11am – 1pm Dance Aerobics TRAINING ROOM 2pm - 4pm Flower arranging 4:30pm-6:30pm Drugs & Alcohol Workshop	11am – 6.30pm Paintball Shooting		
02nd August	03rd August	04th August	05th August	06th August	07th August	08th August
11am – 1pm Henna Art 2pm - 4pm Workshop: Recognising Abuse 4:30pm-6:30pm Spray Art	11am – 6.30pm Laser Shooting Seven Kings	11am – 6.30pm Dance Choreography	11am – 6.30pm Accredited Training: Young leaders Award Osmani Gym		11am – 6.30pm Family Fun Day	
09th August	10th August	11th August	12th August	13th August	14th August	15th August
11am – 1pm Cross Stitching 2pm - 4pm Kite Making 4:30pm-6:30pm Kite Making	11am – 6.30pm London Dungeons Waterloo	11am – 1pm Yoga 2pm - 4pm Mirror mosaic 4:30pm-6:30pm Workshop: Relationships & Boundaries	11am – 1pm Workshop on shaping a healthy lifestyle 2pm - 4pm Fruit Carving 4:30pm-6:30pm Pathway finder – careers evening	11am – 6.30pm Cardrome		
16th August	17th August	18th August	19th August	20th August	21th August	22th August
11am – 1pm Junk Art 2pm -6:30pm Group work presentations: Our Role Model	11am – 6.30pm Outdoor activities at Shadwell Basin	11am – 1pm Canvas art project 2pm -4pm Workshop: Self Harm 4:30pm-6:30pm Canvas art project	11am – 6.30pm AQA Beauty & Make up Level 2	11am – 6.30pm Speed Boat cruise River Thames		

**AASHA
HAS OPENED
DOORS TO VAST
NETWORK OF
GREAT PEOPLE**

- M.A. KHALED

Aasha Gang Mediation Project

The Aasha Gang Mediation Project is geared towards cutting crime, reducing the fear of crime, promoting citizenship and bridging the gap between communities. It focuses predominantly on young people from the ethnic minority community aged between 16-21, who are at risk of becoming socially excluded or engaging in youth conflict, crime and drugs or anti-social behaviour.



**SERIOUS
YOUTH
VIOLENCE IS
THE BIGGEST
PROBLEM WE
HAVE TODAY
IN LONDON**

**- BARRY NORMAN, HEAD OF
SCOTLAND YARDS'S VCB**



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
2nd August	3rd August	4th August	5th August	6th August	7th August	8th August
5pm - 8pm Shadwell Fun day	5pm - 8pm Varden Street Fun day	6pm - 9pm GTA FC Football Training	5pm - 8pm GTA youth club session 6pm - 9pm GTA youth club session	5pm - 8pm Shadwell Fun Day		
9th August	10th August	11th August	12th August	13th August	14th August	15th August
		6pm - 9pm GTA FC Football Training	5pm - 8pm GTA youth club session	6pm - 9pm Drugs Awareness (Training)		6pm - 9pm Risk Assessment part 1 (Training)
16th August	17th August	18th August	19th August	20th August	21th August	22th August
6pm - 9pm Workshop Peer worker personal development		6pm - 9pm GTA FC Football Training	5pm - 8pm GTA youth club session		6pm - 9pm Child Protection (Accredited training)	
23rd August	24th August	25th August	26th August	27th August	28th August	29th August
7am - 9.30pm Workshop - Personal Development		6pm - 9pm Iftar Gathering	5pm - 8pm GTA youth club session		6pm - 9pm Training Gang Conflict Mediation	
30th August						
6pm - 9pm Workshop - Effective communication						



BAD MIN TON

DOUBLES TOURNAMENT

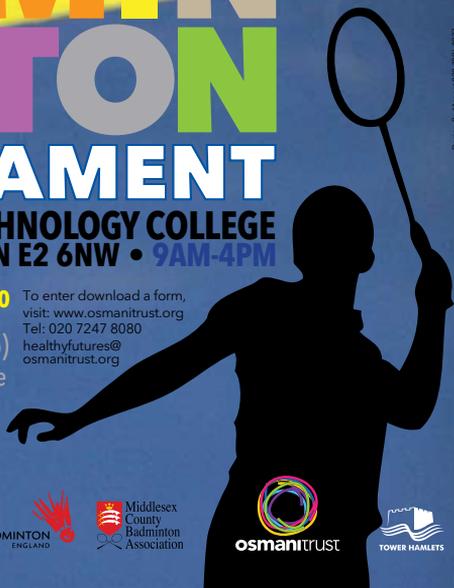
BETHNAL GREEN TECHNOLOGY COLLEGE
GOSSET STREET, LONDON E2 6NW • 9AM-4PM

24 JUL | 25 JUL 2010

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

Open Age (£25)
(Entries only eligible
upto division 3)
Aminur 07534 524 903

To enter download a form,
visit: www.osmanitrust.org
Tel: 020 7247 8080
healthyfutures@osmanitrust.org



Design: Redburn Ltd 020 706 8977



girls sports day 2010

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

BOOK YOUR PLACE, CONTACT:
020 7377 8429 or 07960 035 835
healthyfutures@osmanitrust.org
www.osmanitrust.org

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





Tower Hamlets
Community Cup
Promoting community cohesion & celebrating diversity

Saturday 31st July 2010 | 9am - 5pm
Mile End Park Leisure Centre

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

Entry Fee: £35 | Deadline for entry: Friday 16th July 2010

For more information or an application pack contact:

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

t: 020 7247 8080 | f: 020 7247 6453 | m: 07706 000 782 | www.osmanitrust.org

SUMMER FATAASH
 GRAFFITI PROJECT
 SOCCER CAMP
 BADMINTON TOURNAMENT
 JOB SURGERY
 GO-KARTING
 ARTS & CRAFT
 JET SKIING
 COMMUNITY CUP
 QUAD BIKING
 DUKE OF EDINBURGH
 TRAINING
 TAEKWONDO
 FAMILY FUN DAY
 BASKETBALL
 BOXING
 RESIDENTIAL
 BOWLING
 GIRLS SPORTS DAY
 ACCREDITED
 WORKSHOPS
 SNOW BOARDING
 ICE SKATING



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Osmani Youth Centre, Vallance Road, London E1 5AB | T: 020 7247 8080 | F: 020 7247 6453 | E: info@osmanitrust.org

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