



Project Report – Period: October to December 2012

The project was mainly centre based and provided information, advice and practical support to people from disadvantaged backgrounds on the issues that matter to them most. The nature of support provided was varied and some of the services provided were as follows:

- Employment support
- Housing and Council Tax
- Benefits query/reviews and appeals
- ESOL classes / Citizenship courses
- Launch of older people club
- Cervical and Breast Cancer project
- Health Project
- Vocational Courses
- Sign posting and referrals
- Volunteering /Placements
- Capacity building for community groups
- Facility Hire

Please see the breakdown of services in Appendix 1.

Appendix 1: Breakdown of Services

The services were provided to age group from 19 years to 75 years old – male and female. For the project purposes we delivered one to one support to 76 clients on variety of issues. The nature of assistance sought would overlap in most cases as a client would access variety of services.

Male: 68 Female: 45 – Total 113

This does not include project participants which are as follows:

- Live Life Project = 13 men and 6 women
- Cancer Consultation project = 87 women
- Members of 4 community groups
- Older people Social Club = 10 men

EMPLOYMENT STATUS:

Unemployed: 54

Part-time: 46

Full-time: 13

The above categories include people on long term sickness, facing redundancies, housewives keen to enhance their skills, OAPs, Carers etc.

SERVICES:

Employment Support: Number of people benefited: 24

The support includes career advice, CV making, completing application form, action plans, interview techniques, job search etc.

Volunteering: Number of people benefited: 4

This reflects people who expressed interest to volunteer for Preston Muslim Forum. The appropriate opportunities were provided and as a result they contributed their time and skills ranging from 6 hours to 12 hours per week. One volunteer was able to secure employment and one was referred to local employer for temporary work placement.

Two volunteers with extensive experience in advice and guidance committed one day a week – each, to volunteer with PMF. One is still continuing and another was provided paid opportunity to run Older people Social Club.

Benefits/Entitlement: Number of people benefited: 43

This includes one off queries, forms filling, liaising with agencies/departments, advice on review and appeal, representation and so on. The benefits covered were Tax Credits, JSA, ESA, Pensions, Housing and Council Tax benefits etc.

Other Support: Number of people benefited: 28

This mainly includes one-off services such as immigration, translation, debt advice, domestic violence and misccl.

Capacity Building:

PMF continued to provide support to local groups in the following ways;

- Supporting new girls group
- Continuing support to Women Coffee morning group – Wednesday mornings
- Meeting and governance support to Canaries Community Association
- Continuing support to Maa Bachcha group
- Planning to form older people group

Other Initiatives:

- **ESOL and citizenship classes.** 14 women successfully attended and completed Level 1/Level 2 English and Citizenship courses at our centre and delivered by Lancashire Adult College. The course continues on on-going basis.
- **Cervical and Breast Cancer project:** The aim of the project was to better understand the attitude and approach of women from BME background towards Breast and Cervical Cancer screening and other services in general in Preston. The objectives were as follows:
 1. To explore the knowledge and patterns of uptake of cancer screening programmes in Preston.
 2. To identify barriers to access cancer screening programmes
 3. To make recommendations based on participant's feedback with a view to make improvements to the programme.

The project targeted 87 women from BME backgrounds in the age group 16 to 70 years. The data was collated through structured questionnaires and workshops facilitated by NHS. The finding of the report was presented at the specially organised event for local GPs where a constructive discussion took place regarding way forward to resolve issues concerning low uptake of services.

- **Older People Club** was launched on 5th November 2012 by the volunteers. This is now held every Mondays and is held at Hamaara Centre.
- **Live Life Project:** The project involved identifying selected group of physically inactive men and women, assess their life style, deliver health and well being session to raise their awareness related to choice of healthy food, cooking and eating styles to enhance the wellbeing, benefits and practicality of exercise and remaining fit and active. The session also encouraged them to produce an action plan which was followed up to ensure that the participants benefited from the project in terms of their health and wellbeing. The sessions were delivered by health professionals. 13 men and 6 women benefited from the project and were awarded achievement certificates.

- **Community Support Planning:** The staff were trained by Salvere Independent Living to deliver community support initiatives to clients referred by them. PMF is now registered as an approved provider of these services.

Outcomes:

- *Increased opportunities for local people to receive practical support and access services that matters to them most.*

The project has enabled local people to access PMF for variety of services and especially those that matter to them. The absence of similar service provision in the area has enabled more people to access PMF services.

- *Increased opportunities for residents to respond to local needs through their involvement and participation in community based projects, consultations and regular feedback during drop-in services, in partnership with local authority.*

The residents have participated in variety of initiatives especially contributing to cancer research consultation to identify service provision in the area and way forward for women to access screening provision. PMF also hosted Training events for BME forum and other community groups at the centre.

- *Enhanced provision to gain new skills, qualifications and employment for people from disadvantaged backgrounds, through targeted support and in partnership with relevant providers*

The ESOL and citizenship classes are now held regularly at the centre. The Maa Bachcha group are also using centre to run courses in baking, cake decorating, health and beauty.

- *Increased confidence of local residents enabling them to take ownership of their situation to improve their life style and make positive contribution to neighbourhood regeneration.*

The project is providing on-going capacity building support to local groups such as Canaries Community Association, Maa Bachcha group, Deepdale young starz and others and this has enabled residents to become active and aware of local issues. The residents now attend PACT meetings and raise issues with a view to resolve them. The plans to develop older people group would further enhance the participation and neighbourhood regeneration.

- *Improved usage of community asset, through increased community activities at Hamaara Centre*

The new location at Castleton Road is bringing added benefits as the Centre is now used for all purposes, i.e. services, projects, training etc is being delivered from under one roof.