



PENDLE WOMEN'S FORUM

ANNUAL REPORT

2018 – 2019

Charity No: 1125504

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Chairperson's Report

It gives me great pleasure to present you with an overview on the activities and services of Pendle Women's Forum (PWF) for the year 2018/2019. There has been a continuation of development and delivery of services for the betterment of our community.

This gives me further pleasure to report that PWF has been serving women of Pendle, especially disadvantaged women for the past 20 years. We celebrated our 20th anniversary on October 2018.



PWF's motto has always been to help women in the community of Pendle to advance their education, training, health & wellbeing; promote equality of opportunity and provide facilities for cultural social and recreational activities in the interest of social welfare with object of improving the conditions of life.

PWF was delighted since funding was received from different streams, to deliver a vast range of projects in the community. The 'Aiming Higher' project was funded by BBC Children in Need for three years. This project aims to help assist girls aged 10 -18 years to help them prepare positively for their futures.

The 'Mental Health' project was funded by Community Foundation Lancashire to deliver activities to women aged 60+ to promote health and wellbeing.

The 'One Community Many Cultures' project was funded by Award 4 All. The aim if the project was to celebrate diversity and create pathways to community cohesion by bringing women together from different cultures and faiths. This was done through the delivery of different activities and events.

We have continued with our 'Stepping Stones' project, funded by the National Lottery Community Fund; helping unemployed women with employment, education and training. The BBO 'Changing Futures' project in partnership with Selnet and funded by ESF and The National Lottery fund, has also been running successfully, helping women overcome multiple barriers and improving their employability skills.

PWF is involved and engaged in local and regional partnerships responsible for developing policy and strategy, which has an impact on the community. Over the last year we have worked very closely in partnership with voluntary and statutory organisations, including Burnley College, Accrington & Rossendale College, Lancashire Adult Learning, Nelson & Colne College, Pendle Enterprise and People Enterprise and Empowerment Forum (PEEF), Active Lancashire, Child Action North West and Jobcentre Plus. We have undertaken joint activities and projects targeted at the local community; thus, adding value to each other's contributions, leading to improved, effective and efficient services.

We remain committed to our aims and objectives, but we need resources to fulfil the needs of disadvantaged women in Pendle, therefore I hope we will get support from sources who can provide it.

I would also like to express my sincerest regards to the members of the Executive Committee, the manager, staff and volunteers for their hard work and support on the projects that we have embarked on and whose commitments to the work and dedication to providing a high quality service to the community remains the mainstay of Pendle Women's Forum.

Finally, my heartfelt gratitude goes to our community members, clients and supporters of Pendle Women's Forum for having faith and confidence in us.

Dr Raisa I Malik
Chairperson & Founding Member

Treasurer's Report

Having gone through the accounts I would comment as below:

We have had a reasonably successful year, having gained another five years of the Stepping Stones project and obtaining several smaller bids which have allowed us to increase staffing for the immediate future. Our appointment of a full time Manager who also writes bids has helped our staff to concentrate on their own projects without being side-tracked by other duties.

Financially our reserves are lower by around £11,000 but we have spent considerably more on staffing costs, sessional workers, activities (up by some £8400!) and petty cash. Other items which have increased to a lesser extent are room hire, insurance, maintenance, utilities, IT, cleaning, publicity, part management and payroll costs. The only category to reduce is stationery and equipment.

I feel we should keep a close eye on items such as activities and petty cash. Although activities are enjoyed by our clients, they do appear rather excessive in this financial year. Also, we are finding it more difficult to attract new projects so our financial position in the coming years may not be as sustainable as it has been in the past.

Sheila Wicks
Treasurer

Secretary's Report

We have had a remarkable year with delivering lots of projects throughout our centre. The Stepping Stones Project, funded by The National Lottery Community Fund, has delivered crucial job clubs which have resulted in numerous employment opportunities. This result has been further achieved through the interview masterclasses which prepares learners for the successful job interview processes. Creative enrichment activities of visiting Bolton Abbey and Coldwell Activity Centre has also been included in this project. Talk English and ESOL Classes have had an outstanding attendance on the Building Better Opportunities, Changing Futures project, which is in partnership with Selnet and funded by The National Lottery Community and ESF. This project has helped ladies to meet their language barriers in dealing with everyday tasks such as going to the doctors.

One Community Many Cultures Project, funded by The National Lottery's Awards 4 All Fund, proved to be a very enjoyable and interactive project with a diverse turnout. With trips arranged to Manchester Museum and Trafford Centre, the ladies had an opportunity to get together and communicate, whilst improving their confidence. The cooking sessions enabled ladies an opportunity to improve their skills and explore different cuisines. Mental Health Project, funded by Community Foundation for Lancashire, has successfully provided support and information to elderly women from different communities who are suffering from stress and anxiety. The project has developed and delivered aqua aerobics session, local allotment activities, yoga sessions, armchair exercise and seated exercises.

Shazia Koser
Secretary

Manager's Report

I started working for Pendle Women's Forum (PWF) in September 2018 and I have seen many success stories from then to March 2019. We have supported women using a holistic approach through various projects and it has been very rewarding to see the women we support growing stronger, by overcoming barriers and gaining skills to help improve their prospects.

Our projects have been running very successfully and we have been meeting our targets and exceeding them as well. Our ESOL delivery, which is delivered through the Stepping Stones project, is very successful and oversubscribed. We work in partnership with various organisations, who come to us due to our success with attracting new clients and successful engagement of participants. We have become one of the main ESOL providers in the area, which is quite an achievement. This has been possible due to our hard-working staff who support learners with dedication and enthusiasm and also due to our positive relationships with the various organisations we work in partnership with.

PWF has supported women and girls of all ages through our various projects. The Aiming Higher project supports young girls, from disadvantaged backgrounds, between the ages of 10 and 18. The opportunity offers the young ladies a chance to participate in activities they may not get to do otherwise. All our other projects support women who are 19+. We have supported women with mental health and wellbeing over the age of 60, through our Community Foundation Lancashire funding, which has helped many women cope with depression and mental health issues. Our One Community Many Cultures project has enabled us to bring communities together through cooking sessions and arts & crafts activities, which has helped women break barriers to form friendships with peers from different faiths and cultures. We believe in an inclusive society and we welcome women from all backgrounds to participate in our projects.

As far as financial sustainability is concerned, PWF have the Stepping Stones project, which is in its second year and has 3 more years to go and the BBC CiN Project is in its first year. With these 2 projects a certain level of financial stability is present for the next few years. We also have funding from the BBO, Changing Futures project, which is likely to be extended as it has proved quite successful for us and we have managed to meet all our targets. We also continue applying for new funding and successfully receive funding for various small projects. All charitable organisations are feeling the squeeze due to lack of funding, but hard work always pays off and PWF has been around for 20 years and will hopefully be around for another 20 and beyond, as we have a strong team of hardworking staff and executive members.

Farhana Patel
Manager

Executive Members List

- Raisa Ikram Malik – Chairperson
- Sheila Wicks – Treasurer
- Shazia Koser – Secretary
- Sultana Shafi
- Kathleen Shore
- Sameera Khawar
- Nazema Saghir

Mission Statement

Pendle Women's Forum aims to provide confidential advice and information to women from all communities, who either live or work in Pendle. The Forum aims to empower women from socially disadvantaged backgrounds to build their capacity in order for them to become confident individuals.

Pendle Women's Forum seeks to build a community where mothers and children create a better future for themselves by working and living together.

PWF BACKGROUND, OBJECTIVES, SERVICES PROVIDED

Background

Pendle Women's Forum (PWF) was founded in 1998 by a group of dedicated and concerned individuals who came together in a bid to set up an organisation to tackle the increasing problems faced by women in our community, such as social exclusion, women's rights, social deprivation, high rates of unemployment, education and training and training and a lack of opportunity.

PWF functions have increasingly developed as the circumstances of the community have changed, so that it is now an organisation that is heavily involved in the social, economic and cultural regeneration of the area.

Dr Raisa I Malik, Chairperson of PWF, was one of the founder members and she has continued to play a pivotal role in the success and development of the charity over the last 20 years.

PWF achieved a registered charity status with the Charity Commission in August 2008.

Objectives

The main objectives of PWF are:

- To promote any charitable purpose for the benefit of women and young girls particularly but not exclusively from the ethnic minority communities in Pendle
- The advancement of education and training
- The preservation and protection of good health
- The promotion of equality of opportunity and good relations between persons of different racial groups and
- The provision of facilities for culture, social and recreational activities in the interest of social welfare with the object of improving the conditions of life

Services Provided

Over the years, the organisation has developed its services to cater for the wide range of issues affecting the women in the local community. The services include:

- Information
- Advice
- Advocacy
- Training
- Sports and leisure activities
- Education
- Outreach work
- Practical support
- Social Inclusion
- Creating volunteering opportunities

Projects Undertaken in 2017-2018

- Stepping Stones Project (funded by The National Lottery Community fund)
- Building Better Opportunities Changing Futures (in partnership with Selnet, supported by The National Lottery and ESF)
- Aiming Higher (funded by BBC Children in Need)
- One Community Many Cultures Project (funded by The National Lottery Fund)
- Mental Health Project (funded by the Community Foundation, Lancashire)

Stepping Stones Project

The Stepping Stones Project (SSP) has now completed its second year of running. The sound progress from year 1 has echoed into year 2, where the SSP has had a positive impact on the lives of unemployed ladies. Over the last 12 months the SSP has increased the confidence, self-esteem and motivation in ladies by providing them with English language provision, ICT classes, accredited and non-accredited training, help and support at job clubs and advice surgeries. The SSP has worked with a diverse group of people from different faiths and backgrounds. We have successfully delivered and will continue to deliver an inclusive service for unemployed women in Pendle.

The SSP has been working with many partners over the course of the second year. We have been successfully working in partnership with Burnley College, Accrington & Rossendale College and Lancashire Adult Learning to set up ESOL (English for speakers of other languages) provision and accredited/non-accredited training. We have also been working closely with Pendle Enterprise and Empowerment Forum (PEEF), where a referral system was set up; we referred ladies to them for welfare advice and support, and they referred ladies that required help and support in employment and training. We have also been working with the National Careers Service, who delivered CV writing sessions. The Jobcentre Plus office in Nelson also referred ladies to our job clubs.

One of the aims of the SSP was to set up and deliver ESOL and ICT classes. We found that there was a real issue with language barriers that restricted ladies to finding employment. Therefore, we partnered up with Burnley College and came up with a programme that would deliver accredited English classes at different levels, thus catering for all our ladies. The levels were Pre-Entry ESOL, Entry 1, Entry 2, Entry 3 and Level 1. Taking the initial steps to overcome the language barrier was the first stepping stone for most unemployed ladies. Once they acquired the English language skills, that then would open up doors to other opportunities, such as taking up vocational courses, voluntary work and employment. The ESOL programme helped unemployed ladies to increase their confidence, self-esteem and motivated them to be independent. Overall, we saw a real positive attitude towards learning.

In the first year of the SSP, 75 unemployed ladies enrolled on to the ESOL programme and other accredited/non-accredited training. We have continued to work with these ladies over the second year in addition to registering more unemployed ladies wanting help and support. In total, by the end of the second year of the SSP we helped 126 unemployed ladies.

In addition to this we also organised vocational courses in partnership with Accrington & Rossendale College. These courses were offered to the ESOL Entry 2 level and above classes (as the vocational courses required the learner to have a minimum of Entry 2 in English as a criteria). Together with this ICT classes were set up. We saw how important it was to be computer literate not just in the world of work and education but in everyday life. Here, unemployed women reported an increased understanding of computers and Microsoft packages.

In addition to the courses offered, the SSP also set up Job club and one-one advice surgeries. At the job clubs help and support was provided with online job search, registering with recruitment agencies, producing CV's, making online application forms and interview techniques.

Ladies made one-one appointments with the SSP co-ordinators for more in-depth help and support. Advice surgeries were tailored to suit their individual needs. More often we saw ladies who wanted to learn English and find a job but had multiple barriers such as low income, domestic violence, single parents, lack of work experience, mental health issues etc... In these cases, we referred the ladies to other specialist organisations that could help with certain issues. This way we could ensure that the ladies were receiving help for their problems whilst attending our classes.

Through our job clubs and one-one advice surgeries we supported 70 unemployed ladies (by the end of year 2). These ladies saw an increased awareness of education, training, employment and voluntary opportunities. We also saw 7 ladies enter employment; 2 at a beauty salon; 1 in a factory as a warehouse operative; 2 as sewing machinist; 1 in domiciliary care and 1 in catering. The SSP also helped 4 ladies find volunteer placements; 3 at Pendle Women's Forum and 1 at the Council for Voluntary Services (CVS).

Courses and Evaluation

Pre-Entry ESOL

17 learners

The Pre-entry ESOL classes were set up for unemployed ladies who had very little to no English language skills. Most of them did not have an educational background. This class introduced them to the alphabet, phonics and everyday living topics such as shopping, visiting the doctor's etc...

Talk English Class

This class was set up as an addition to the Pre-Entry class to further support the learning, as we felt the learners needed extra classes to help them make progress. The Talk English class echoed the Pre-Entry class, but included more spoken English through role plays and practical sessions like going to the shops, library, bank, doctor's, allotments etc...

Both classes were very much enjoyed by learners

Learner comments:

"I can write the alphabet. I can write my own name. I can give some personal details."

"I can read English words on my own."

"I am confident to ask a question in English."



Entry 1 ESOL

11 Learners



Learners took classes from September 2018 and completed their reading, speaking and listening and writing qualification at Entry 1 level.

Learner comments:

"I can understand English sentences, and I can make sentences."

"I can feel a big difference in my spoken English."

Entry 1 and 2 ESOL - Group 1

12 Learners



Eight learners completed their Entry 1 reading, writing, speaking and listening, and four learners completed their E2 reading, speaking and listening.

Entry 1 and 2 ESOL – Group 2

10 Learners

Here learners completed Entry 1 reading and writing and Entry 2 speaking and listening and reading.

Learner comments:

"My spelling is better. I can understand texts better."

"I learn tense and grammar and spelling. I can understand better, learn new words."

"I can speak better when shopping and at the doctors."

Entry 2 and 3 ESOL

12 Learners

Learners gave their Entry 2 and 3 exams in December 2018 and final ones in April 2019.

Learner comments:

"My English is much better, and I gained a lot of confidence."

"I improve my confidence and now I can speak English better than before."

"I will continue learning because English is very important for me and my family."

Level 1 ESOL

16 Learners



The learners in this group completed their reading paper at Level 1 in December 2018. They were now ready to complete the rest of the Level 1 qualification at Burnley College. Thus, they went on to attend the classes at College in January 2019 to complete the Level 1 speaking and listening and writing. We could see the ladies becoming more confident and independent, and progressing to College was a real achievement as this also meant greater awareness of training and academic opportunities.

Learner comments:

"I have seen a lot of change in my English speaking, reading and writing. I am confident now."

"I am confident in speaking and listening, and I have made new friends."

"I want to finish Level 1 and find voluntary work."

"I feel confident to do other courses at College to help me with a job."

"The teacher was inspiring."

Evaluations from all the SSP ESOL classes were collated. They showed that learners found the classes interesting, informative and enjoyable. Learners felt the classes increased their confidence and self-esteem. They felt that the practical sessions helped with their English language skills.

ICT Classes

24 Learners



ICT classes were set up. Basic concepts of computers were taught including the main components of a computer, the difference between hardware and software, input and output devices. Learners were taught how to use a scanner, create e-mails and attachments, online job search, creating CV's and using Microsoft packages. The learners also completed tasks using tools from "learn my way." Evaluations showed that the learners personal goals included how to use computers and do job search. Tutor observations showed an increased confidence in typing documents on Word, creating e-mails and handling the mouse/keyboard.

Adult Social Care Level 1 Award

7 Learners

This was an accredited course set up in partnership with Accrington & Rossendale College for unemployed ladies who were thinking of pursuing a career in the care field. This course gave learners an introduction to different aspects of adult care including, the importance of communication in a care setting, safeguarding, role of a care worker and health & safety.



Evaluations showed that learners found the course interesting; increased their confidence in working in care.

Learner comments:

"I hoped to get a qualification to help me get into care work."

"This course improved both my confidence and understanding in care."

"I can put this on my CV. I got some good knowledge out of these classes regarding social care for adults."

TRIPS

Some trips were organised by the SSP project in conjunction with other projects at PWF for our ladies taking part in the courses. This was not only as an incentive for their hard work but also a chance to increase their knowledge on British culture and a chance to practice their English language skills.



Trafford Centre

- Using a map to locate café's shops, cinema
- Ordering food, reading prices of items

Manchester Museum

- Learning about fossils, natural history and ancient Egypt

Coldwell Activity Centre

- Learning how to make medicinal lip salves
- Team working skills



Building Better Opportunities (BBO)

Changing Futures Project

This project is funded through Big Lottery Fund/European Social Fund. This project aims to offer support to individuals who are at risk of exclusion from the labour market. It supports disadvantaged people to move towards and into employment.

This project particularly targets BAME groups, women, and those with physical and/or mental health problems, supporting them to tackle the barriers they face and identify routes to work.

PWF offers local women at most risk of social exclusion, a safe place in which to learn; make new friends, seek support, advice and guidance. The aim is to help people manage their lives more independently, encourage and support them to engage in activities that will equip them with the skills and attributes they need in order to enhance their employment prospects.

Safe space – PWF is able to reach out to members of the community who would otherwise be ‘off the radar’. There is a good majority of clients who are economically inactive seeking to extend their stay or work towards making a permanent application to stay in the UK. It is through word-of-mouth that friends/neighbours bring them along to take advantage of ESOL classes to help them achieve these goals. A growing number are being referred by the local job centre to enrol onto courses and seek assistance with job searching. Through sustained engagement, Individuals are supported and motivated so that they feel more confident to take decisions about their own lives and slowly steered towards reducing their barriers in order move closer to employment and education.

One-to-one support sessions – Clients gain from one-to-one sessions in order to remove/reduce barriers they have in getting employment, training and education. Assessments are carried out to identify such barriers and steps actioned to try to reduce/eliminate these. Short term and long terms goals are identified, capturing their strengths and aspirations and then planning routes to work and supporting them in their journey. Clients are also encouraged to develop networks of support around them in order to feel less isolated and lonely.

Engagement in Activities – We work towards engaging clients into activities to improve their work readiness and motivate them to focus on their self-development. This has resulted in several courses being offered at PWF (detailed below) which has helped to increase clients’ confidence, self-esteem and motivation. This also creates an opportunity for clients to make friends and create a peer-support network.

Specialist support services – Networking has taken place with several organisations in order to provide specialist services to clients ie: social services, solicitors, school parental officers, domestic violence team, job centre, housing associations, care agencies, Community Genetics, Inayat Wellbeing, various community projects run via Christ Church, Grass Roots, Open Door etc.

Health and wellbeing/reducing isolation – To ensure participants feel better equipped to cope with their health and wellbeing needs PWF introduced several courses/activities. Lancashire Adult Learning delivered a Health Literacy course over 18 weeks which is aimed at ESOL clients who receive information around health, selfcare and accessing health services. Healing Minds programme was delivered by Essential Health & Wellbeing Ltd to clients, over an 8-week period to learn about Mindful strategies that will help them to better manage their stress levels, think more positively and help them in their goal setting; they also practised Mindful breathing exercises. Clients also completed courses in healthy eating, mindful arts and crafts, exercise (walking, yoga, seated exercise, meditation). Specialist services - CANW were brought in to offer one-to-one emotional support sessions.

Education – Addressing the language barrier has been a priority as this can be a root cause in producing additional barriers. Various providers have delivered Accredited and non-accredited courses including Lancashire Adult Learning, Burnley College, Accrington College. ESOL classes have been arranged in-house to cater for Pre-entry, Entry 1, Entry 2 and Entry 3. Level 1 and 2 ESOL classes have been organised at the Ace Centre via LAL. Other courses set up have included Basic ICT courses for ESOL students, vocational courses in Health and Social Care Level 1 and Adult Care Level 1.

Financial help/Benefits: PWF works with specialist providers such as CAB, Lancashire Women, Ithaad, PEEF, job centre, Housing Benefits, debt charities etc in order to refer clients for financial/benefits advice. Drop-in sessions via Lancashire Women were organised to deliver one-to-one sessions at PWF to clients who were in debt and struggling to pay for utilities.

Employability: A CV for each client is produced, job search activity is carried with those that are ready to start work and given support sessions to apply for jobs and prepare for interviews. Several other topics are covered ie: safe guarding, GDPR, health and safety at work, disciplinary procedures, induction, contract of employment etc.

Results

At the end of March 2019 no results were claimed – however, the Project is on course for meeting all targets set.

Aiming Higher Project

The project started on the 2nd of July 2018. The key aim of the project is to plan and deliver a programme of activities for girls and young women living in Pendle to increase their awareness of pathways into future career opportunities.

I started the project by having the leaflets made. The project was promoted through the means of social media such as Facebook, Instagram and outreach work amongst the local community, schools and organisations.

There has been a good turnout from the girls during the sessions. I registered 34 beneficiaries in my first year.

The sessions consist of cooking classes, arts and crafts and career advice sessions. I also have 3 volunteers who have been helping me during these sessions and also being trained. The sessions have been well received by the girls and they enjoy them a lot. The progress during the sessions shows that the girls are very enthusiastic and eager to participate in the activities; they are also very keen on learning about career and further studies. These sessions have also increased their self-confidence and communication skills.

At present I am working with a group of girls from **GGHS**. They show a lot of interest during the sessions and pay attention on every activity. This group is also very interested in Drama & Arts. They want to learn performance arts and some of them want to pursue careers in this profession. As we had our 20th year celebration the girls were given a chance to perform a comedy skit, which they extremely appreciated. They have never been given such chance before so this opportunity raised their confidence furthermore. Before each session I have been explaining girls about the importance of self-confidence and self-development and how important it is to implement it in their lives no matter the age.

One to one sessions are also being provided to the girls who require further help with their CV's, cover letters, searching for jobs and training for interview techniques, which has been a good support for the girls.

3 of the beneficiaries have currently found work and are actively working; they also worked alongside me as my volunteers. I helped them getting ready for interviews, creating CV's and looking for relevant jobs.

Some of the young beneficiaries are learning new skills through the arts and crafts sessions which is helping them to earn money at home, e.g. one of the beneficiary has started making slime at home which she sells on eBay, slime making and selling is very popular these days and has a massive community. This home business could be a start of that beneficiary's entrepreneurship. Some of the other girls have been doing henna for their friends and family for a cost. They are also going to arrange stalls of henna near Eid where they can earn money.

One Community Many Cultures Project

The project started on the 2nd of July 2018. The main purpose of the project is to plan, promote and co-ordinate the delivery of workshops and multi-cultural/faith seminars/workshops and cooking sessions across Pendle. I also registered 8 Volunteers.

Trips & Events

Our first event was on the 16th August at Christ Church Nelson. Mrs. Malik the chair for PWF was the speaker of the event and gave a very elaborate speech on how and why the women should start to build up relations amongst the women from different cultures. Many ladies such as, Chinese, Lithuanian, African, Arabic, English, Indian and Pakistani were present at the event. Refreshments were arranged as well which were served after the speech. There was a lot of interaction amongst the ladies as they discussed about the importance of community cohesion.



We took the ladies on a trip to Manchester Museum on the 3rd January 2019. The trip turned out to be very informative for the ladies. They saw many things that they had not seen or heard before. They also got to meet many other ladies from different cultures who had come to visit the museum. They also got to learn about several other cultures. Ladies were later taken for a lunch. This trip helped the ladies to improve their self-confidence and provided an opportunity to mix with ladies from different cultures. They look forward to such future opportunities.

They enjoyed the museum trip so much, that they requested another trip, so we took them on another trip on the 19th of January to Trafford Centre. The idea of the event was to help and enable the ladies to mix together with people from different walks of life. It helped the ladies to experience new things, communicate with different ladies and it also improved their confidence. Ladies also took their children who enjoyed a lot. Ladies shopped, ordered food for themselves and their kids. Ladies had a lot of fun on the trip and appreciated PWF for giving them the opportunity.



We took the ladies and their children to Pendle Heritage Centre on the 2nd of March. Most of the ladies were there for the first time and they were very excited to explore the place. They got to see the heritage of Pendle, with some of the historical objects from the museum. They also got to meet many ladies from different cultures with whom they chatted about their experiences. Ladies and kids walked around the area and admired the beauty of Pendle.

Workshops

We held various workshops for this project to encourage women from different cultures to work together,

The first workshop was arranged at PEEF Brierfield on 7th of November 2018. As I have been encouraging the ladies to understand different cultures, they all insisted they are very interested in English hairstyling and that they would love to learn it. The hair styling session was carried out by Tayeeba project coordinator at PEEF who is also a qualified hair dresser and I. The activity brought out positivity amongst the ladies from different backgrounds, as they worked together, helped each other and communicated. The workshop also proved that no matter what the race, religion or culture fashion always brings ladies together.



A Christmas lunch was arranged on 13th December 2018 at Banny's. This was arranged to celebrate the festivity of Christmas together with all the ladies who celebrate Christmas. It turned out to be a very enjoyable day for all the ladies.

We arranged another workshop at PEEF on the 14th of November. A presentation on topics such as community cohesion, inclusion and diversity. It covered the importance and ways of promoting diversity. All the ladies showed a keen interest in the subject. There was a lot of communication between all the ladies and they had a positive discussion amongst themselves.

We arranged an arts and crafts sessions at PWF on the 29th of March. A lady from the company called CRAZY LADIES was invited to deliver the session. The ladies were taught how to make flowers with card paper. They were also given goody bags with the material to create more flowers at home. All the ladies found this session very therapeutic as they worked well together in a group. The lady who delivered this session was an English lady who herself enjoyed delivering the session to the ladies. There was a lot of social interaction amongst the ladies.



Cooking sessions

The project included cooking sessions at various different venues. The cooking sessions were a huge success because sharing a meal is a powerful way to bring people together. Many ladies from different faith and cultures took part and gave a very positive response, appreciating the opportunity that they were able to learn how to cook dishes from different cultures. The cooking sessions also helped many ladies by the means of being provided with a meal, especially for those who can't afford such dishes. These sessions also helped some of the ladies emotionally, as they were able to come out of their homes, make friends, communicate and by learning new skills. The sessions also helped them to improve their English as they learned new words. The sessions have also motivated the ladies to try new dishes and explore different cuisines.



Conclusion

Overall the project has left a very positive impact on the ladies so far and we will continue to support them for the remainder of the project. They were provided with opportunities to take part in several activities, taught how to make and enjoy dishes from different cultures and visit new places. We have seen massive changes in the ladies from the day they started till today. Social interaction is very important and this project provided the ladies with social interaction. It's important that all ladies are given the opportunities to socialise and get involved in activities that interest them, especially for the vulnerable ladies. All the ladies who were able to take part in the project are looking forward to take part in the future activities.

Testimonials

"I enjoyed volunteering for the cooking sessions and other activities, since cooking is my passion, I felt very privileged that I was able to pass on the skills to other ladies. I would like to specially thank the staff for making me feel welcomed at PWF. I also enjoyed taking part in the project and I would love to volunteer again for any future projects."

"Thank you for always inviting me to the sessions. I have enjoyed all the activities a lot and they helped me in improving my confidence and have motivated me a lot. I appreciate for having been given such opportunity."

"The project made me feel part of the group and welcomed me. The project was well organised, it efficiently construed an encouragement to take part and improved both my mental and physical wellbeing."

Mental Health Project

This project has successfully provided support and information to elderly women from different communities who are suffering from depression, stress and/or anxiety. This project has provided one-to-one support and advice sessions providing information about mental health related issues. The project has further been helpful by providing exercise facilities which were delivered by qualified instructors.

Aqua Aerobics Sessions:

Aqua aerobics started on the 27th February 2019 this activity lasted for 7 weeks. These sessions were held at Pendle wavelengths, Nelson.

Most of the ladies have been socially isolated and have never taken part in any activities like the aerobics; therefore, it was a shock to see the ladies showing increased confidence, self-esteem, interaction and peer support from the 1st session. For many this was their 1st time where they participated in an activity like this. Not all ladies continued till the end however, for the sessions they did take part they showed increased levels of confidence, self-esteem and peer support.

When asked if they would like to continue, they agreed they would, many still attended the sessions in their own time. This shows the project was successful in making an improvement to Health and Wellbeing of these ladies also encouraging more social interaction. Many have also encouraged family members to attend more fitness activities showing greater improvement within the wider community.



Allotments:

Another activity which a few ladies took part in was gardening at the local allotments, this activity helped with their Mental Health and wellbeing as they were outdoors interacting with the ladies they had never met before, furthermore, peer support was shown where the ladies were working together regardless of any health issues. This shows that the activity has positively helped.

ARMCHAIR EXERCISES AT CARE HOME:

We have started delivering armchair exercises at Hulton care Home, Nelson. The sessions comprise of light exercises aided with the use of resistance bands and small balls; they will be delivered over a 10-week period.

Sessions were 45 minutes and include a gentle warm up and some stretches at the end.

The exercises are designed to benefit blood circulation (cardio) and the joints and muscles in the upper and lower body. The tutor is well trained and is able to support the participants very well.

For several of the residents the Wednesday morning sessions have become part of their weekly life. For other residents their attendance is dependent on their energy levels and other Home commitments e.g. hairdresser appointments. I found the more the Home carers became involved, the more residents took part.

The residents have adapted to the small equipment very well and can use it independently each week. It is noticeable how their movement and ability to do the exercises has increased with just a few sessions.

Feedback from a few visitors at the care home over the duration of the sessions has been positive. A weekly sing song during the short weekly cardio session was very popular with residents and visitors.

Feedback from participants relative:

KW – “The sessions made my mother in law happy and she looked forward to the exercises and singing along to ' It's a long way to Tipperary', one of her favourites. I wish they could continue”.

SEATED EXERCISES AT PWF:

Older adults with deteriorating health and limited activity levels spend most of their leisure time sitting on the floor which indicates the need for preventive programs to increase the accessibility of exercise so we arranged Seated exercises at Pendle Women's Forum which started on . These gentle exercises helped improving their mobility and prevented falls and these were so easy that they could even practice at home. The ladies were so motivated to join these sessions.

MHP WORKSHOPS:

The workshops provide an opportunity to learn about what makes a person stressed, to share experiences with others who find life stressful and to discuss and try out practical approaches to reducing the level of anxiety. Each workshop involves a mixture of small and whole group discussion, sharing and activities. The topics covered during these workshops are nature of stress, assertiveness, time management, relaxation exercises, importance of diet, sleep and exercise, some information and tips to cope with panic attacks and phobias.

PROJECT DELIVERY PLAN 2019 – 2020

Pendle Women's Forum has five successful projects running and one due to start.

The Stepping Stones Project - (2017 – 2022)

This project is funded by The National Lottery Community fund.

The project aims to provide information and access to training, employment, education and volunteering. We will continue with our delivery on this project as follows:

Services Offered

To establish a safe and secure environment to offer women impartial and confidential advice about

- ESOL courses to improve English language skills
- Careers guidance/ counselling
- Searching for jobs, including using the internet
- Creating a CV and completing application forms
- Improving interview skills
- Analysing skills and identifying a career path.
- Supported visits to colleges and training providers
- Access to training, voluntary work, accredited courses
- Support with finding employment

The overall impact we wish to achieve is to increase their confidence and self-esteem by empowering them through participation in various activities, which will then lead to employment.

Aiming Higher Project: July 2018 – June 2021

This project is funded by BBC CiN.

We have received funding for a 3-year project to support children from disadvantaged backgrounds. The project is well into its first year and has successfully delivered activities and advice and guidance to girls from the local communities and specifically from local schools. This project is progressing well and has had many positive outcomes so far and will continue until 2021.

Our aim is to continue delivering activities to make a real difference to the lives of young girls by giving them opportunities they would otherwise never get.

BBO - Changing Futures Project: Apr 2017 – Dec 2019

This project is in partnership with Selnet and funded by the National Lottery and ESF.

The project has completed the first year and will be going on until December 2019 and possibly beyond that.

The project has already supported some unemployed women in the community to overcome multiple barriers, thus getting them closer to employment, education or training.

One Community Many Cultures Project: July 2018 – Aug 2019

This project is funded by The National Lottery Awards 4 All fund.

This project was aimed at promoting inclusion by bringing women from different faiths together. We have successfully done this through various cooking and arts and crafts activities. Women enjoyed the activities and this promoted a sense of camaraderie amongst the participants from different cultures. The project is due to finish in August, so we will continue the good work that has already been done.

Mental Health Project

This project is funded by Community Foundation Lancashire

This project began in January 2019 and will finish in July 2019. The aim of the project is to support women with mental health issues and to raise awareness about mental health. It is aimed at women that are 60+. We have already delivered some activities for the project and we will continue to do so until July 2019, when the project ends.

We will continue to deliver exercise sessions to give women an outlet to manage their mental health. We will be delivering more seated chair exercise and some yoga and meditation sessions as well.

Meet Your Neighbours Project

This project is funded by Near Neighbours

This project is due to start in April 2019 and will finish in August 2019. The aim of the project is to encourage women from different faiths to come together for activities, so that they can understand each other and promote a more inclusive society.

We aim to use this funding to encourage women to take part in cooking sessions together, so that they can sit together and talk about each other's cultures and better understand each other. They will also work on creating a blog to post the recipes they cook, so that they can share their achievements with the wider world and continue to use the website to post and share recipes.

Future Funding

We have applied to various sources of funding, which we continue to do in order to keep PWF financially sustainable and to keep supporting women with various activities. Being a grassroots organisation, we are very well placed to identify the support needs of local women and are able to apply for relevant funding to support these women with their specific needs. We know that there is a lot of work to be done as the local communities still face multiple barriers and have various support needs. This gives us all the reasons we need to continue applying for funding to support the various issues the local women face.

Pendle Women's Forum

Independent Examiner's Report to the Trustees of Pendle Women's Forum

I report on the accounts of the Trust for the year ended 31st March 2019, which are set out on pages 1 & 2.

Respective responsibilities of trustees and examiner

The charity's trustees are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year (under section 43(2) of the Charities Act (the 2011 Act) and that an independent examination is needed.

It is my responsibility to:

- examine the accounts (under section 43 (3) (a) of the 2011 Act);
- to follow the procedures laid down in the General Directions given by the Charity Commissioners (under section 43 (7) (b) of the 2011 Act); and
- to state whether particular matters have come to my attention

Basis of independent examiner's report

My examination was carried out in accordance with the General Directions given by the Charity Commissioners. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from you as trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently I do not express an audit opinion on the view given by the accounts.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- (1) which gives me reasonable cause to believe that in any material respects the requirements
 - to keep accounting records in accordance with section 41 of the 2011 Act; and
 - to prepare accounts which accord with the accounting records and comply with the accounting requirements of the 2011 Act have not been met; or
- (2) to which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.

Derek Thomas
Derek Thomas CPFA

Aldona The Halt, Mount Hawke, Truro TR4 8BE

16th September 2019

Pendle Women's Forum
Statement of Financial Activities to 31st March 2019
Including Income and Expenditure Account


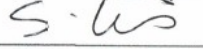
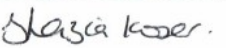
	Restricted					Unrestricted		
	Big lottery Stepping Stones	BBC Children Aiming Higher	BBO Selnet	One Community Many Cultures	Community Foundation Lancashire Mental Health	Funds	Total	2017/18
	£	£	£	£	£	£	£	£
Incoming Resources								
Grants - BL Stepping Stones	47,444.25						47,444.25	52,030.50
Grants - One Community Many Cultures			-	9,950.00	-		9,950.00	0.00
Grants - Community Fund MHP				-	4,940.00		4,940.00	0.00
Grants - Comic Relief					-		-	0.00
Grant - Selnet BBO			12,650.00		-		12,650.00	9,859.86
Grant - BBC Children in Need		9,603.00			-		9,603.00	6,142.90
Grant - Bowel Cancer					-		-	0.00
Room Hire						1,348.00	1,348.00	928.00
Interest						162.07	162.07	52.88
Total Income	47,444.25	9,603.00	12,650.00	9,950.00	4,940.00	1,510.07	86,097.32	69,014.14
Expenditure								
Staffing:								
Project Coordinators	28,928.76	4,061.43	10,579.46	260.00	0.00	114.25	43,715.40	30,513.34
Sessional Worker/Tutor	1,660.33	450.00	0.00	4,960.00	980.00	-	8,050.33	4,007.98
Overheads:								
Rent	2,520.88	229.16				0	2,750.04	2,750.04

Room Hire	790.00						790.00	-
Insurance	60.92					528.18	589.10	498.53
Maintenance & Repairs	393.52	5.6	2500	0.00		200	3,099.12	1,696.23
Gas & Electricity	1604.1	231.7	0	0	102.4	0	1,938.20	1,895.47
Telephone/Internet	985.83	87.66		0	0	0	1,073.49	1,065.99
Water	105.67	100			0		205.67	198.12
Activity costs:								
Activities (includes building capabilities)	6469.76	45.00	0.00	327.66	0.00	35.00	6877.42	650.89
Stationery/Equipment	624.79	71.42	0	44.00	0		740.21	2,506.26
IT	401.86						401.86	-
Cleaning	1661.26					0.00	1,661.26	1,544.40
Petty Cash	1440.00	600.00	0.00	1986.49	0.00	0.00	4026.49	945.75
Publicity/Adverts	2175.00	1200.00	0.00	1200.00	0	0.00	4575.00	488.18
Project								
Management/Consultants	5,500.00	0.00		0.00		0.00	5,500.00	4,210.00
Payroll Fees	461.00	84.75	129.25	0.00	0.00	0.00	675.00	528.00
Audit Fee	350.00					0.00	350.00	350.00
Other	409.40	0	58.00	0.00	0	0.00	467.40	415.23
Total Expenditure	56,543.08	7,166.72	13,266.71	8,778.15	1,082.40	648.93	87,485.99	54,264.41
Net Income	-9,098.83	2,436.28	-616.71	1,171.85	3,857.60	861.14 -	1,388.67	14,749.73
Funds Brought Forward	29,891.34	-	1,066.94	-	-	46,449.64	77,407.92	62,658.19
Funds Carried Forward	20,792.51	2,436.28	450.23	1,171.85	3,857.60	47,310.78	76,019.25	77,407.92

Balance Sheet as At 31st March 2019

	£	2017/18 £
Assets		
Bank	66,416.25	77,407.92
Debtor - BBC CIN	9,603.00	-
	76,019.25	77,407.92
Liabilities		
Revenue Funds:		
Restricted Funds		
- Big Lottery - Stepping Stones	20,792.51	29,891.34
- Selnet BBO	450.23	1,066.94
- One Community Many Cultures	1,171.85	-
- Aiming Higher BBC	2,436.28	-
- Mental Health Project	3,857.60	-
Unrestricted Funds	47,310.78	46,449.64
	76,019.25	77,407.92

Accounts checked and approved by:

Name	Job Title	Signature	Date
Dr Raisa Malik	Chairperson		11.12.19.
Mrs Sheila Wicks	Treasurer		11/12/19
Mrs Shazia Koser	Secretary		19/12/19.

Reserves Policy

The charity's free reserves not invested in tangible fixed assets at 31st March 2019 amounted to £47,311.

A sum of £30,000 has been earmarked (in 2016) for a project to provide new premises.

The trustees consider the charity needs £16000 in reserves, the equivalent of three months running costs to provide a working balance
The free reserves are currently at this level.

Pendle Women's Forum

21 Market Square

Nelson

Lancashire

BB9 7LP

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Founded in 1998

Charity No: 1125504

Supported By

