

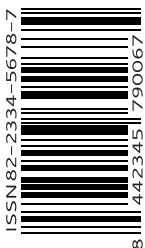
# LOVING THE FLOW

ISSUE 2: MARCH 2018



THE FLOWHESION FOUNDATION

[www.flowhesionfoundation.org.uk](http://www.flowhesionfoundation.org.uk)



## ASPIRE

BILAL AND DANISH  
**REVIEW** THE  
ACHIEVEMENTS OF  
GREAT BOLTONIAN AND  
SPORTS PERSONALITY  
JASON KENNY!

## VALUE

ZARA AND SAAIMA  
**REPORT ON** 'VISIT  
OUR MOSQUE 2018'  
THAT SAW MOSQUES  
IN BOLTON OPEN  
THEIR DOORS TO ALL.

## BELONG

LIBAAN AND UQBAD  
**RESEARCH** THE  
HISTORY OF BOLTON  
TOWN HALL; A TRULY  
ICONIC BUILDING OF  
BOLTON.

## BUILD

MOHAMMED AGANE  
**VOLUNTEERS** WITH  
HOMELESS AID  
UK DISTRIBUTING  
FOOD TO THE  
HOMELESS.



The voice of

# GREATER MANCHESTER'S

Cohesion-Conscious Youth

## FEATURE ARTICLE!

MOHAMMED AGANE SPENDS  
THE DAY WITH BOLTON'S  
HOMELESS AID UK TEAM AND  
VOLUNTEER MEZ MOGRA.



## MESSAGE FROM THE DIRECTOR AT THE FLOWHESION FOUNDATION



How time has flew! This issue of our innovative magazine is once again packed with content put together by our team of young aspiring writers, researchers and reporters that celebrates the diversity, cohesion and great talent of Bolton. I am particularly impressed by the commitment of our young people who went out to help the homeless and take part in distributing hot meals to them. I strongly believe that a society that strives to be more cohesive needs to consider the needs of its most marginalised and isolated members. This is because community tensions are easily stoked by the perception of unequal distribution of resources or the idea that one community receives better treatment than another.

Further I was delighted to learn about the positive role model that led Jason Kenny to become a top rated sports personality. We must never underestimate the power and influence positive role models have on young people and their aspirations. I fondly remember the encouragement and guidance I received from my teachers and seniors to pursue Higher Education at a time when no other member of my family had gone to college let alone University. Community Cohesion is also interconnected with education in many ways. This is largely due to the interactions we have with people of other faiths, communities and cultures when we attend such institutions and realise how diversity is strength. But education is more than a vehicle through which we can improve Community Cohesion; it is a vehicle through which we can shape a better tomorrow! As Malcolm X rightly stated; “**Education is the passport to the future, for tomorrow belongs to those who prepare for it today**”.

I hope you enjoy this issue, until next time...

*Abdul Hafeez Siddique*



**@flowhession**

# The Team

**Zarra Isaa- Year**

8 Ladybridge High School

**Saaima Patel**

Year 7 BMGS

**Bilal Shahid**

Year 7 Rivington High School.

**Danish Devram**

Year 8 Ladybridge High School.

**Uqbad Omar**

Year 10 UTC Bolton

**Liban Omar**

Bolton Sixth Form

**Mohammed Agane**

Year 11 Eden Boys School



Brainstorming ideas for their articles and discussing a strategy of how they'll engage their audience.



Working through content they have collated and working on ideas for the magazine.



We had some very smiley people for the meeting to discuss and plan for their next magazine issue!



Break time or not?! Listening attentively to ideas and concepts for the next magazine issue.



# Aspire

**Bilal Shahid and Danish Devram**

**J**ason Francis Kenny is a true Boltonian! He has won an impressive 6 Gold medals at the Olympics as a cyclist. He was born on 23rd March 1988 and went to Mount St Joseph School in Farnworth. Jason has always praised his P.E. teacher at the school for INSPIRING him to take up sports. He even has a health and sports centre named after him in Bolton!

After winning multiple World and European Junior titles in 2006 and achieving medals in the under 23 European championships in 2007, Kenny was selected ahead of Ross Edgar to compete for Great Britain at the 2008 Summer Olympics in Beijing. Along with Chris Hoy and Jamie Staff, he won a gold medal in the team sprint, breaking the world record in the qualifying round. He finished behind teammate Chris Hoy in the final of the individual sprint, gaining a silver medal.

In January 2012, he gained his first world championship title, and at The 2012 Summer Olympics in London, he won gold medal in both the team sprint and in the individual sprint. At the 2016 Summer Olympics Kenny repeated his 2012 wins in the Team Sprint and the Individual Sprint, and also won a Gold Medal the Keirin,

Kenny is the joint holder of the highest number of Olympic Golds for a British athlete (6) alongside fellow track cyclist Chris Hoy. Kenny's six Olympic gold medals place him the joint 25th in terms of gold medals won in the modern Summer Olympic games since 1896 with only Michael Phelps (23) and Usain Bolt (8) winning more since the Games of the new millennium in 2000.



## What have you learnt about community cohesion when putting this article together?

We've learnt that having good role models and people that believe in us and our dreams are important to help us get further. With the conversations we have had with other young people in our group and the research we have learnt a lot. We feel that if people are able to work towards the best version of themselves then that will make Bolton a much better place To live, work and visit. So aspiring is not just great for us but also great for community cohesion!





# Value

Zara and Saaïma

On Sunday 18th February 2018 Mosques across Bolton held an open event to get people to look at what goes on in a Mosque and what activities take place. The Bolton Council of Mosques managed the event with eight Mosques in Bolton taking part and hundreds of Mosques taking part nationally. People were given a guided tour of the Mosques, able to learn about Islam and ask Questions to an Imam. They were also treated to refreshments and able to take away literature.

The event was really successful and one participant who took part in the event at Zakarriya Mosque Belinda John, aged 51, from Egerton, said: "The mosque is a very interesting place and the people have been very welcoming. I had never had the opportunity to come before so I welcomed it. I would encourage people to come." Bolton is home to over 30,000 Muslims and 28 Mosques so the day was a great way to break down barriers and learn about other cultures and faith. Ibrahim Kala Director of The Bolton Council of Mosques said 'about a third of the Mosques were involved in Bolton for the event; it was a great opportunity for the community to learn about the functions that take place. In one Mosque there was even a human library where visitors were able to talk and spend time with people.'



## What have you learnt about community cohesion when putting this article together?

From talking to people who organised this event and looking at the way the activities were delivered, we think it's really important to learn about people of different faiths and cultures in Bolton. There are people living in Bolton from dozens of countries, cultures and religions. We are always scared of the things we know nothing about or even worse about the things that we hear negative things about. So Open days for all religions and cultures are a good thing that can improve friendships between people and also improve community cohesion!



# Belong

Uqbad and Liban Omar

**W**e walk past it often, it can be seen from windows across the town and it's instantly recognised by those who live, work and visit. But have you ever wondered what is the history behind one of Bolton's most famous buildings?

Bolton was made a borough on 11th October 1838 and Town leaders soon realised that a central place to carry out council work was needed. The Town Hall Committee was formed in 1863 with the then Mayor of Bolton 'James Rawsthorne Wolfenden' as chairman. With 200 architects competing for the building contract there was a lot of designs to choose from! The final £54,000 design submitted by William Hill of Leeds was awarded first place. However the iconic tower that we all gaze at may not have even been built! The Committee debated if the £7,000 cost of the tower was really needed however in the end the need for a tower with a clock did win the day. The Town Hall was then formally opened on June 5th 1873 by HRH Prince Albert of Wales. It was ravaged in a fire on November 14th 1981 and the fire destroyed the Albert Hall within the complex but the rest of the building was saved. For this reason a new Albert Hall and festive halls were rebuilt as were several other function rooms.





# Build

**Mohammed Agane**

## My Journey

I was really excited to volunteer with Homeless Aid UK for this issue of the Flowhession Magazine. This has been an incredible journey for me as I have helped the poor. This has been a great experience for me as I have seen how people sleep rough in Bolton and we take the many luxuries we have for granted. This Journey has been a real eye-opener for me and the experience will stay with me for a long time.

I was fortunate to spend the evening with Mez Mogra who is a volunteer with the charity and works to make sure that homeless people are well fed in Bolton. I met a lot of homeless people who had come in groups of friends, many had pets with them and one common interest I saw in them was that they wanted a lot of coffee and sugar this, I learnt was to keep them awake and help maybe gain fat. This was to also keep them warm throughout the cold winter night.



## Who are Homeless Aid UK?

Homeless Aid UK is an organisation established and operated by a group of friends from across the UK. The team of volunteers is dedicated to ending homelessness, by delivering life-changing services and campaigning for change. They work at grass root levels with the homeless in the Bolton & Manchester area. Additionally They supply food hampers and clothing to the growing number of people living in poverty. They rely solely on donations and the support of the local community.





## Why do people get homeless?

I had met a man who had broken up with his girlfriend and had financial problems and due to the lack of help from families; he has now been homeless for a couple weeks. I was surprised because I had always thought homeless people were those who probably put themselves in this position because of the way they lived; but one thing I have learnt is that homelessness can happen to us if life takes a bad turn and the things we take for granted disappear. There are also a lot of other reasons people get homeless that can include; debt, addiction to alcohol and substances, domestic violence, mental problems and many other things.

## The generosity of the Bolton family & Community Cohesion

One thing that really struck me was the generosity of the people of Bolton who have donated a lot of items to help Homeless aid uk carry out its work. I was really happy to learn how local takeaway businesses had made a Rota system to make sure that the poor were able to eat for free. I have reflected on and thought about how important it is too look after ALL of the Bolton family if we really want to build community cohesion. The poorest people in any town or city need to be well looked after and helped back on their feet; I think that community cohesion is about helping these sorts of people as well and that regardless of the amount of money or power we have at the end of the day we are all human beings that need to care for each other.

## FREE Food for the Homeless in Bolton & Manchester\*

Tick	Day	Time	Location
<input type="checkbox"/>	Monday	4pm-4.30pm:	Grillaz - 350 Derby Street, Bolton. BL3 6LS
<input type="checkbox"/>			
<input type="checkbox"/>	Tuesday	4pm-4.30pm:	Rice n Three - 152 Deane Road, Bolton. BL3 5DL
<input type="checkbox"/>	Tuesday	7pm-8pm:	Bolton Homeless Street Kitchen Under the Arches on Le Mans Crescent, Bolton (Between the Library and the Court)
<input type="checkbox"/>	Wednesday	4pm-4.30pm:	Mash's Wing Ranch - 259 Derby Street, Bolton. BL3 6LA
<input type="checkbox"/>	Wednesday	6pm-6.30pm:	Taj Mahal - 39 Derby St, Bolton. BL3 6HE Opposite Bolton One
<input type="checkbox"/>	Thursday	4pm-4.30pm:	Grillaz - 350 Derby Street, Bolton. BL3 6LS
<input type="checkbox"/>	Thursday	7pm-8pm:	Chicken Rush - 37 Derby Street, Bolton. BL3 6HE Opposite Bolton One
<input type="checkbox"/>	Friday	4pm-4.30pm:	Koolios Fried Chicken - 354 Derby Street, Bolton. BL3 6LS
<input type="checkbox"/>	Friday	7pm-8pm:	Bolton Homeless Street Kitchen Under the Arches on Le Mans Crescent, Bolton (Between the Library and the Court)
<input type="checkbox"/>	Saturday	4pm-4.30pm:	Syds Take Away - 335 Derby Street, Bolton. BL3 6LR
<input type="checkbox"/>	Saturday	7pm-8pm:	Bolton Homeless St Kitchen Under the Arches on Le Mans Crescent, Bolton
<input type="checkbox"/>	Saturday	6pm-Late:	Manchester City Centre Homeless Support
<input type="checkbox"/>	Sunday	4pm-5pm:	Real Fish And Chips - 379 Deane Road, Bolton. BL3 5HL
<input type="checkbox"/>	Sunday	6pm-7pm:	Bolton Homeless Street Kitchen Bolton Town Hall Square (Near Coral and Specsavers)

## Did you know?

- A CRISIS report in 2017 led by The Joseph Rowntree Foundation found that there has been a 132% increase in rough sleeping since 2010
- 1 in 4 low income families in the UK struggle to eat properly
- The Trussell Trust that runs over 420 food banks nationally reports in 2017 that the Northwest has given over 174,000 3 day emergency food supplies to individuals referred to its food banks in the last year alone.