

THE ROAD AHEAD:

*Our vision and partnership
Offer to build a more
Cohesive Britain*

By **Gillian Kirkman** - Strategy Lead
The Flowhession Foundation



Empowering BAMER Women

Connecting Civic Society

Engaging BAMER Youth

**STRATEGIC PRIORITIES
2020 - 2025**



Forward by the strategy lead for The Flowhession Foundation

Gillian Kirkman

I'm delighted to present to you our vision and strategy to build a more cohesive Britain. We are seeing an unnecessary and extending widening of the gap in Britain between those who have and those who have not, resulting in 20% of our population living in poverty (JRF Report, 2017). A lack of Cohesion has multi-faceted, multi-layered dynamics. Residential and institutional segregation and current political ideologies contribute to tensions; misunderstandings and conflict within communities also play a part. Building greater community cohesion, integration and understanding empowers local people and builds respect, enabling safer and vibrant neighbourhoods to exist. As an academic and researcher I strongly feel that community is about shared visions, a recognition that those within a community should be celebrated for their difference, acknowledging that all voices matter, that strengths need to be recognised and harnessed whilst problems need addressing together. We have a responsibility as a neighbour, as a community member to invest time, energy and resources into the communities the next generation and we live in.

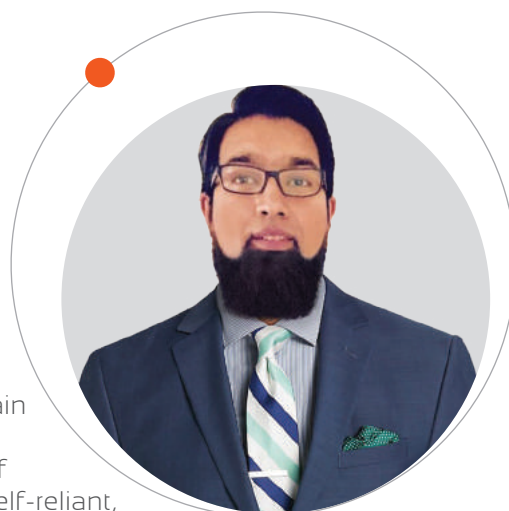
Imagine living in a place where people embraced change, where difference was celebrated and not viewed suspiciously, where you didn't feel threatened by others, newcomers were welcomed and people built upon the many things that as human beings we have in common. How great would that be? It takes a community to come together and work to achieve it and here at Flowhession we are rolling our sleeves up in our commitment to achieve it.



Forward by the Executive Director of the Flowhession Foundation

Imam Abdul Hafeez Siddique

The Foundation is pleased to present its offer to work with the public sector and other partners in its pursuit of delivering high quality, cost effective, community-facing interventions. In an uncertain financial landscape where over £18 billion pounds of cuts to Local Authority budgets have been made since 2010, a radical new way of working is required. Community organisations must be financially self-reliant, practically more innovative and able to strategically deliver sustainable work. As a faith leader and community cohesion consultant I strongly believe there is a need to pool resources in the sector and come together to work cohesively for the betterment of society. I hope that our offer reflects the high aspirations we ascribe to here at Flowhession.



Content

Who we are.....	05
What we have done so far.....	06
What our clients and commissioners say.....	07
Our Approach.....	08
The Road Ahead: Our vision and partnership offer to build a more Cohesive Britain.....	09
Our Programme Delivery Offer.....	09
Our Training Offer.....	13
Our Research Offer.....	14
Our Consultancy Offer.....	15
Contact Details.....	15



Who we are?

The **Flowhession Foundation** is a charity CIO established in October 2017 based in Bolton, Lancashire. Our aim is to encourage community cohesion, promote British values and better support integration amongst Britain's ethnically diverse, bamer communities. We work nationally but also hold a strong delivery footprint in Bolton. We partner with statutory and voluntary sector organisations to deliver a range of high quality, cost effective, community facing interventions that meet our stated aims.

We work across four key strands i.e research, training, consultancy and Programme delivery. We employ an expert group of associates and consultants who have strong academic and fieldwork experience in their respective arenas. They review, advise and take part in the delivery of our work. Such access to a fluid, relevant pool of skills and expertise ensures that our impact remains socially effective, grounded in empirical research and robustly delivers to the specifications and benchmarks set by our commissioners.

As a charity operating in an environment where funding is scarce we have learnt to adapt and be self-reliant. Therefore we aspire to self-generate 60% of our regular income from the training, workshops and consultancy we provide. This model of working ensures our offer remains financially competitive, innovative and outcome focused, ultimately ensuring that we deliver the best value for partners and commissioners. We strongly believe that many organisations can become complacent and stagnant when they rely solely on core grants. We strongly believe that generating Independent-funding streams for charities is imperative for the future of sustainable community development.

What drives us is the current gap in high quality, cost-effective and innovative community cohesion based interventions. Since 2010 there has been a reduction in real term funding for Local Authorities of 49% that equates to approximately £18 billion pounds. In a landscape of fiscal discipline and uncertainty Local Authorities and other public sector organisations are fast becoming commissioners of community development services rather than providers. We aim to fill this gap in provision and services. We recognize the importance of cost effective, quality assured programmes of intervention that ensure communities can develop and prosper.

We strongly believe that one size does not fit all and that local communities are an integral part of successful project delivery. That's why we never underestimate the importance of local knowledge and experience. **The Flowhession way** has always been to co-produce and co-design programmes with local communities, utilize trusted community assets for delivery and ensure that volunteers and workers are up skilled to sustain the project in some shape or form when the Programme ends.

What we have done so far: 2017-2021 in Numbers



TRAINING

We have delivered over 128 bespoke workshops to 2677 participants from across 37 Local Authorities.



CONSULTANCY

We have taken part in over 766 hours of consulting with our local, regional and national partners.



PROJECTS

We were commissioned to deliver 63 projects to over 2666 Bamer participants in the North of England. These projects covered health, welfare, education, empowerment and skills creation.



RESEARCH

We were commissioned to undertake 11 research projects, 6 of which were in Bolton. We also took part/attended 16 conferences nationally on community cohesion and integration.



What our clients and commissioners say



'I continually hear great things about Flowhesion, thank you for providing essential bamer support for the 2021 census in Bolton, Rochdale and Salford'
Elaine Boyle - Census 2021



'Everyone enjoyed the training. It was a good refresher with lots of creative and interactive discussion'
Rebecca Cremin - Area Manager, Greater Places Housing



'Abdul delivered an amazing workshop on cultural and religious experiences of UAM's and Trauma to all of our Independent Reviewing Officers here at Portsmouth. Abdul's insightful approach to delivery, theory to practice and quality of toolkits and content were excellent. Hope to see him in March for a follow up session'
Sue Sairobay - IRO Quality Team



'The foundation is delivering a much-needed holistic rehabilitation and re-entry programme in conjunction with Greater Manchester Approved premises, The service is professional and culturally sensitive'
Geri-Byrne - Thompson, Area Manager, NPS



'What an incredibly insightful and inspiring day! I think everyone in the room was challenged in some way to rethink their practice. Thank you'
Matt Clayton - Edge of Care, Coventry City Council



'Flowhesion have been helping us cascade covid19 messages through videos, community insight and engagement. Great working with a professional organisation'
Nichola Onley - Comms and Engagement



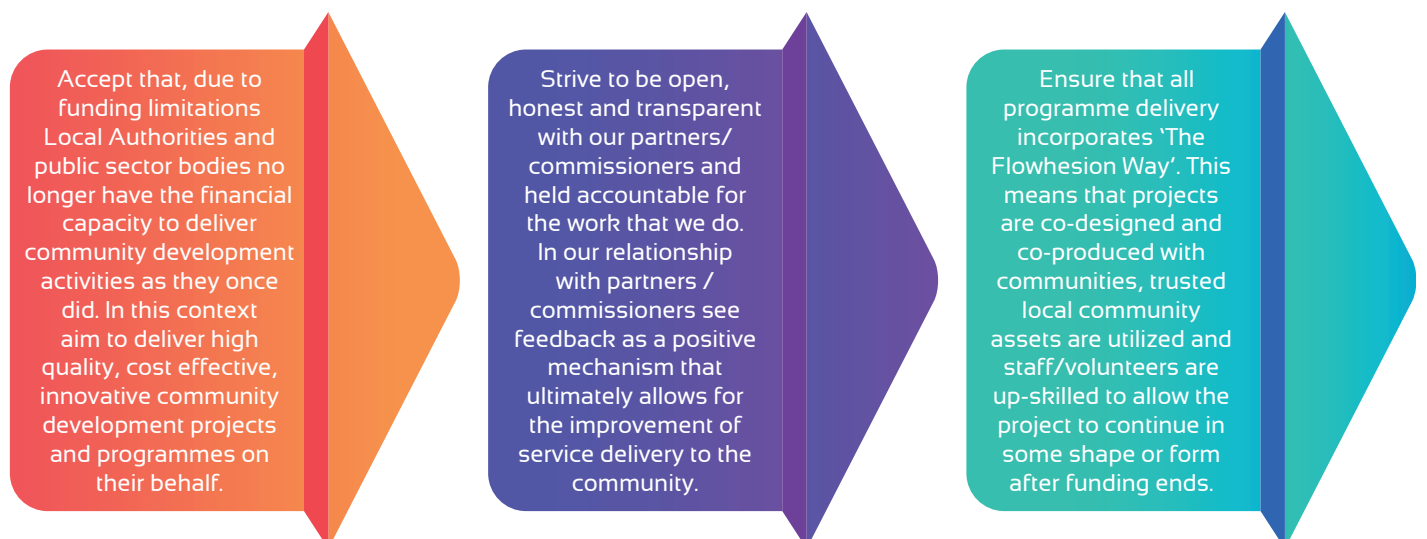
'I enjoyed the manner in which the sensitive topic was professionally tackled. I got a better understanding of how to engage with specific communities and how culture and Islam can become intertwined'
Alison Madden - Manager Child Sexual Exploitation Team, Lancashire County Council

Our Approach

The four strategic pillars and bedrock upon which all programme delivery sits



Principles of partnership working and programme delivery



Our vision and partnership offer to build a more cohesive Britain.

Across our four strands of work i.e. programme delivery, training, research and consultancy we realise the strength and potential of true partnership working and are whole-heartedly committed to it. Our vision is to see us work with our partners holistically, sharing expertise and building strong, trusted relationships to ultimately ensure that our efforts develop communities in positive and sustainable ways.

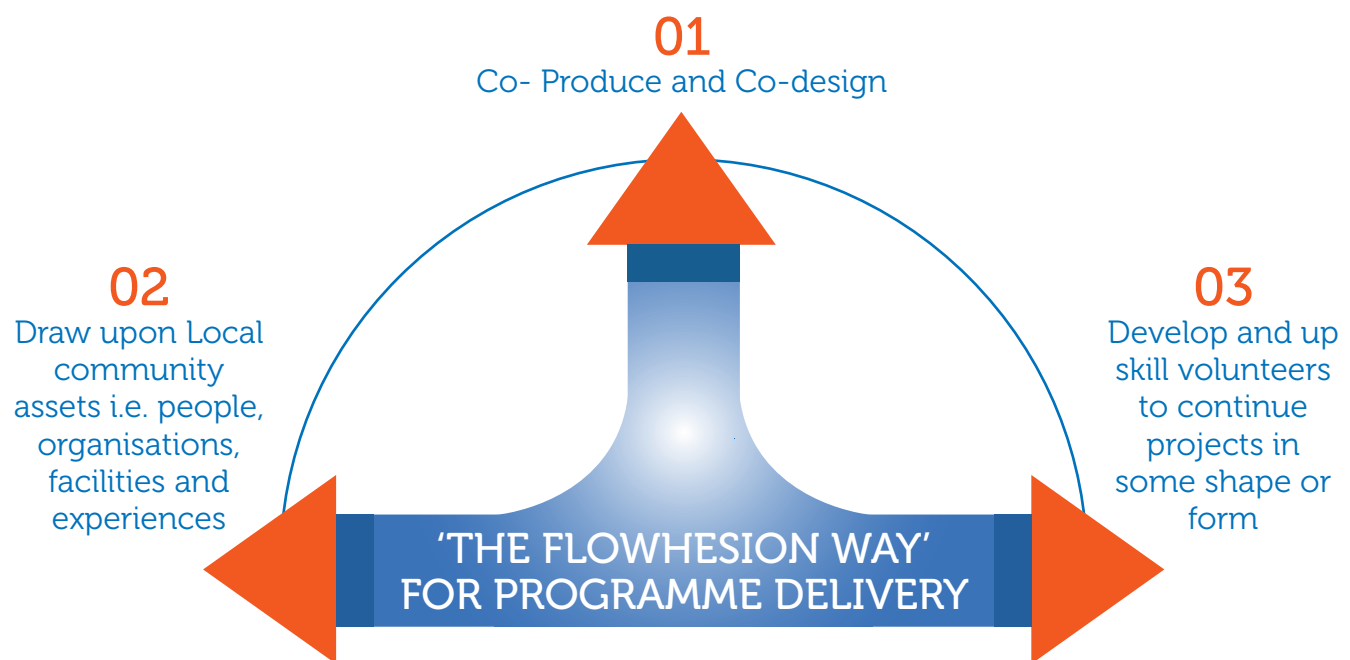
01 OUR PROGRAMME DELIVERY OFFER

In a landscape of public sector cuts and financial uncertainty we understand the importance of pooling resources and finding realistic, sustainable ways of working. For this reason, we are committed to working with our partners and commissioners across the public sector in a manner that ensures meaningful impact, positive empowerment and lasting change to communities across Britain.

'The Flowhesion Way' for programme delivery.

We strongly believe that the answer to cohesive communities lay firstly with communities themselves. We will work 'with' communities to achieve goals not 'on' them. Our delivery experience to date tell us that communities have untapped reservoirs of potential, a wealth of experience and know the specific challenges they face. We have also learnt through experience that one size does not fit all. Therefore we will ensure that we co-design and co-produce (where possible) Programme delivery to suit the needs of our participants. Secondly we strongly believe drawing upon local community assets i.e. its people, organisations, facilities and experiences as an essential part of successful project delivery. Therefore we will endeavor to map out these assets and strive to take their expertise and advice on board at programme delivery stage.

Finally, We firmly feel that community development begins and ends with developing and empowering people. Successful programmes can be maintained in some shape or form, further developed after funding expires if people have been up skilled. Therefore we will ensure for every programme we deliver that we develop, up skill staff and volunteers who can in-turn keep programmes running in some manner after funding ends.



The Flowhession Way' in Practice

CASE STUDY 1: WOMEN'S ENGAGEMENT AND EMPOWERMENT WORK

We at the Flowhession foundation feel it is important that women and children of bamer communities stay socially connected to the outside world whilst keeping fit. We are creating many opportunities for women and children to do this. After a thorough co-design and co-production process a number of projects and programmes were delivered including walks, mindfulness sessions and domestic violence work.

We have monthly walk and talk sessions that are led by qualified counsellors and ramblers. These sessions are for bamer women and children wanting to better their mental and physical health and who may need culturally appropriate provision that is not available in the mainstream.

Our mind, body and soul sessions are delivered both online and face to face for females to learn how to manage low level stress and anxiety. We always use local, trusted venues to deliver these sessions. These sessions are delivered by experienced bi-lingual mental health practitioners. The sessions are aimed at South Asian women who are struggling with alienation, exhaustion, burnout and signs of reduced performance. These sessions help them to recognise and manage these emotions as well as creating self-care strategies, harnessing skills and strategies to maintain their wellbeing.

We believe that domestic violence has no place in our society, that's why we have a dedicated DV worker who ran a series of workshops to set people talking and raising awareness around this taboo issue. We also hosted a much-needed mini conference in Bolton. It brought together members of the BME community, professionals, DV survivors and religious leaders to talk, reflect and give guidance on tackling this pertinent social issue. The conference consisted of talks, group discussions and reflections by participants who attended our dv workshop earlier in the year. Our bilingual female dv worker is available to assist and support our communities on DV/DA issues over the course of the year. We have also trained a number of DV/DA champions to raise awareness of the issue.

(A participant of the sessions)

"Important & much needed work with young girls around resilience building."



THE FLOWHSESSION FOUNDATION
www.flowhessionfoundation.org.uk

Returning To A 'New Normal' September 2020 Activities For BAME Women

FREE ACTIVITIES
Registered, female counsellors, fluent in Urdu, Gujarati. All activities in line with COVID measures and regulations.

At Flowhession we have been working tirelessly to support disadvantaged and vulnerable communities in Bolton during the Covid-19 pandemic with our dedicated Covid-19 response and support hub. After consultation with our many service users we are now offering the following new activities from September 2020 in Bolton focusing on supporting better mental health for BAME women.

Chat, Click and Chai	Gujarati, Urdu, Punjabi FREE Counselling Service	Walk and Talk	Mums and Tummies Toddler Group
WHAT: Enjoy refreshments, great conversation and learn how to use a tablet to communicate with friends and family. Gujarati, Urdu speaking activities.	WHAT: We have experienced, and bi-lingual counsellors that can offer you a free confidential counselling service.	WHAT: Free Monthly walks to green spaces with professional leaders and Urdu, Punjabi, Gujarati counselling.	WHAT: Arts, crafts and play for toddlers and a space for mums to talk and relax.
WHERE: All roads, Ashtey street, Bolton.	WHERE: Free to book on the phone services.	WHERE: Different location each month.	WHERE: High Street Library, Bolton, BL3 5DZ.
WHEN: Mondays 10am-12pm.	WHEN: By appointment only.	WHEN: Monthly starting from July 2020.	WHEN: Wednesdays 10am-12pm.
Contact to register: Maryam 07711233117	Contact to register: Seema 07771415496, Saqsa 07771415496, flowhessionfoundation.org.uk	Contact to register: Seema 07771415496, Saqsa 07771415496, flowhessionfoundation.org.uk	Contact to register: Seema 07771415496, Saqsa 07771415496, flowhessionfoundation.org.uk

Statutory or third sector referrals. The Flowhession online Referral Hub: If you are a statutory agency or third sector organisation in Bolton you can refer a service identified to any of our projects/activities by completing a referral form at our online referral hub which can be found on our website at: www.flowhessionfoundation.org.uk/contact

For more information or an informal discussion you can talk to our Bolton projects portfolio manager: Saqsa Elahi Tel: 07771415496 Email: Saqsa.elahi@flowhessionfoundation.org.uk

@flowhession
f t i i n

Greater Manchester Walking
WALKING FOR WELLBEING

Good Things Foundation

Bolton CVS



CASE STUDY 2: BOYS AND GIRLS SPORT AND SOCIAL ACTIVITIES

In consultation with our young people we have co-produced and co-designed a number of culturally appropriate sports activities. Alongside this the Foundation works with a range of partners to provide social enrichment opportunities to ensure that our young people are connected to civic society, understand British Values and are able to contribute to their communities. These activities have included; magazine club, homework club, visits to Houses of Parliament, away days, visit to Manchester United football club and a number of educational establishments.



CASE STUDY 3: OUR WORK WITH NATIONAL PROBATION SERVICE

In 2020 the foundation was asked to deliver services within the National Probation Service. We have a strong team of qualified, experienced prison Imams working on the programme, backed by a strong vision and leadership from the Flowhession senior management team. The support being delivered includes professional counselling, befriending service, linking with cultural/religious organisations as well as a range of advocacy and representation services.

The Approved Premises programme is supporting residents of Greater Manchester and has received many referrals. We have supported many ex-offenders' rehabilitation and re-entry to communities in order to prepare them for the future. The prison Imams have worked with the ex-offenders in securing their future helping them in matters such as: Housing, education, employment and representing them at their welfare, housing meetings etc. The service was formed to tackle social isolation that ex-offenders were increasingly experiencing due to the covid19 pandemic.



NEW HORIZON'S SUPPORT PROGRAMME
FOR GREATER MANCHESTER APPROVED PREMISES RESIDENTS

We are delighted to be able to provide the following support for residents of Greater Manchester's Approved Premises

- A bi-lingual counselling service which utilises qualified male counsellors that are registered and/or members of The British Association of Psychologists and Counselling Practitioners (BACP).
- Support residents with cultural, religious and social links within communities to aid their rehabilitation and serve as protective factors against recidivism
- Support to complete benefit and welfare assistance applications
- Support to register with GP, Police, Housing, education, employment services
- Representation and advocacy at welfare, housing meetings etc
- Support to set up a bank account
- Support to apply/renew driving licence.
- Post hostel release 'buddy service'

Alternatively, you can contact our programme lead:
Imam Shoaib vaka, GM AP lead:

Shoaib.vaka@flowhessionfoundation.org.uk | 01204275106 | 07735658827



Imam Shoaib Vaka, Flowhession NHP lead with probation staff

02 OUR TRAINING OFFER

In the community arena skill sets and knowledge bases require constant refreshing. For this reason we pride our-selves on delivering high-quality, bespoke workshops and training for both frontline professionals and the VCSF sector. Our training products can be tailored to meet the needs of your workforce. All training packages are academically reviewed and individually designed by one of our expert associates. We specialize in the delivery of workshops building community cohesion in to practice: strategies for frontline professionals, integration, counter-extremism and more generally social issues that face South Asian Muslim communities.

These include; Tackling forced marriage, sensitives, toolkits and best practice when engaging with BAME communities. Exploring gangs and youth violence, honour-based violence, drugs and alcohol abuse, culture vs. religion etc.

We also deliver workshops on how to reduce barriers and engage South Asian communities on many complex social issues. Such as Practical approaches to tackling Islamophobia in the public sector and how to deal with difficult conversations: Differentiating Islam, Culture and Extremism (DICE) across the health economy and secure estate.

We are proud of our links to local authorities and delivering comprehensive community cohesion training to frontline professionals. Our Beacon Centre status and award recognises the hardwork front line practitioners do in building bridges and bettering cohesion in their communities.



CPD for healthcare and safeguarding professionals


Wednesday 18th July 2018

Manchester Metropolitan University


Facilitator:

Mawlana Abdul Hafeez Siddique
BA MA M Phil

Executive Director @Flowhession



Manchester Metropolitan University




What do you think about the session?


Very good, very informative, very useful, very helpful, very good

What do you think could be improved?

Nothing



100% POSITIVE FEEDBACK



What do you think about the session?

Very good, very informative, very useful, very helpful, very good

What do you think could be improved?

Nothing



What do you think about the session?

Very good, very informative, very useful, very helpful, very good

What do you think could be improved?

Nothing



What do you think about the session?

Very good, very informative, very useful, very helpful, very good

What do you think could be improved?

Nothing



What do you think about the session?

Very good, very informative, very useful, very helpful, very good

What do you think could be improved?

Nothing



What do you think about the session?

Very good, very informative, very useful, very helpful, very good

What do you think could be improved?

Nothing



03 OUR RESEARCH OFFER

Remaining research active remains a priority for the Foundation; that is why we established the Flowhession centre for BAMER research in early 2021. Led by established academics, the centre specializes in researching social issues and phenomena that affect marginalized and vulnerable bamer communities.



We deliver a wide-range of bespoke research pieces with particular interests in South Asian communities, community cohesion, integration, barriers to engaging Bamer groups, on the most pressing of social issues. Our research approach is based upon triangulated methodologies i.e. using qualitative and quantitative research designs to ensure that phenomena are thoroughly investigated and explored.

Having many years of collective academic research experience between them, centre staff thus ensure high quality; outcome focused pieces that push society forward.

HOW WE GET ALONG?
WHAT CAN WE LEARN FROM THE BIGGEST STUDY OF DIVERSITY IN THE UNITED KINGDOM

ABOUT THIS EVENT
What do we think of our neighbours? And what do they think of us? When it comes to race, religion and immigration, what divides us and what brings us together? Do we all share the same experiences of the diverse everyday world around us? Or is diversity something other people do? These are some of the questions that motivated the Woolf Institute to produce How We Get Along: The Diversity Study of England and Wales 2020; some of the highlights of the report are as follows:

- 60% of people agreed that the number of migrants in Britain has increased too quickly in the last ten years
- 50% agree that ethnic diversity in Britain has increased too quickly in the last ten years.
- 43% agree that religious diversity has increased too quickly in the last ten years.
- 54% of those who perceived their community to be nationally diverse agree that the number of migrants has increased too quickly.

Facilitated by Imam Abdul Hafeez Siddique who will be joined by panel of experts, come along to engage with discussions on the implications and ramifications following on from the publication of The Woolf Report, 2020.

WHO SHOULD ATTEND
Frontline professionals in the public sector who are engaging with communities, service users, patients, offenders as part of their remit. Students who are studying a social science subject or working towards a professional qualification to serve in the social sector.

Speakers:

- Nimrita Bahia**
Coventry University, Lecturer in childhood, youth and educational studies
- Edna Boampong**
Cheshire and Merseyside health and care partnership, Deputy Director of Communications and Engagement
- Dr Steph Dermott**
PhD in Religion and Social Cohesion Bolton and South Lancs community railway partnership, officer
- Gillian Kirkman**
University of Huddersfield, Head of social work, County Director (None in three)
- Dr Haroon Sidat**
Cardiff University, Researcher for the study of Islam in the UK
- Host: Imam Abdul Hafeez Siddique**
CEO The Flowhession Foundation, NED NHS Bridgewater Trust, Chaplain HMP Wymott.

WED, 17 MARCH 2021
01:00 - 03:00 GMT

TO BOOK
TO BOOK ON TO THIS EVENT COMPLETE THE EVENTBRITE REGISTRATION LINK ACCOMPANYING THIS POSTER.

The Impact Of Bereavement During Covid19 Bolton Research Study

What's this study about?
The Flowhession Centre for BAMER Research (part of The Flowhession Foundation), has been commissioned by Healthwatch Bolton to undertake this study in Bolton. We are interested in exploring the experiences of People from black, Asian and minority ethnic groups (BAME) who have lost a loved one during the Covid-19 pandemic. Losing someone is hard enough for people at the best of times, but losing someone during the Covid-19 crisis has added to the distress of those bereaved: issues such as limited contact with loved ones, restricted visiting arrangements with hospitals and care homes, restricted funeral arrangements and social distancing measures are exacerbating the loss of loved ones. This study wants to learn from these experiences to improve Bolton's health-care systems.

Who are Healthwatch Bolton?
Healthwatch Bolton listen to the views of all communities in Bolton about their experiences of using NHS health and social care services. They carry out research based on the health and care priorities of the community, and from this, they make recommendations to the people who plan and provide your local health and care services so that services can be improved. Covid-19 has had a disproportionate effect on BAME people which is why this study is important.

What's involved?
Our bi-lingual researchers will undertake a short 1-hour interview (in-line with current covid19 regulations). All data will be held within GDPR.

I want to get involved:
We have an experienced and dedicated research team that you can contact and who can also speak community languages.

To discuss the study contact:
Flowhession Centre for BAMER Research.
Imam Abdul Hafeez Siddique
BA MA MPhil (Principal Researcher)
E: abdul.siddique@flowhessionfoundation.org.uk
M: 07515171378
T: 01204275106

HELP IMPROVE LOCAL HEALTH SERVICES
GET YOUR VOICE HEARD
MAKE YOUR EXPERIENCES COUNT
HELP AFFECT CHANGE

To register your interest, contact our business manager:
Julie warren-Taylor
admin@flowhessionfoundation.org.uk
01204275106

Healthwatch- 2021

We were commissioned by Healthwatch Bolton to interview bamer people who have had covid19 bereavement within their families and friends to assert their experiences and level of support they received from services.

How we get along?

We held a research seminar in 2021, hosted by centre associates looking at what the largest study of Diversity in the UK meant for community cohesion.

04 OUR CONSULTANCY OFFER

We offer a bespoke consultancy service for the public and third sector. In particular we can advise on issues relating to community cohesion, complex social issues affecting bamer communities and how to engage, hard to reach communities on a range of important issues. With many years of academic and fieldwork experience; Flowhession associates will be able to offer independent, neutral advice on issues that the public and VCSF sector have to grapple with when engaging with Britain's diverse communities.



Contact us:

For more information on any of our strands or to discuss any requirements you may have kindly contact us on via any of the channels below:

Email: admin@flowhessionfoundation.org.uk

For The Executive Director: abdul.siddique@flowhessionfoundation.org.uk

Phone: 01204 275106 / 07878668147

Post: The Flowhession Foundation, All souls, Astley street, Bolton BL18EY