

LOVING THE FLOW

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THE FLOWHESION FOUNDATION

www.flowhessionfoundation.org.uk



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The voice of

GREATER MANCHESTER'S

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SUMMER
TRIP TO
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READ ALL
ABOUT IT

MESSAGE FROM THE DIRECTOR AT THE FLOWHESION FOUNDATION



Our Foundation's summer offer has been sustainably refined and brought in line with the aspirations of our service users. For this reason we delivered a high quality suite of activities over the summer for young people that included; arts and crafts, painting, slime workshops, Jump extreme sports, Mehndi workshops and cakes/ bakes sessions. Furthermore we were really excited to undertake our first distance trip to Houses of Parliament with 50 young people. Our young people and editorial team have covered this awesome trip in this issue.

Here at Flowhession we strongly believe in the importance of promoting British Values within which respect for the rule of law and democracy remains central. For this reason the Parliament trip was really successful as it allowed young people from largely disadvantaged backgrounds to see first hand the historic institutions and structures that have safeguarded our freedom in the United Kingdom for centuries.

The success of this event has encouraged us to think about delivering wider offers that focuses on key institutions and structures that safeguard our democracy and we will be planning a trip to the European Union Parliament in Brussels shortly.

For cohesion to be embedded within our society we strongly believe all young people should have access to similar life experiences such as our parliament trip and we hope to continue this trend in the future to ensure that marginalized young people in Britain believe they can build, belong, aspire and are valued like anyone else in the UK!

Abdul Hafeez Siddique

Imam Abdul Hafeez Siddique
Executive Director

If you 'feel the flow' and want to get involved join the 'Flowhession Family' by emailing us at: admin@flowhessionfoundation.org.uk or connect with us at:



@flowhession

The Team

Naeem, Year 9
Khadija, Year 9
Zainab, Year 8
Harun, Year 7

Uwais, Year 10
Hasim, Year 9
Ayesha, Year 9
Abdullah, Year 7



Some of our editorial team taking time out during our Houses of Parliament trip.

Naeem and Khadija

Aspire

Clifford Morris (born 1942) is a British Labour politician in the Metropolitan Borough of Bolton in Greater Manchester. He was the leader of Bolton Council from 2006 to 2018.

Morris was born in Bolton in 1942, and married Doreen Eccles at the Hebron Hall, Mayor Street, Bolton in 1964. They have three children (Andrew, David and Helen), six grandchildren and one great grandchild; their names are (from oldest to youngest) Karen, Emma, Andrew, Callum, Rebekah, James and Amiee. Clifford worked at both the Lamplighter and Smithills Coaching House prior to the demise of both.

Former Bolton Council leader Cliff Morris has won a prestigious national award for his work to champion the arts..

Cllr Morris picked up the 'Best Local Authority Arts Champion – Councillor' title in the National Campaign for the Arts' (NCA) Hearts For The Arts Awards 2018. The awards celebrated the work of councils that have overcome financial challenges to ensure the arts stay at the Centre of community life.

Cllr Morris stepped down as leader in December after 11 years. The NCA said he 'put his money where his mouth is' and that, under his leadership, Bolton Council 'championed and invested in the arts, committing millions of pounds to redeveloping and expanding the Octagon Theatre, the Albert Halls and the Bolton Museum'.

It added that, despite the austerity the council has faced, the Octagon Theatre is one of very few producing theatres not to have received any reduction in local government funding in the past decade.



"The Albert Hall restoration, investment in our hugely popular Central Museum and our commitment to transform the Octagon Theatre – which is a true beacon of Northern talent – has set the foundations, to take pride in our past and inspire the future, for many generations to come."

He was elected as a councilor for the Halliwell ward in the Metropolitan Borough of Bolton in 1983. At the 1992 general election, he stood in the Bolton West Constituency. Between 2003 and 2004, he was the ceremonial Mayor of Bolton. He served as the Leader of the Labour Group (2004–2017) and Leader of Bolton Council (2006–2018). Since its creation in 2011, Morris has been the Greater Manchester Combined Authority's lead on health.

Value

By Zainab and Harun

Parliament started life as an English affair. It was not much of a Parliament - more of a talking shop for the king and rich men. These meetings morphed into a formal arrangement, which eventually became the House of Lords. In those days - and for several centuries later - England was busy fighting with Scotland and Wales.

By the 13th Century, a parliament was when kings met up with English barons to raise cash for fighting wars.

The seeds of a UK Parliament were sown in 1542 when Wales came on board. At the time, Wales was a patchwork of independent areas. But along came Henry VIII, a man fond of dramatic gestures. Having given the Catholic Church its marching orders, he was worried that the Catholics would not go quietly. To stop the Welsh coming under their influence, he decided Wales would be ruled by England. By now Parliament was a full-blooded institution and Wales was allowed to send representatives.

By 1603, England and Scotland had the same king but different parliaments.

King James tried to persuade the English Parliament to bring the Scottish Parliament into the fold. But English MPs refused to let any Scots into the Westminster club.

The Commons got into its stride in the 1620s. Turbulent years and a great time to be a journalist. Fights in the chamber... the king trying to arrest MPs. Eventually, Charles I dissolved Parliament for 11 years. The rows got worse, leading to a war between Parliament and the king. The king was put on trial and then executed.

After the civil war, England became a republic under Oliver Cromwell. Cromwell had big ideas. He annexed Scotland and Ireland into a full union with a single parliament at Westminster. The 1654 parliament

was the first one in which the whole of Britain was represented. But Cromwell dissolved it pretty quickly when MPs refused to do his bidding.

The 1707 Act of Union brought England and Scotland together - with one king and no more Scottish Parliament. Scottish MPs and Lords made their way down to Westminster. But there were complaints, elegantly summed up by Robert Burns, that Scotland had been "bought and sold for English gold".

At the end of the 18th Century, there was a powerful campaign for Irish independence from England however Ireland was firmly bought into the UK with another Act of Union. That was the end of the Irish Parliament. A hundred Irish MPs turned up at Westminster.

The UK Parliament - now made up of English, Irish, Scottish and Welsh MPs.

There was a succession of rebellions in Ireland, throughout the 19th Century, against Britain. Just as the Westminster Parliament looked set to agree,



World War One broke out. Finally in 1920 - after a rebellion which became a civil war - a law was passed dividing Ireland into north and south. Northern Ireland was given its own parliament, which was suspended 1972 because of the Troubles. The south became a new independent Irish state. And, of course, this arrangement was fiercely controversial for most of the 20th Century.

For the first 800 years or so Parliament was a club for men. Women finally got the vote in 1918 after the campaign by the Suffragettes. The first woman elected to the Commons, in 1918, was Countess Constance Markievicz but as a member of Sinn Féin she refused to take her seat. The first woman to take her seat was Viscountess Nancy Astor in 1919.

Belong

Uwais and Hasim

Throughout both chambers, there are microphones built into the benches to bring the sound of the MPs and Lords working into the Galleries. Sitting in the Galleries of both the Commons and the Lords is entirely free, however the children did not get to experience this.



On 21st August 2019, the Flowhession Foundation took a group of children from Bolton, Greater Manchester on a trip to the Houses Of Parliament.

The trip was organized to help educate local children on the Palace of Westminster, the meeting place of the House of Commons and the House of Lords, the two houses of the Parliament of the United Kingdom.

For these children, they witnessed the world's oldest democratic body. All the legislative work of the Houses of Parliament takes place in either the House of Commons or the House of Lords. Both of these chambers had sections that were open to the public.

The House of Commons Public Gallery, which was located behind bulletproof glass, the children were escorted up the back stairs of the House of Commons to sit in the balcony.

The House of Lords Public Gallery was also up a set of back stairs but this Gallery had no glass, which means the guests were actually sitting on a balcony inside the House of Lords itself.

On arrival at the entrance of the buildings, we experienced what was more an "airport-style security" where we had to pass through metal detectors and had all our bags x-rayed and searched.

We were then issued a temporary pass, which had to be worn at all times and returned at the end of the tour.

As well as a tour of the two Houses, we were also given a tour of the Queen's Robing Room, the Royal Gallery, Central Lobby, and St. Stephen's Hall.



Build

Uwais and Hasim



Shamin Abdullah, who volunteers with Islamic Relief UK was nominated for the Bond Volunteer Award. Adullah Almamun, national volunteer coordinator at Islamic Relief UK, explained why he nominated her. "Shamim is a housewife; mother of four and recently elected local authority councillor and our nomination. We see her as an inspiration and outstanding volunteer in the Islamic Relief family since 2013."

Shamim married at an early age and raised a family of four whilst being an active member of her community. In 2013, the devastating conflict in Syria motivated Shamim to take action. She contacted Islamic Relief and became part of a Cake4Syria campaign.

The volunteer led initiative sold over 20,000 cakes since 2013 and raised over £200,000 in its most recent year.

Shamim managed the Bolton area deliveries, coordinating between her peers and ensuring the delivery of hundreds of cakes for sale in the area. From her baking beginning, Shamim went on to become a part of the core team of volunteers in our North of England region. She was quickly selected as the volunteer leader for Bolton and surrounding towns. In the next 3 years, she raised much-needed funds for various appeals and campaigns. She also

organized various activities and events from fun days; food sales in local primary schools; and street collections to community fairs.

Shamim excelled as a fundraising volunteer but was also a keen environmental activist. Motivated by this passion, she took time out of her busy home life to represent Islamic Relief at the COP 21 UN climate change conference in Paris in 2015.

Alongside other volunteers, she used the event to present the Islamic perspective on the importance of custodianship of the planet and helped build the profile of the event and the treaty in her local community. Shamim also organised various events from an Eco-Iftar (an environmentally sensitive "breaking of the fast" meal during Ramadan) to raising awareness in her local area about the importance of recycling for mitigating climate change.

A pillar of the local community with active involvement as a local authority councilor, school governor and volunteering for local community projects saw her nominated for, and then winning her own Islamic Relief Lifesavers award for volunteer of the year 2017.

