

LOVING THE FLOW

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THE FLOWHESION FOUNDATION

www.flowhessionfoundation.org.uk



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The voice of

GREATER MANCHESTER'S

Cohesion-Conscious Youth

LEARN ABOUT THE HISTORY AND WALKING ROUTES ON SMITHILLS ESTATE!

MESSAGE FROM THE DIRECTOR AT THE FLOWHESION FOUNDATION



The Flowhession Foundation has been extremely fortunate to have wide-reaching community support and encouragement to be able to deliver many of the projects and programmes that it does. We were excited this quarter in particular to have delivered a wide-ranging Domestic violence conference bringing together professionals, practitioners and many other people so that they could reflect on and learn about the many challenges that our communities face. I'm happy that our young people have covered the mini-conference in these issues as well as the DV workshops that were led by our fantastic independent art therapy specialist Khadija Wadee!

Health is an important part of community cohesion. At Flowhession we believe that a healthy community means that people will be able to get out and about; having a better chance to engage and socialize. That's why I'm pleased that in this issue our young people have covered the physical sports activity alliance work that we were part of. There's also a great piece by Armaan Nadeem who interviewed a health and fitness instructor on ways to best keep fit.

Finally, its always been embedded within the DNA of Flowhession to do things innovatively and work with our young people, partners and stakeholders to deliver effective community cohesion solutions to communities. We are forever looking to benefit and assist communities and are proud to be working with the Somali community in Haliwell i.e. Gateway support services to provide better literacy and health activities for their service users. We feel our work and strategy are effective and thank the support and trust the community has in us to deliver great projects and services to them.

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

By Armaan, Year 8

Aspire

I was asked to interview a fitness instructor to see what the benefits are of keeping healthy and having a healthy life style.

I arranged to interview Personal Instructor, Mohammed Motala at DW Sports Gym, who was more than happy to share his knowledge and provide a insight in to this.

Below are some of the questions that I asked him.

Q1: What advice would you give to someone who would like to get fit?

Answer: "Well, you could start at home by walking up and down the stairs. Having a good diet would also help especially if you have a good breakfast".

Q1: How does a person get fit if they don't want to go to a gym?

Answer: "have a sport activity, e.g. swimming or martial arts. Jogging would also help a lot or even walking".

Q1: What food would get me fit or healthy?

Answer: "brown bread would be good for you as well as proteins, chicken, rice, potatoes and food from the ground".

Q1: How can I help mental health if I am stressed or depressed?

Answer: "Exercise gives you something to think about and calms you down a lot as it relaxes your muscles down".

Q1: Why do people have protein shakes and protein powder?

Answer: "they have these products as it helps you to have more protein as they cant get enough from food that they eat".

Q1: What inspired you to become a fitness instructor?

Answer: "I love helping people and enjoy this job that I do. It is fun and amazing to how different people have different problems with their health and how I can understand these problems and try help them over come them".



As you can see there are definitely benefits in having a healthy life style, weather it be having a health diet, going to the gym or even having a hobby. This will not only help you to keep fit but also will help with your mental health and help make you feel good about yourself.

I also found that by doing this will also help individuals to become more confident about them selves and confident in meeting new people and working in groups.

So I would definitely encourage people to join a gym or get involve with a hobby they love doing, as this will help get them committed to it and later on down the line they can reep the benefits of it.

If you would like a free 45 minutes conciliation with Mohammed, then you can do by giving him a call on 07940710124.

Value

Zara Ahmed, Year 10



Last month the Flowhession Foundation organised a mini conference for the BAME community for Daughters, Sisters and Mothers against Domestic Violence Conference.

Each year nearly 2 million people in the UK suffer some form of domestic abuse and 1.3 million female victims (8.2% of the population), and 6000 male victims, 7 women a month are killed by a current or former partner in England and Wales.

The event was a huge success in terms of the biggest audience turn out for a BAME community domestic violence event. There were over 50 attendees.

At the event a number of local providers from Bolton attended and took part in it from Fortalice and Endeavour Project and talked about some of the work they are doing in the community and facilities and help they can provide to anyone experiencing or have suffered domestic abuse.

The Police also attended event and talked about what barriers that victims are facing and never get a chance to report domestic violence.

The event explored religious misconceptions and cultural barriers to why people don't report domestic violence. It also talked about the work shops that we had on for example using art therapy in the domestic violence workshops to help the ladies deal with it.

The event also 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 day involved talks, group discussions, reflections by participants who attended the workshops earlier in the year and a QA panel.



Belong

Ayaaz Patel, Year 9

The Flowhession foundation took part in an exercise in 2019 regarding a Sports Pilot Physical Activity. The whole aim of this project was to promote community cohesion, integration and British values through research, projects, consultancy and training.

For this pilot activity, we delivered a series of x6 3.5 hour engagement sessions with groups of 5 young people at a time. We felt that a small group of 5 participants would be better in order to ensure that qualitative data gathered from the session was reflective of opinions and discussions held. We understand through research method literature that larger groups can have dynamics where a few participants can dominate the sessions whilst quieter members of the group are left out.

We found that the sessions were interactive with members of each group happy to engage and discuss issues around barriers and behaviours that prevent them from engaging in physical activity. For simplification of data analysis we have grouped the overall themes of the sessions into four broad categories that are discussed in the next section.

1. Religious/cultural considerations.

One key theme that emerged from the insight sessions revolved around religious and cultural considerations when around physical activity. Young female members of the groups in particular who expressed themselves talked about how they felt uncomfortable going to gyms because of the mixed nature of the environment. They also felt that wearing tight clothing in front of other people in the gym was not seen as particularly 'modest'.

2. Lack of quality, low cost health and fitness centres for young people.

Participants in sessions understood that health and fitness were not only confined to the gym environment. Opportunities to engage in

sports and other light exercises such as walking etc were important. However participants discussed how there were many advantages of going to the gym such as structured group training programmes, sauna, spa, Jacuzzi facilities as well as personal trainers to benefit from and good quality gym equipment. They explained that there was not many age appropriate fitness centres in Bolton. One male participant for instance explained 'I go to the gym its pretty cheap but they don't have all the equipment I need. There's no sauna or steam room. There's a lot of older people there and queues for the main equipment. Also there's always small [clicks] of older people who 'hang' around together in the gym and hog the weights and other machines. As a young person its quite scary and frightening to go up to them and say 'Can I have those weights if your finished? So we do need to have gyms just for young people that have all the facilities.'

3. Inactive or idle lifestyles.

Through their use of video and social media during the sessions many of the participants explained how their lifestyles were quite idle by nature of the activities that they undertook. Most of the participants in session discussed how their daily life was quite pressured in order to fit in study, work, socialising, 'Netflix and Chill' days as one participant put it; 'I spend a lot of time bingeing on box sets of videos on Netflix I'm watching Pretty little liars, Riverdale and vampire diaries at the minute. I don't have enough hours in the day! A lot of the times young people think exercise is something you do when the doctor tells you to do it. My friends and me don't really worry too much about being healthy at the moment. It could just be an age thing'. This sentiment relating to long hours of media consumption was a reoccurring factor within the sessions. Participants felt that on their list of priorities healthy lifestyles were not at the top. One male participant added; 'If I'm out with my friends and we go eat I wont be eating a salad being all health conscious! Ill be having pizza and all the other greasy stuff'.

4. Lack of understanding of Healthy lifestyles and its benefits.

Within sessions participants talked about their lack of detailed understanding around what healthy lifestyles would look like in practice. During the mapping exercises participants outlined the number of health problems that their families, relatives and other close circles had the list included heart disease, obesity, arthritis, blood pressure, depression, diabetes and cholesterol . One participant noted ‘ our south-Asian food has a lot of carbs in them rice, oil, flour, bread and we do eat a lot of fried food.

I think that’s why there’s quite a lot of heart attacks, blood pressure and diabetes in my wider family’.

Participants explained how they did not have any role models to look up to when it came to eating or living healthy. When discussing with one group about the types of advice they may get from their peers.

The Project gave a snapshot of the types of barriers and behaviours that may impede young people engaging in physical activity.



Build

Hersi Hassan, Year 9



Smithills Estate

Smithills Estate is the largest site the Woodland Trust has ever acquired in England, steeped in history and shadowed by the famous Winter Hill TV mast. The site is a mix of grassland, farmland, moorland, wooded cloughs (ravines) and bog habitats, crisscrossed by dry stone walls, with panoramic views over Bolton to Manchester.

How to get to Smithills Estate

Smithills Estate is 4.8km (3 miles) from the centre of Bolton. It is prominent in the landscape and can be seen and easily pinpointed from miles around due to the well-known 310-metre-high Winter Hill broadcasting transmitter perched at the top of the hill, just outside our boundary.

Facilities and access

Routes within Smithills Estate are quite diverse. Footpaths mingle with restricted byways, providing a mix of both surfaced and unsurfaced paths and wider, more formal-looking tracks.

Restricted byways in particular tend to be well surfaced and free from obstructions. We are currently implementing a five-year plan upgrading and increasing the amount of access paths across the site.

Animals

Smithills Estate has always been rich in wildlife, but certain species have declined in recent years. Now that we have the site in our care, we're working to ensure the land is managed appropriately and creating a variety of habitats that will encourage wildlife to thrive once more.

Habitats

Smithills Estate has areas of valuable habitat, particularly moorland - which is part of the West Pennine Moors SSSI - along with woodland and important grassland.

History of Smithills Estate

Smithills Estate has a rich agricultural history. In 1620 there were six farms on the site, but by 1769 this had increased to 14, ranging from 2.6 hectares (6.5 acres) to 48.9 hectares (121 acres).

As years passed, farming gradually went into decline, exacerbated by neglect during the Second World War and the increasing costs of estate management and maintenance of the infrastructure.

Industry at Smithills

The site was used for coal mining. Because the site was remote, coal mining cottages were built to house workers. Archaeological finds from this industry have been found on site.

The site was also used for stone quarrying, an industry that has had a substantial impact on the landscape.

The moor also housed reservoirs and a tile works.

Archaeology

The earliest evidence of human activity within the estate are the scatters of flints from the Mesolithic period (the eighth to mid-fourth millennia BC). A Bronze Age stone hammer and palstave (axe) were reputedly found in 1812, and a whetstone (a stone used to sharpen cutting tools), a blue ribbed bead and a bottle neck - all said to be Romano-British - have been found, along with a bronze coin of unknown date.

Winter Hill Fire

On 28 June 2018, a fire broke out close to the television mast on Winter Hill, and a second fire was reported at the far east of the estate the next day. By 30 June, the two fires had merged, engulfing the top of Smithills Estate in flames.

Emergency services and helicopters were drafted in to dampen the flames, and it was finally declared out on 9 August 2018. However, considerable damage had been done to the site. 31% of the site was affected in total, and the fire had a huge impact on wildlife. Nesting birds, insects, frogs, toads, lizards and rodents were all affected, many species perishing in the fire.

Moorland in particular is used to fire and so should recover well, allowing animals from surrounding areas to recolonise. The recovery will, however, take years.

People are encouraged to take great care and be extra vigilant when visiting the area. Disposable barbecues, discarded cigarettes and even rubbish can all start a fire. If anyone does spot a fire, they should call 999 immediately.