

# LOVING THE FLOW

SERIES 3- ISSUE 2: JUNE 2020



THE FLOWHESION FOUNDATION

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

## FLOWHESION GOES TO OLD TRAFFORD!



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The voice of

# GREATER MANCHESTER'S

Cohesion-Conscious Youth

## **MESSAGE FROM THE DIRECTOR AT THE FLOWHESION FOUNDATION**



It is great to be writing the intro to this innovative magazine all be it in very strange times. Our work has been overshadowed by the covid19 pandemic and the many different challenges that it has presented to us and other organisations across Greater Manchester. Although the pandemic has stopped our world in its track; it has opened up many avenues for people to help, support and comfort each other. The work of friends, families and neighbours has gone a long way in the last months to ensure that we all are able to cope and stay strong.

In the midst of this outpouring of solidarity, hope and support; the foundation finds itself working in many towns and cities across the Greater Manchester system to relieve pressure on services.

We are grateful for the work our staff, volunteers, stakeholders and well wishers have put in to making our COVID19 response and support hub a success.

The many stories I have heard of strengthened neighbourhoods, friendships and partnerships in light of the pandemic gives me hope and energy that will guide the Foundation in its work for years to come.

*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](mailto:admin@flowhessionfoundation.org.uk) or connect with us at:



**@flowhession**



By Ismael, Year 10

# Aspire

**O**n 17 February 2020, the Flowhession Foundation took a group of children from Bolton, Greater Manchester on a trip to Manchester United Football club.

The trip was organized to help educate and inspire local children on the Football Club and motivate them to achieve their future goals. The tour gave children an insight into the history of the football club.

The trip consisted of a tour of the museum and stadium as well as a talk on the importance of education and working hard to achieve their aspirations.

On arrival at the entrance of the building, we experienced a strict security procedure which we had to follow in order to enter the premises. We were then issued a temporary pass, which had to be worn at all times throughout the tour, and the children were able to keep the pass as a souvenir.

As well as a tour of the museum, and stadium, the children were given a detailed history behind



the creation of the Football Club. The children were also given an opportunity to take pictures throughout the tour, and private access to player areas, changing rooms, player tunnels, and manager and player dug out area.

As the tour completed with an educational talk, the children were then given a chance to buy souvenirs from the Manchester United Megastore.

he majority of the group had experienced a tour for the very first time and enjoyed their experience thoroughly and they gave feedback that they had a very inspirational day and helped them to set their goals and determined to achieve them.





# Value

Faizan Khalid Year 10

**D**uring the pandemic there is no doubt that the COVID has left the majority of the public in Bolton distressed and anxious. To add to a lot of vulnerable groups, not everyone has had the correct support network of family and friends, to help their emotional wellbeing in this difficult time.

The Flowhession Foundation has been providing tailored support over Greater Manchester for some time, but now a lot of support has been made available from local authorities and other organisations in the Bolton area.

The Team Bolton community of volunteers, partners and council staff are offering vital help to people who need support (including food and essential items such as medication), particularly if:

- You have received a letter from the NHS advising you are at high risk and should stay at home
- You are medically vulnerable and according to the government criteria you should stay at home
- You are self-isolating due to illness (no matter your age)
- You are experiencing financial hardship
- You are experiencing food poverty

Bolton at Home have also been very active in the community, offering a number of services, help and support. This was from helping any that had been affected from COVID19, helping those people with setting up their Universal credit claims, also helping people who may have been or suffering from domestic abuse and financial advice.

There is also support available for Young People through their schools and online support.



Bolton leaders signed a pledge to work together for a covid 19 united response.



Flowhession delivered food parcels, essentials and hygiene products during the pandemic to local statutory services as part of our response



Urban Outreach delivering food to vulnerable families in Bolton



# Belong

Abaad Sarwar, Year 11

**D**offcocker is a residential district in Bolton, Greater Manchester, lying about 3½ miles from the town centre on the northwest edge of the suburbs on the lower south facing slopes of the West Pennine Moors. Historically within Lancashire, it is bounded by Markland Hill and Heaton to the south and Halliwell to the east.

Coal was mined at Doffcocker Colliery in the 19th century from the thin Mountain Mine (seam) of the lower coal measures.

Its most prominent feature is Doffcocker Lodge, a former mill lodge (created in 1874) and now a local nature reserve for wildfowl.

The history of the name is not certain but it is believed to be formed from the Celtic dubh meaning dark or black, and cochr meaning a winding stream, giving “dark winding stream”, the stream that fed Doffcocker Lodge. Another version is that it was named after a Scotsman who was passing through the area and had to cross the stream. Its waters were exceptionally high following heavy rain, so to keep his stockings (cocks, as they were known in Scotland) dry the man was obliged to “doff” them.

Doffcocker Lodge was Bolton’s first Local Nature Reserve designated in 1992. The area is also a Site of Biological Importance due to its areas of reedbed and the bird species found here.

The star attractions of Doffcocker are the common Terns, bred successfully for four years, making it one of very few places in Greater Manchester they breed.

- Built 1874 (renovated 1980)
- Dam height 7.1 metres
- Capacity 123,000 cubic metres
- Surface Area 80,500 square metres

With the pandemic and mental a real concern for the local people it’s a good thing Bolton has such a beautify walk route to help exercise and getting people to get out and enjoy the lovely surrounding’s.





# Build

Hersi Hassan, Year 10

During the current pandemic the Flowhession family have been busy putting Covid19 Response and Support Hub Programmes in place, in response to the crisis.

One of the Hubs that were put in place was the FREE bespoke short urdu and English videos that south-asian communities across the Greater Manchester can view to educate themselves more about managing anxiety, health exercise and home routines during the lockdown.

The foundation also worked with Greater Manchester's complex safeguarding hub to provide FREE advice and guidance to frontline social workers and other professional's in how to best engage with the south-asian communities and these difficult times.

The foundation also provided free tablets to our most vulnerable service users so that we can keep in touch with them and also giving them the ability to keep in touch with there family and friends. This facility has also been made available so that the service users become more self-sufficient and build their digital capabilities. The Flowhession foundation also provided Covid19 Support services to communities, they had a dedicated team of professional counsellors and experienced call handlers to give financial advice, faith-based support, help translating/interpreting, completing key forms etc.

If anybody that has been affected in any way or form and would like to receive or arrange support please contact our COVID19 response hub coordinator, **Saiqa Ellahi** on **07771415896** or email **Covid19.support@flowhessionfoundation.org.uk**.

We have been extremely busy since the pandemic helping our vulnerable bamer communities in

**GET IN TOUCH NOW!**

**STAY HOME**  
KEEP YOURSELF AND OTHERS SAFE

**THE FLOWHESION FOUNDATION**  
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**COVID-19 Response and Support Hub**

During these unprecedented times, The Flowhession Foundation is working on a virtual response to the crisis. Following requests from our stakeholders, partners and service users we are in the process of:

- Creating a suite of free bespoke short Urdu and English videos that south-asian communities across Greater Manchester can view to learn more about managing anxiety, healthy exercise and home routines during the lockdown. These will be available to download from our website shortly.
- Working with Greater Manchester's complex safeguarding hub to provide free advice and guidance to frontline social workers and other professionals on how to best engage with south-asian communities in these difficult times.
- Delivered free Tablets to our most vulnerable service users so that we can keep in touch with them and they can keep in touch with loved ones.

We are also providing the following COVID19 support services to communities:

- A dedicated team of professional Counsellors
- Experienced call handlers to give financial advice, faith based support, help translating/ interpreting, completing key forms etc.

**To receive or arrange support:**  
Contact our **COVID19 response hub coordinator:**  
**Saiqa Ellahi 07771415896** or email:  
**covid19.support@flowhessionfoundation.org.uk**

**PROFESSIONAL COUNSELLORS** **EXPERIENCED CALL HANDLERS** **RECEIVE UPDATES & SUPPORT**

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Bolton and across Greater Manchester. Listen to our interview on ALL FM, a Manchester based radio station where we discuss the importance of empowering elderly people to use online social media and communication tools alongside the traditional mental health work that is done with this diaspora. Said the director of The Flowhession Foundation; Imam Abdu Hafeez Siddique 'If there is one thing we learn from this pandemic it is the fact that using online social media and communication platforms are extremely important if we want to tackle the loneliness and mental health challenges covid19 has presented for our senior citizens. Moving forward the Foundation will be re-profiling and embedding this learning on the ground as we return to a new normal and way of working in the coming months.'