

flouhession

— ANNUAL IMPACT REPORT

# Our *Impact.*

April 2025 - April 2026

# Contents.

A year of work across Greater Manchester and East Lancashire -the people we reached, the programmes we ran, and the place we call home.

**AT A GLANCE**

**6,944 service users  
engaged across 144  
programmes.**

01	Foreword	PAGE 3
02	Who we are & What we do	PAGE 4
03	Year in numbers	PAGE 5
04	Health & wellbeing	PAGE 6
05	Youth work & outreach	PAGE 8
06	Early years & parenting	PAGE 10
07	Criminal justice	PAGE 12
08	Skills & training	PAGE 14
09	Flowhession HQ · All Souls, Bolton	PAGE 16

# Inclusion has a remarkable way of *lifting everyone*.

**V**aluing others, fostering a sense of belonging, nurturing aspiration, and encouraging full participation in society are essential elements of thriving communities. We take pride in the dedication of our staff and volunteers, who are working tirelessly to break down barriers and help our communities live better, feel better, and achieve more.

Each time we remove a barrier for one group, we discover it was holding others back as well. Inclusion has a remarkable way of lifting everyone. I am continually inspired by the passion and commitment shown by everyone here at Flowhession. I look forward to diversifying and expanding our offerings in the year ahead.



**(Imam) Abdul Hafeez Siddique**  
BA MA M.Phil  
Founder & Chief Executive

## FROM OUR SYSTEMS LEAD

“This year our team of volunteers has worked with an even greater number of clients in areas that traditional services are not able to meet. The unifying theme is that of independence and self-reliance, digging deep with our service users to regain a sense of self-worth, make better choices and enjoy life.”

I am proud of the fact that people who work with Flowhession tell us how they are thinking differently about themselves and what they think they can achieve.



**Robert Berry**  
BA MA NPQH PQSI  
System Working Lead

# Who we are & What we do.

*Flowhession is about community cohesion. We simply want all communities to live better, feel better and achieve more.*

We deliver a wide range of award-winning community services across Greater Manchester and East Lancashire. Our services span health, wellbeing, substance misuse, community empowerment, resilience, education, employability, leadership and criminal justice.

Everything we do is designed to empower minority communities, promote social responsibility, tackle health inequalities and enable systems thinking for sustainable change.

01

## Build

Capacity, confidence and capability - starting with the person in front of us.

02

## Belong

Rooted in communities of identity; bilingual, faith-sensitive, grounded in place.

03

## Aspire

Lifting sights and expectations - so barriers don't become ceilings.

04

## Value

Evidence-led, outcome focused, unrivalled academic grounding.

## WHERE WE WORK

Greater Manchester & East Lancashire



# The year in numbers.

A summary of the people we reached, the hours we worked and the resources we shared. Every figure on this sheet is exact, drawn from one year of programmes, partnerships and frontline delivery.

 **6,942**

Total service users engaged

 **144**

Total new and existing programmes delivered

 **33,216**

Total hours spent on planning, preparation and delivery of community programmes

 **1,296**

Service User Pulse surveys undertaken

 **36**

Volunteers

 **21,627**

Volunteer hours

 **864**

Service User Guardian Groups Held

 **3,439**

Total number of free hot meals provided to young people as part of HAF programme

 **16,821**

Total Counselling hours provided through our free Umeed Counselling service

 **1,482**

Winter packs distributed

 **3,167**

Total number of hot meals provided from our community kitchen

 **415**

Free refurbished phones + sims distributed

 **384**

Free wifi enabled tablets distributed to families

 **350**

Free slow cookers provided to families as part of our healthy cooking, cooking on a budget programmes

 **1,677**

Total number of hours minibus used for community projects

The Flowhession Foundation  
Bolton · Registered  
charity 1175170



Total value of Flowhession in-kind services and/or match funding provided alongside funded activity

**£212,200**



Total investment in Flowhession HQ: All Souls Bolton site

**£78,654.00**



flow design

# HEALTH & WELLBEING.

1,038

PARTICIPANTS SUPPORTED

*"I enjoy taking part in the young people's health hub, I keep healthy and I get to make new friends."*

AHEMD, 14 PARTICIPANT

# HEALTH & WELLBEING.

SPOTLIGHT · BOLTON HEALTH HUB

## 25 South Asian women learned to swim, most for the first time.



As part of our expanding Health Hub programme, we built on existing activities to support 25 South Asian women in accessing swimming lessons. The initiative didn't only promote physical wellbeing; it broken down cultural and social barriers to participation.



### OUR APPROACH

## Expanding Access to Holistic Health and Wellbeing Support

People from minority communities are more likely to have a mental health problem but less likely to receive treatment. That's why we remained dedicated to delivering programmes and interventions that support both the mental and physical wellbeing of our service users. In response to the ongoing cost-of-living crisis, we have prioritised holistic approaches that address the complex and interconnected challenges faced by our communities. Our flagship Health Hub Model, which was first piloted in Bolton, has now successfully expanded to Salford, North Manchester, and Ashton-under-Lyne. The model offers a range of culturally responsive and accessible wellbeing sessions, including Mind, Body, Soul; Chat and Chai; Walk and Talk; swimming and bilingual counselling services.

These initiatives are designed not only to address immediate health needs but also to foster sustainable wellbeing practices and long-term healthy habits within the diverse diasporas we serve.

*“I enjoy taking part in the young people's health hub, I keep healthy and I get to make new friends.”*

**AHMED, 14**

Programme participant



## Impact

**1,838**

Total participants supported, all areas

**92%**

Participation rate

**86%**

Reported lower stress / anxiety

**88%**

Improvement in productivity & wellbeing

**72%**

Signed up to another wellbeing programme post-project



# YOUTH WORK & OUTREACH.

**2,082**

YOUNG PEOPLE SUPPORTED

*"My mentor really listens to me, and I really enjoy the activities I attend."*

**ANWAR, 15  
DUKE OF EDINBURGH AWARD  
PARTICIPANT**

# YOUTH WORK & OUTREACH.

SPOTLIGHT · BURNLEY SUMMER PROGRAMME

## Football, creative workshops, and honest conversations about exploitation.

Young people in Burnley took part in a range of engaging diversionary activities over summer 2025, including football tournament, creative learning workshops, and frank sessions on exploitation awareness. The programme ran in partnership with local schools and youth services.



### OUR APPROACH

## Spark Mentoring, sport, mentoring, enrichment.

The Foundation offers an award-winning programme for young people: Spark Mentoring, combining sport, mentoring and enrichment opportunities. Our team of skilled youth workers and volunteers work collaboratively to support young people in realising their full potential.

This year, we obtained a licence to deliver the prestigious **Duke of Edinburgh's Award**, providing participants with valuable opportunities for personal growth. We were also honoured to receive the **Sport England Community Sports Programme of the Year** award for our work with young girls at our Halliwell Sports Hub, and Flowhession FC, our Bolton team, won the Youth Premier League.

Looking ahead, we remain committed to expanding our range of sports and developmental opportunities to empower even more young people.

*“My mentor really listens to me during sessions, and I really enjoy the activities I attend.”*

AMAR, 15

Duke of Edinburgh Award participant



## Impact



**2,082**  
Total participants supported

**96%**  
Participation rate

**77%**  
Improvement in self-esteem, confidence, communication & resilience

**91%**  
Reduction in anti-social / risky behaviour

**71%**  
Improvement in school attendance, attitude & grades



# EARLY YEARS & PARENTING.

**1,041**

FAMILIES SUPPORTED

*"The advice, opportunities and counselling have all been empowering."*

SANA, 38 · PLAY & STAY PARENT

# EARLY YEARS & PARENTING

SPOTLIGHT · PLAY & STAY TOTS · SALFORD

## Fostering the first 1,000 days at Winton Library & Family Hub.

Our Play and Stay sessions at Winton Library and Winton Family Hub in Eccles are delivering vital support to toddlers and their families during the crucial first 1,000 days. These sessions play a key role in fostering early communication, language development, emotional wellbeing, secure attachment, physical growth, and boosting parental confidence, laying strong foundations for lifelong learning and development.



### OUR APPROACH

## The first 1,000 days decide a lifetime.

The first 1,000 days are critical for a baby's growth, development and long-term health. For instance, 80% of brain growth occurs by age 2. For this reason, we are committed to giving every child the best possible start in life. Through our perinatal support Tots sessions, we help children thrive from day one.

Our parenting programmes are delivered by qualified, bi-lingual staff trained in the Solihull parenting approach. Across Greater Manchester, we offer inclusive, culturally sensitive services led by qualified, bilingual staff trained in the Early Years Foundation Stage (EYFS) framework, ensuring every child's progress is supported and measured effectively. All our service users have free access to our award-winning Umeed Counselling service, providing vital emotional support when it's needed most.

**80%** of brain growth occurs by age 2, why early-years investment matters.



*“The advice I receive about parenting, the opportunities my child has to develop at sessions, and the counselling service I have used, all have been empowering.”*

SANA, 38

Play & Stay session parent



Salford City Council

## Impact

**1,041**

Total participants supported

**96%**

Participation rate

**85%**

Development against key age-appropriate milestones

**90%**

Parents grown in confidence with parenting skills

**84%**

Parent/child interaction quality improvement post-programme



# CRIMINAL JUSTICE.

**349**

PARTICIPANTS SUPPORTED

*"Reintegration pathways that support healing, growth, and positive contributions to society."*

SHEIKH IMAM SHOAIB VAKA · SERVICE LEAD

# CRIMINAL JUSTICE.



SPOTLIGHT · BRADSHAW HOUSE APPROVED PREMISES, BURY

## Emotional, practical and faith-sensitive support at the prison gate.

Our staff work with residents at Bradshaw House who have been released from prison. They offer a range of emotional and practical support, as well as packs that help residents meet cultural and religious needs, bridging those fragile first 72 hours back into the community.



## Impact

**349**

Total participants engaged

**76%**

Consistent engagement with our services

**95%**

Felt services were useful

**65%**

Significant improvement in wellbeing

**80%**

Reported better social integration

### THE DISPARITY

## Three challenges multiply on release.

**3x**

more likely to experience homelessness



significantly less likely to secure stable employment

**3.5x**

more likely to develop undiagnosed mental health issues

Offenders from minority communities who are released from prison face disproportionately severe challenges: they are three times more likely to experience homelessness, significantly less likely to secure stable employment, and are three and a half times more likely to develop mental health issues that were undiagnosed during incarceration.

Flowhession is committed to addressing these disparities through a comprehensive, culturally sensitive programme that supports minority prisoners both during their sentence and after release.

The New Horizon's programme utilises facilitators, who are serving prison chaplains deeply familiar with the unique challenges faced by this community, provide tailored drop-in and group support across all eight Northwest Approved Premises.

*“Our Criminal Justice offer strengthens communities by supporting reintegration, healing, personal growth, and positive contributions to society.”*

**SHEIKH IMAM SHOAB VAKA**

Prison, probation & secure-estates service lead



Services include counselling, advocacy, peer mentoring, assistance with registrations to vital agencies, and culturally appropriate signposting to ensure relevant resources are accessible. In partnership with senior prison leadership, we collaborate closely to coordinate support and address systemic barriers. By hosting leadership teams at Flowhession HQ, we foster ongoing dialogue and shared strategies aimed at reducing recidivism and building a more resilient, empowered future for minority offenders.



# SKILLS & TRAINING.

**1,632**

LEARNERS SUPPORTED

*"I feel valued in the literacy lessons. I know I can ask any question without being judged."*

WAHIDA, 48 · ASPIRE & INSPIRE

# SKILLS & TRAINING

SPOTLIGHT · DIGITALL · TAMESIDE & ASHTON

## Young mothers and minority learners get online and stay on.

We partnered with young mothers in Tameside and minority communities in Ashton to deliver digital inclusion support. Using the English My Way online platform, we helped them achieve essential digital literacy skills, empowering participants to access vital services and opportunities, and fostering confidence and independence in navigating the digital world.



### OUR APPROACH

## From literacy lessons to leadership in civic life.

Minority communities often face significant barriers to accessing mainstream education and employment opportunities. At Flowhession, we are committed to breaking down these barriers and equipping individuals with the skills and confidence they need to succeed.

Throughout the year, we have delivered a diverse range of blended learning programmes designed to enhance literacy, numeracy, and digital skills, while also fostering self-assurance. These initiatives enable participants to transition confidently into mainstream education or the workforce.

In addition to skill development, our programmes emphasize community cohesion and cultural understanding. Participants engaged in various community outings, including visits to Christmas markets in Manchester, museums, art galleries, town halls, and places of worship representing different faiths.

*“I feel valued in the literacy lessons. I know I can ask any question without being judged.”*

**WAHIDA, 48**

Aspire & Inspire programme participant



These experiences deepen their appreciation of cultural diversity and highlight the importance of active participation in civic life, supporting their journey toward becoming empowered and engaged citizens.



## Impact

**1,632**

Total participants supported

**92%**

Participation rate

**76%**

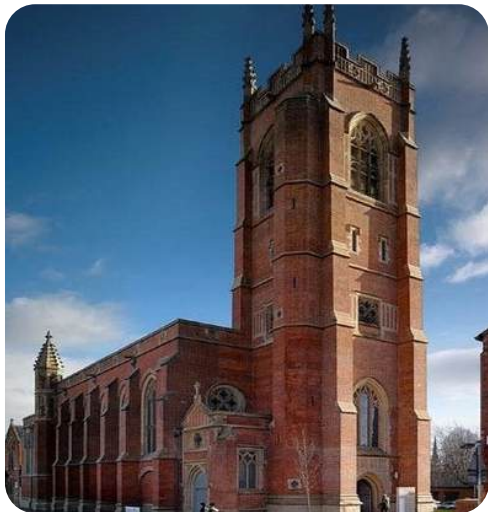
Improvement in core learning & work-environment skills

**58%**

Progressed to further learning, training or volunteering

**69%**

Significant improvement in digital literacy



— OUR HOME

# All Souls, Bolton, a place that *inspires*.

INVESTED TO DATE

**£78,654**

Funded through a blend of self-generated income and targeted grants, reinvested into contemporary facilities at this Grade I listed site.

Since July 2024, Flowhession has managed the All Souls site on Astley Street in Bolton, where our organisation has been based since its founding in 2017. The Grade I listed building underwent a multi-million-pound transformation to become a modern business centre while preserving its historic character; renowned for its breathtaking architecture, it has received multiple national awards.

**AWARDS & RECOGNITION**

- 2014 Andrew Lloyd Webber Foundation · English Heritage Award - Best rescue of a historic building
- 2015 Royal Institute of Chartered Surveyors · Community Benefit Award
- 2015 Civic Voice Design Awards · Restoration Category

Flowhession manages the site in partnership with The Churches Conservation Trust (CCT), the national charity saving historic churches at risk. The partnership demonstrates how heritage assets can be preserved and actively used for community benefit through innovative financial models.

*“It is always a pleasure to work with the Flowhessian team based at All Souls. The original redevelopment project was designed to rescue heritage at risk and create a modern accessible space for the local community. Since taking on the management of All Souls, Flowhessian have delivered a high-quality provision of activities on site that make a huge difference to local people’s lives. They have also helped us to maintain the fabric of the church through their day-to-day management of the building and support, for which we are very grateful.”*

**ANTHONY WILLDER**

Head of Region North, The Churches Conservation Trust

— THANK YOU

To every staff  
member, volunteer,  
partner and funder —  
*thank you.*

At The Flowhession Foundation, we see a world where all live better, feel better and achieve more. None of the impact in this report would exist without you.

OUR HOME

**All Souls Bolton**

Astley Street, Bolton, BL1 8EE

FIND US ONLINE

**flowhession.org.uk**

@flowhessionfoundation · @flowhession

GOVERNANCE

**Registered charity**

Charity no. 1175170 · England & Wales