



Our shared heritage shapes our legacy



# ANNUAL REPORT

2018 - 2019





**Chris Smith**  
Chair

2019 marks a special moment in time in the journey of Legacy WM. The charity is approaching its tenth anniversary (which is being celebrated on March 20th, 2020 with a special event). Legacy WM has come a long way over the past ten years, growing from a very small working base with low levels of funding, to an organisation that continues to extend its reach and impact both locally, nationally and internationally. It has been quite some journey, with the inevitable ups and downs of a growing and evolving organisation, but we can all be very proud of the achievements of Legacy WM to date, and I look forward to the next ten years of the organisation's journey.

There are many partners and individuals to thank for the work of the past year, and indeed the past ten years. I would like to thank in particular my fellow trustees for their on-going commitment to Legacy WM, to the Director who has been central to the vision and evolution of Legacy WM since day one, and the very committed small staff team for their continuing hard work and enthusiasm.

I would also like to thank the organisations that have helped fund and support the many projects that Legacy WM has led and developed over the past ten years, notably The National Heritage Lottery Fund, The National Lottery Community Fund, Historic England, Erasmus +, SIMRA (European) and BBC Children in Need to name but a few.

To conclude, Legacy WM's ten-year journey has been an innovative and dynamic one, in many ways "trail blazing" where no other organisation has gone before. Here's to the next ten years.



**Aftab Rahman**  
Director

As we enter the tenth year of Legacy WM, I reflect upon our many achievements and I am overwhelmed. We have continued to grow and consolidate against the odds. This has been achieved by continuous innovation, and by following the courage of our convictions. The last year has seen us develop more services for the community and broaden the scope of our delivery. We have continued our partnership approach with other local organisations in order to provide the best for all our participants, and we continue to signpost to our partners whenever appropriate.

Our wellbeing programme is continuing to grow, and we have been able to extend the provision of our services through our relationship with our Community Champions, who support the delivery of sessions. This year, Legacy WM has received funding from BBC Children in Need and Happy Healthy Holidays. These funding streams have allowed us to provide holiday play schemes which include the provision of healthy snacks and hot meals for all the young people taking part.

Our heritage strand has grown this year through our partnership with the Lunar Society's James Watt bicentenary project. Legacy WM has successfully supported the community engagement aspect of this programme.

Legacy WM has developed its arts offer through involvement with the Transforming Narratives project and the delivery of a successful Waterways exhibition during 2019. Alongside this, we are continuing to investigate funding opportunities in the arts to develop our work in this area.

All of Legacy WM's work is made possible through the generosity of our funders and the dedication and passion of our staff team, board members and our valued volunteers. I would like to thank them all for their contribution.

# Heritage

2019 has seen the expansion of our heritage walks schedule, as well as the diversification of our training programme, supporting both local teachers and young people. Throughout the year partnership with the Lunar Society has allowed specific focus on Handsworth's connection with James Watt. We appreciate the ongoing support of all of our funders as we continue to grow our heritage offer.



## Heritage Courses

Over the April school holidays Legacy WM ran a three-day intensive heritage programme to empower and inspire young people, focusing on Handsworth's multi-layered history. The course gave participants the opportunity to meet key figures and activists from the local area. Speakers included Mykal Brown from Wassifa Arts, and siblings Harr-Joht and Shuranjeet Takhar. They spoke about their passion for heritage in the local area as well as giving examples of how young people can make a difference through community involvement. The course culminated with a visit to the City Centre Back to Backs.

As well as this young people's heritage volunteer training programme, a successful Handsworth Local History Study Day was delivered as part of Legacy WM's engagement programme, with guest speakers and resources on show as well as a bracing November heritage walk! The next standard Heritage Volunteer Training Programme will begin in February 2020.

## Heritage Delivery with Schools

Following a successful INSET day earlier in the year, Legacy WM has worked with a number of local schools to enrich their local history study programme throughout 2019. Legacy WM's specialist knowledge of the Handsworth area has allowed them to support a number of one off and more extended Handsworth heritage studies within local primary schools. One of these extended studies culminated with local pupils participating in the unveiling of a blue plaque commemorating James Watt's life on the Heathfield Estate in Handsworth. This blue plaque will be a lasting legacy to the many events commemorating Watt's life during 2019, and was a fitting finale to the pupils' work on their Handsworth project.



## James Watt Project

Thanks to funding from the Lunar Society, Legacy WM undertook a yearlong community project focussing on James Watt to mark his bicentenary year. This has involved a multi-disciplinary approach; encouraging engagement in Watt's life using crafts, walking tours, school workshops, one-off events and holiday programmes. The result of this approach has meant that a wide range of new audiences, both young and old, have learnt about James Watt's life in the area, and the importance of Handsworth to his success. This project has allowed Legacy WM to empower and build self-esteem in today's residents by using truly inspirational tales from Watt's life.



## Family Heritage Day

Aimed at the local community, Legacy WM's Family Heritage Day event inspired families using the creativity and ingenuity of James Watt. The event was the first of many Handsworth based events which formed part of a City-wide programme commemorating the life of the famous steam engineer.

The Family Heritage Day involved tours and a variety of creative activities to engage visitors, including the opportunity to create an invention made from recycled materials, asking participants to channel the inventiveness of James Watt as their starting point. Other activities included clay art, mehndi and face painting in this fun and interactive day which launched a year of Watt themed activities.

## Watt's Going On

One of the key James Watt community projects delivered by Legacy WM during the year was our holiday youth programmes entitled 'Watt's Going On'. These week-long workshops included crafts, drama, costume, film and dance as the young people created their own response to Watt's life in Handsworth. Participants wrote scripts and developed performances inspired by Watt and his Lunar Society friends. The sessions encouraged teamwork and helped the young people to reflect on the ground-breaking work that was undertaken by James Watt in their own local area.



## Cheadle Trip

During 2019 Legacy WM has continued to deliver its four core walks, 'Roots, Rights and Resistance', 'Secret Gardens', 'Lunar Links' and 'Pugin in Handsworth'. As part of ongoing research into Pugin's life and work, Legacy WM's Heritage Officers were invited to explore some of Pugin's finest work in Staffordshire. The area is sometimes referred to as 'Puginland' because of the proliferation of work created by Pugin in the region. The visit coincided with an exchange visit from France, and a group of young people from Handsworth and Lyon accompanied the Heritage Officers on the visit. The outing included exclusive visits to Pugin buildings not usually open for tours, and culminated in a visit to St Giles in Cheadle, sometimes known as 'Pugin's Gem' and considered to be amongst Pugin's finest work.

## Grandma's Story

Over the last two years Legacy WM has been the lead partner with nine other European organisations on the Grandma's Story project. Funded by Erasmus + 2 European Union Programme, the project has given an important platform to share inspirational stories of sacrifice, survival and ingenuity often in hostile environments. The grandmothers' interviewed have played pivotal roles in helping their children and grandchildren to flourish in their adopted countries. The project has also given Legacy WM invaluable international project management experience. The associated website contains trainer modules, tutorial videos and publications, as well as the collected stories of 27 migrant grandmothers across Europe. The website has been commended by the UK National Agency. For further information about this project visit [www.grandmas-story.eu](http://www.grandmas-story.eu).



# Wellbeing

Legacy WM's wellbeing strand continues to counteract the health inequalities experienced by families across North Birmingham. Our generous funders have allowed us to make a profound difference in the lives of our community, as we continue to strive to make a positive difference in the lives of our service users through our wide-ranging wellbeing offer.

## Broadway Health Centre Partnership

This year Legacy WM launched the second round of the Family Fit project, entitled Family Fit 2. The new programme was initiated with an open day at Soho House Museum. During the launch, new clients were registered, health MOTs were conducted and general positive information was shared regarding healthy diet and lifestyle. The Family Fit team distributed information about the wide range of sessions which service users could participate in throughout the year. Activities included cycling, Zumba, football, badminton and yoga. This event was the start of a busy and active year for Family Fit.



## Family Fit Open Day

During 2019 Legacy WM worked in partnership with Broadway Health Centre to pilot weekly wellbeing drop-in sessions as part of the development of Legacy WM's social prescribing model. The Legacy WM team were available to work closely with local patients, signposting them to local events and activities and supporting their health journey. The social prescribing pilot was kick started using motivational interviewing techniques which empowered patients to make informed decisions about their health and wellbeing, manage any long-term health conditions and develop a personalised action plan to improve their health and achieve their goals.



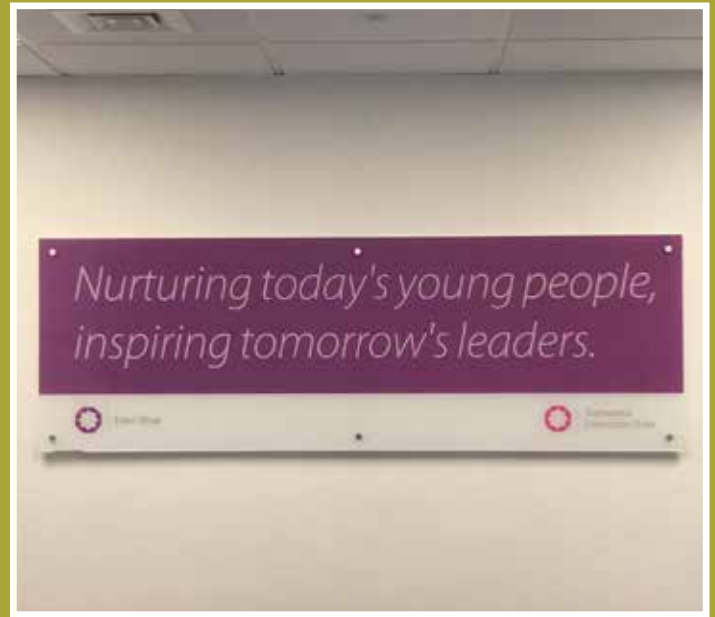
## Monday Football Night

This year Legacy WM have launched a new weekly family football session based at Holte School in Lozells. The sessions promote participation by both parents and children, encouraging them to play football together. The evenings are divided into separate parts, where coaching is provided as well as a platform for socialising within an active framework. Each session is concluded with an intergenerational game. As Johan Cruyff said, "football has to be fun for kids, or it doesn't make sense!" These sessions focus on the fun of the game whilst encouraging interaction between parents and their children.



## Family Fit 2 at Eden School

Legacy WM and Eden School worked in partnership to deliver a component of the Family Fit 2 wellbeing programme during 2019. The programme included a free non-clinical health check and personalised action plans to help participants improve their health and achieve their goals. Participants had access to our free taster activities, which were offered over an 8-week period. These included Zumba, yoga, health walks, football and netball, as well as a range of wellbeing and cooking workshops.



## Cycling Project

Based at the Aspire and Succeed bike hub in Lozells, Legacy WM has been running weekly cycling sessions for both men and women during 2019. The sessions provide gentle exercise for all skill levels and are supported by an instructor from The Active Wellbeing Society (TAWs), who has developed the skills of complete beginners as well as building the confidence of all other participants. This project has been very successful, particularly with local women and families. As well as physical health, cycling sessions have also benefitted the participants' mental health and wellbeing. The sessions are also challenging the stigma associated with women riding bikes on the streets.

## Badminton Project

Legacy WM's new badminton programme has been a fantastic success. Kids Badminton was launched in November 2019 in partnership with the United Badminton Association (U.B.A) and Badminton England. Legacy WM have a great delivery team of staff and volunteers who have all received safeguarding and First Aid training to ensure the safety of all participants. The aim of the sessions is to make these physical activities accessible and affordable to everyone, and to structure the sessions to maximise learning, engagement and enjoyment. In this way we have been able to retain high levels of initial sign-ups for the programme, and look forward to developing the sessions in 2020.



## Daily Mile at Birchfield School

As part of Legacy WM's Family Fit 2 programme, and our commitment to improve the health of local children, we continued to work in partnership with the Prince Albert Community Trust (PACT) to launch a Daily Mile programme at Birchfield Primary School. Local parents joined us to celebrate the rollout of the Daily Mile scheme throughout the school.

The launch of the Daily Mile at Birchfield school in September 2019 was supported by legendary British track and field athlete Mark Lewis-Francis MBE. This inspirational event was also supported by other special guests including representatives from British Athletics, Sport Birmingham and Aston Villa Foundation, including 'Chip' the mascot!



## Mental Health Awareness Week

Legacy WM delivered a host of events as part of 'Mental Health Awareness Week'. Working in partnership with the heritage strand, some activities linked with the James Watt project and included heritage and health walking tours, entitled 'Watt's Wanderings'. One aspect of the weeklong programme was to deliver workshops, emphasising the message that mental health can affect people in a variety of ways at different stages of their life. These interactive workshops asked how Legacy WM could most effectively support our service users. The results of these consultations have gone on to steer the direction of our delivery.



## Yoga Partnership with Wellbeing Services

As part of Legacy WM's social prescribing pilot, we joined with The Active Well Being Society (TAWBS) to launch a new weekly 'Yoga for Every Body' class in May 2019. The sessions provide a gentle form of introductory yoga suitable for all body types, all abilities and all communities, within the beautiful surroundings of Soho House Museum. The class focuses on strength, flexibility and breathing exercises to boost physical and mental wellbeing. There is a coffee morning at the end of each session, which provides valuable informal networking opportunities for socially isolated members of the community, especially the over 55's.



Transforming Narratives 'Waterways' photography project in Bangladesh



Happy Healthy Holidays at Aspire and Succeed

# Arts

As one of Legacy WM's four core strands, the arts continue to be embedded in the delivery of many of our projects, from creative activities for young people to one - off exhibitions and events. We hope that our work in the arts will continue to expand over the next twelve months as a result of applications to Arts Council England.

## Nowka Bais

2019's Nowka Bais was the most successful event since its relocation to Birmingham in 2015. Drawing in an audience of thousands from across the country, the event has become one of Birmingham's cultural highlights. Eighteen rowing teams from across the country competed, but once again a Birmingham team managed to retain the overall title. The wider cultural and arts offer included performances by leading British Bangladeshi artists, connections that has been made through our partnership with Transforming Narratives, with these artists mesmerizing the audience. The combination of sport, art and food meant that visitors enjoyed an inspiring event with a Mela atmosphere on a gloriously sunny day.



## Waterways Exhibition

Supported by the Transforming Narratives project, Legacy WM's Director Aftab Rahman travelled to Bangladesh in February 2019 to research a project which examined the waterways of Bangladesh. The research investigated lessons which could be shared between Birmingham and Bangladesh. Bangladesh is famed for its rivers and Birmingham has more canals than Venice. Bangladesh faces the challenge of cleaning up its waterways with its growing plastic pollution, and Birmingham's cleaned up canals have now become a major tourist attraction. Bangladesh uses its waterways to cultivate food; growing fish in ponds and creating floating vegetable gardens. There are valuable lessons to be learned from each place.



Over one thousand photos were taken during the research trip. Sixteen of these photographs were showcased in a pop-up exhibition in Lozells. These images were auctioned off and the money raised was donated to a water filtration project in Bangladesh. The project was featured on BBC Midlands Today.

## Soho on a Lunar Night

As a culmination of events which took place as part of the James Watt Bicentenary programme, Legacy WM delivered a light projection event at Soho House Museum in October 2019. The event included a dynamic costumed presentation by historian Andrew Lound, who explored the link between the Lunar Society and Astronomy. Following this, the audience experienced a sound and light presentation with images projected against the façade of Soho House Museum. The show explored aspects of James Watt's life in Handsworth which included the support of his Lunar Society friends, his work on the development of the steam engine, and his relocation to the Heathfield Estate in Handsworth. Feedback from the event was very positive and the event is one which Legacy WM hopes to repeat as we look to develop our work within the arts strand.



# Community Cohesion

The foundation of much of Legacy WM's work is the promotion of community cohesion within the North Birmingham area. Seeking out positive partnerships and innovative solutions which improve the lives of local families, 2019 has been another successful year with many projects worth celebrating.

## SIMRA Events

Supporting the integration of migrant women, refugees and asylum seekers (SIMRA) project is an EU project funded by Erasmus+. The project brings together five EU countries; Poland, Greece, Cyprus, Sweden and the UK, and builds tools and practices to foster the active participation and integration of migrant women. The project also facilitates equal access to education and employment.

During this second phase of the project, Legacy WM trained 24 community champions from a range of migrant backgrounds to lead and develop peer support for their own communities. In addition, the community champions designed and delivered four community events to integrate migrant women. Legacy WM also piloted a women only drop-in intervention service at Saathi House entitled 'Lets Grow', and a new employment support service called 'Believe to Achieve'.



## Blackpool Family Trip

This year Legacy WM took a group of 200 people from the Lozells and Handsworth community to Blackpool during the summer school holidays. Participants filled four coaches, and all the families who took part had a fantastic time and thoroughly enjoyed the day. Some of the families who took part had not seen a beach before, so the day trip was an excellent new experience for them to go and enjoy another part of the UK. This day trip was delivered in partnership with Aspire and Succeed.

## Be Inspired

Legacy WM worked in partnership with Aston University, the British Bangladeshi Power & Inspiration and The Community Connect Foundation to deliver this project. Bringing together twenty professionals from London and Birmingham with a range of skills including engineering, medicine and finance, workshops gave young people the opportunity to meet positive role models and learn about potential career choices. The professionals shared their journeys, and inspired the young people with ideas for them to achieve their career goals. As well as workshops and mentoring, the project has also built new support networks between the professionals delivering the project.



## Family Fit 2 Residential

This year Legacy WM took a group of mothers and children from the Yemeni community to the Earlswood Log Cabins. The three-day residential trip gave this community the opportunity to explore an area of the UK which they had not experienced before. It also gave parents and children invaluable time and space to bond, relax and have fun.

As well as the chance to relax and recharge batteries, there were also plenty of activities for the families to enjoy, including campfires and barbecues. Both mothers and children had a great time toasting marshmallows around the campfire. Other activities included country walks and picnics.



## OSCAR Partnership

Legacy WM extended our partnership with the Organisation for Sickle Cell and Thalassemia Research (OSCAR) Birmingham during 2019. This partnership provides shared activities for Legacy WM's clients, local children and vulnerable isolated people with long term health conditions. The activities during the year included wellbeing open days, children's educational and play workshops, excursions and awareness raising events.

Legacy WM joined OSCAR to celebrate World Thalassemia Day in May 2019 with a health and wellbeing event, and also worked together on the annual Children in Need Family Open Day at Soho House in August 2019.

## Best of Handsworth

Legacy WM delivered the Best of Handsworth Fair at Soho House during 2019, which showcased the area's rich culture and history. The gardens were transformed with a range of activities and stalls highlighting the local area. Local businesses, artists, community organisations and enterprises sold a range of wares and food which really showcased the best of Handsworth! The event promoted many local services to visitors from the local area and beyond. With a focus on healthy living and mutual respect, the event offered cross-cultural solutions to the issues faced by the community today.



## Happy Healthy Holidays

As part of a pilot scheme during the 2019 summer school holidays, Legacy WM received funding to deliver a free four-week programme of sporting and creative activities for young people. The programme took a ground breaking approach which saw partners including Aston Villa working closely with grassroots community champions, giving disadvantaged young people a host of healthy opportunities during the summer break. As well as the provision of free healthy meals and snacks, participants had the chance to develop their own cooking skills and gain a range of tips to help them stay healthy.

## Future Plans

Building on the success of the last ten years, we have set ourselves ambitious targets for the decade to come. Over the last three years Legacy WM's income has consistently remained in the region of £200,000. Over the next three years we would like this income and the services that we offer to double, so that we can expand the profound and positive difference that we are able to make to our service user's lives. Legacy WM are exploring ways in which we can diversify our income streams to make us more resilient. We are exploring the possibility of becoming a Registered Social Landlord. The success of this proposal will allow Legacy WM to provide affordable housing to the community, whilst also safeguarding local heritage assets for future generations to enjoy.

Our wellbeing agenda has enabled us to build on the success of our Community Champions, which is a model for sustainability and community empowerment. The coming year will see Legacy WM continue to work in partnership with HEAT (Health, Exercise and Activity Therapy) to develop our Social Prescribing model and measure the impact of our work.

Legacy WM is continuing to develop strong partnerships to ensure that our work has the greatest impact on the communities that we serve. We are working in partnership with Birmingham Museums Trust, Sandwell Council and The Herbert Art Gallery & Museum to develop a Commonwealth Legacy project. As well as this, Legacy WM is in early discussions with The Roundhouse, The Canal and River Trust and Chance Glassworks, as we explore an exciting new heritage and arts project.

Legacy WM's arts offer is being developed with funding from Transforming Narratives and we aim to build on this through our work with Arts Council England in the coming year. Although European projects have now been completed, Legacy WM will continue to develop bids in the New Year which will allow us to continue our important multi-platform work to improve the lives of the communities we serve.

We are looking forward to another exciting year ahead!



# Legacy WM Team



**Dawn Carr**

Health & Wellbeing Officer



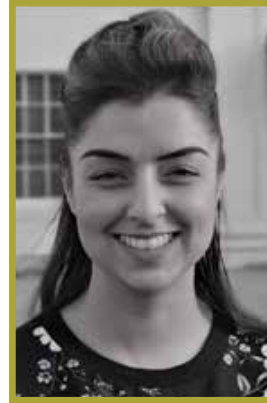
**Apsana Khatun**

Health & Wellbeing Facilitator  
Admin & Monitoring Officer



**Shamsun  
Choudhury**

Health & Wellbeing  
Facilitator



**Karmi Bains**

Heritage Officer  
(Job-Share)



**Rachel West**

Heritage Officer  
(Job-Share)



**Lutfa Begum**

Sessional Support Worker



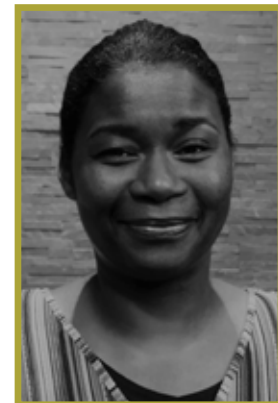
**Harun Raza**

Health & Wellbeing  
Facilitator



**Ahmed Ali**

Sessional Support Worker



**Marcia Dunkley**

Memory Café Coordinator

## Social Mission

To celebrate the heritage of post-war migrant communities in Birmingham and highlight their contribution to the industrial, architectural and cultural heritage of the City.

### Social Value 2018/19

over **12000**  
participants in  
events and  
cultural  
activities



over **80%**  
reported  
improved  
feelings of  
wellbeing



over **700** new  
pupils from local  
schools taking  
part in the Daily  
Mile programme



over **200**  
participants taking  
part in weekly  
sessions  
improving health  
and wellbeing



over **2000**  
participants on  
heritage walks  
and training



**12** Community  
Champions  
trained and  
delivering  
wellbeing  
activities in the  
community

**Carol Lyndon**  
Treasurer



Here at Legacy WM, we have had another very busy year, our most successful to date with an increase in income from a variety of sources.

We have developed our work through our health and wellbeing strand, with funding received from the National Lottery Community Fund. This has allowed us to deliver tried and tested activities, as well as piloting new initiatives. We are now at the final stages of our European projects, which have enabled us to diversify our offer as well as our income sources.

Our bids to BBC Children in Need and Happy Healthy Holidays were successful, permitting us to combine both our staff and resources. This funding has given us the opportunity to offer holiday play schemes throughout the year and extend our wellbeing offer, with free food provisions for the participating children.

We have excellent systems in place to ensure that our finances are managed effectively and in line with the Charity Commission's guidelines. Monthly meetings are convened to pay invoices and reconcile bank statements, and a quarterly report is provided to the board. We have also taken advice from an accountancy consultant. Their recommendations are being implemented to improve our financial systems.

We have been prudent with the management of our funds and we now have a three-month operational reserve. Our continued growth has allowed us to have a bigger impact on the community that we serve. The organisation is growing and expanding, and we have set ourselves ambitious targets to continue this growth during 2020 and beyond.

## Legacy WM

### Treasurer's Annual Report for Financial year ending 31st October 2019

	Current year Total Funds 2019	Prior Year Total Funds 2018
	£	£
Income		
Primary purpose and ancillary trading		
Aston Villa Foundation	500	0
Awards For All	0	10,000
BBC Children In Need	9,440	0
Big Lottery Fund	97,340	106,566
British Council - Grandmas' tales (European Fund)	0	22,584
Charitable Giving (Moneywise project)	0	4,990
Cole Charitable Trust	0	1,000
Culture Central	3,000	0
Groundwork - Gardening project	1,250	0
Happy Healthy Holidays	7,000	0
Heritage Lottery Fund (Heritage Officer)	28,640	0
Historic England	8,381	18,184
I-SE	3,000	0
Michael Marsh Foundation	0	3,500
Simra (Nostos Etaireia)	25,400	25,398
Saintbury Trust	5,000	0
Roger & Douglas Turner Trust	0	3,000
Sir John Summer Trust Fund	0	200
The Lunar Society	9,500	0
The MSE Charity - Financial literacy	499	0
TWF Grant	0	1,000
University of Manchester	650	0
Small donations individually less than £1000	3,196	970
Bank Interest Receivable	305	229
<b>Total Income</b>	<b>203,101</b>	<b>197,621</b>

Further details of Legacy WM can be found on the Charity Overview page on the Charity Commission website:

[www.gov.uk/organisations/charity-commission](http://www.gov.uk/organisations/charity-commission)



Legacy West Midlands | c/o Soho House | Soho Avenue | Birmingham | B18 5LB

Tel: (0121) 348 8159 / 8158 | [www.legacy-wm.org](http://www.legacy-wm.org) | Email: [info@legacy-wm.org](mailto:info@legacy-wm.org)

Charity no. 1180546

Thank you to all our supporters and funders

