



Our shared heritage shapes our legacy



ANNUAL REPORT

2016-2017



Chris Smith

Chair

2017 has been my first year as Chair of Legacy WM and it has proved to have been an interesting and challenging experience which in many ways has reflected the growth and widening range of activity of Legacy WM. The past year has seen Legacy WM expand the range of projects it has developed both independently and with other partners. The expansion and wider range of projects has at times been challenging but we have gradually stepped up to these challenges as we build for the future.

Legacy WM now not only delivers its core heritage and health projects involving the community of East Handsworth and Lozells but has now formed wider partnerships with other organizations both locally and across Europe in order to advance the celebration of heritage within community groups. I look forward to the outcomes of these exciting new ventures over the coming year.

On behalf of my fellow trustees I would like to thank Legacy WM's staff and volunteers for all their hard work and commitment over the past year. Their efforts are clearly reflected in this annual report. I am sure that 2018 will see Legacy WM continue to evolve as a charity with a vision to support and celebrate the diverse communities of the West Midlands.



Aftab Rahman

Director

We have had another fantastic year at Legacy WM. The growth of our organisation has presented both challenges and opportunities, which we have embraced. In order to manage this growth, we have reviewed and strengthened our systems to ensure their robustness. In addition, we have taken on additional office space in the Visitor Centre at Soho House Museum in order to accommodate a growing team.

During the year, we have developed new partnerships and projects which continue to have a lasting legacy. Building on our successful 'Family Fit' project this year, Legacy WM managed to support and work with a wider and more diverse range of people. On average, we work with 200 people on a weekly basis and have just under a 1,000 children running the 'Daily Mile'.

In the field of Heritage, we have been successful in obtaining three years funding from the Heritage Lottery Fund and Historic England which has enabled us to recruit staff to continue to expand our heritage trails. Furthermore, this year we ventured further afield with the help of European funding to take our 'Old Wives Tales' across Europe.

One of our strengths lies in our community connections, and this year we have delivered projects for local communities that reflect the current climate and needs.

I am grateful to our Trustees for their dedication and contribution to another year of growth. I would like to extend my sincere thanks to our team of staff and volunteers for their commitment and hard work. We are also extremely grateful to all our funders for their support.

Heritage

Heritage Trail

Our 'Lozells and Handsworth Heritage Trail' has continued to grow in popularity. With the help of our dedicated and enthusiastic volunteers, we have organised weekly tours over the spring and summer months and it has become a key feature of Birmingham Heritage Week. This year we secured funding from Historic England and Heritage Lottery Fund to employ a Heritage Officer for 3 years, whose role will be to develop four shorter trails and an Age Map of the area dating back to the 18th Century.



Grandma's Story

In February 2017 a group of nine organisations from across Europe were awarded Erasmus funding to deliver a project entitled 'Grandma's Story' - Engaging migrant youth in their local communities. Led by Legacy WM and based on the 'Old Wive's Tales', 'Grandma's Story' brings together organisations working with migrants from several parts of Europe. The project focuses on recording migrant stories; creating a toolkit for heritage trails and developing training material for youth workers engaging young people in heritage. The first meeting of all the partners took place in Estonia in May 2017.



Historic England

In 2016, Historic England supported the launch of our 'Old Wive's Tales' exhibition at the Birmingham Museum. Since then, we have worked with Historic England to engage a more diverse audience to support their existing community engagement programme. We have hosted a visit of Historic England Commissioners and senior staff at Soho House to showcase our work. This year, the Director of Legacy WM has become an observer on the Historic England board and we have supported them as they explore ways in which they can reach a more diverse audience. In turn this has helped to raise the profile of Legacy WM on a national level.

Well-being

Family Fit - Working With Schools

This is our second year of delivering 'Family Fit', our health and well-being programme funded by the 'Reaching Communities Fund'. The programme is aimed at tackling the health inequalities in the district by engaging with 'hard to reach' groups and working with them to improve their health and well-being. During the year we worked with women at both Westminster Primary School and Prince Albert Primary School. As well as delivering health and well-being workshops, we have also delivered zumba, yoga and walks and supported women to access local services and recreational facilities.



Family Fit - Working with Community Groups

Legacy WM's strong links with Lozells Recreational Group has continued during 2017, and a wide programme of activities have been delivered to local women including the Family Fit programme. Beyond this, we have also developed new links with Saathi House in Aston where we have delivered an exciting programme called 'Plate by Zumba'. This programme was delivered in the evening in order to attract working women and focuses on nutrition and physical activity.



Launch of the 'Prince Albert Daily Mile'

In our efforts to tackle childhood obesity in the district, we have been working with local schools to encourage them to implement a 'Daily Mile'. The initiative encourages all children to run, jog or walk a mile each day. In May 2017, we were delighted to support Prince Albert Primary School to launch their 'Daily Mile'. The Lord Mayor of Birmingham was joined by members of the Wasp's Rugby Team to officially launch the mile and hand out certificates and a trophy to the winning class.



Culturally Sensitive Memory Cafe

In March 2017, we began working with Pearl Support Network and Birmingham Museum Trust, to develop a Memory Café for Black and Minority Ethnic (BAME) people with Dementia and their carers. A Memory Café provides a place where any member of the public, who feels that they or a person they know may have a short term memory problem, can drop in and talk to an experienced volunteer or a health professional and receive culturally appropriate support. The café took place once a month for 10 weeks.



Women & Weaving Project

During the Family Fit programme women taking part reported a high level of stress in their lives. With funding from 'Awards for All', we were able deliver a project to help focus on mindful activities. Delivered over 20 weeks at Lozells Recreational Group, the 'Women and Weaving project' attracted women from diverse backgrounds and ages. The project was aimed at reducing stress, connecting women and learning new skills.



Diabetes Champions

In partnership with Diabetes UK, we recruited and trained volunteers to become Diabetes Champions. The two day training course focused on the prevention and management of diabetes, as well as behavioural changes. Community Champions raise awareness of diabetes by organising stalls, talks, presentations and healthy living days at community centres, health fairs and local festivals.

The Community Champions led two fundraising awareness events at Westminster School, as well as two diabetes coffee mornings. The project was also highlighted as a model of excellence for BAME communities in the winter edition of the Diabetes UK national magazine.



Badminton

It has been just over a year since we started the Badminton at Holte School Leisure Centre. The sessions were divided into two parts. The first part engaged women and children, and the second session was open to all. By creating a women only environment we were able to attract female participants from BAME communities. The family session provided an opportunity for men in particular to bond with their children and as the saying goes 'Families that Play together stay together'.

In July this year some young people went to Frankfurt, Germany to attend the 'European Sports and Cultural Exchange Programme' organised by EuroPod, which is a European partnership involving the twinned cities of Birmingham, Lyon and Frankfurt.

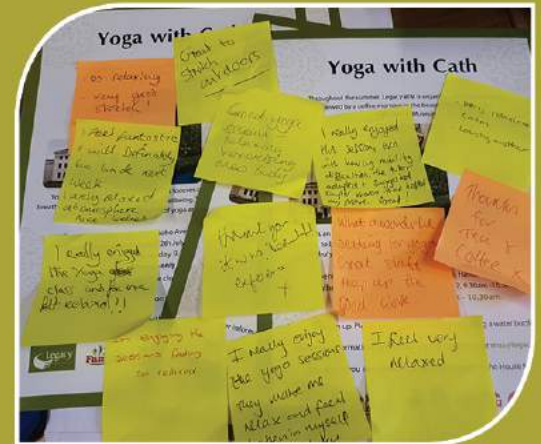
Newtown Health Centre

Family Fit delivered a series of twelve monthly health and well-being coffee mornings at Newtown Health Centre. The sessions were aimed at supporting vulnerable and isolated patients with long term health conditions. The Legacy Team worked in partnership with GP's, Community Nurses, the Practice Manager and Patient Participation Group. During the year, Legacy trained a member of staff to become an instructor in 'Chair Zumba' in order to deliver 'seated' exercise to the over 50's age group who belong to the Health Centre.



Yoga and Coffee at Soho House

Having organised yoga in the beautiful grounds of Soho House Museum in previous years, this year we formed a partnership with Active Parks and Birmingham Museum's Trust to provide free yoga to women over the summer period. The type of yoga taught is 'dru yoga' which is a gentle form and has attracted over 50 women from across the city. Many of the women are over 40 and have mobility and health issues. The yoga sessions have been followed by a coffee morning which provides an opportunity for women to make new friends.



30 + Five a side league

Legacy WM has, over a number of years, supported the development of a football league for the over-30's. The league continues to grow and attract new teams. As a result, the league has eight teams that play every Sunday with an average of sixty men. This year, having worked to make the league self-sustaining, we were able to hand over the responsibility of coordinating and chairing the league to one of the members. Over the summer, we organised a residential to Brighthouse in Atherstone for league members and their children. The aim of this was to focus on the health and well-being of the whole family.





Yoga at Soho House



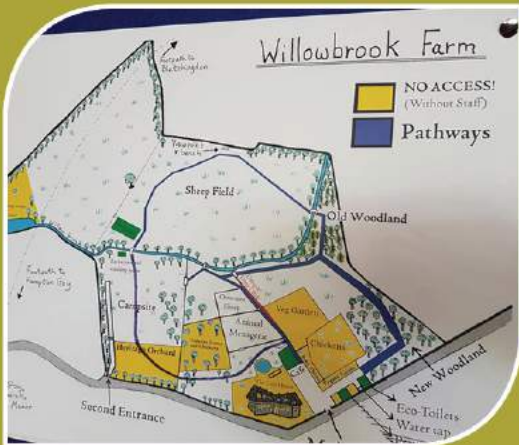
A Visit to Willowbrook Organic Farm



Earls Wood Family Fit Retreat

In February, we organised a Family Fit weekend residential to Earlswood Log Cabin and Camp site in Solihull.

The aim was to engage both children and their parents/guardians with lifestyle changes and activities to improve their health and well-being. We were able to deliver a range of activities to demonstrate the principles of 'Five Ways to Well Being'; Connect, Be Active, Take Notice, Keep Learning and Give, in a fun and friendly atmosphere.



A Visit to Willowbrook Organic Farm

In May 2017, as part of the Family fit Programme, we took a group of women and their children to Willowbrook Organic Farm in Oxfordshire. The purpose of the visit was to develop awareness of the difference between intensive and organic farming. The visit helped to foster an understanding of the relationship of the food we consume and its impact on our health and environment. The visit included talks and an opportunity to see various aspects of a working farm.



Nowka Bias

This is the third year that Legacy WM has worked with a number of partners to support the annual Nowka Bais boat races, held at Edgbaston Reservoir. This year the races attracted 18 teams and was attended by over 10,000 people from across the country. For the first time, there was a women's only race as part of the programme. The Nowka Bais is a family event and includes food stalls, music, a parade and traditional dancing performed by young people. It has now been given the recognition it deserves and set to become part of Birmingham's annual sporting calendar.

Arts

Shapla Salique Concert

Shapla is a British born Bangladeshi singer who combines traditional folk music with modern Jazz. This year, we worked in partnership with Purbonat Arts, Community Connect Foundation and the Town Hall Symphony Hall to bring the first Bangladeshi artist to the Town Hall. A diverse audience were able to enjoy a breathtaking performance by Shapla. Plans are in place to continue to work with the Town Hall Symphony Hall to support them in developing a 'cultural' offer that appeals to the diversity of the city.



Community Engagement

Families, Women, Young People and Children

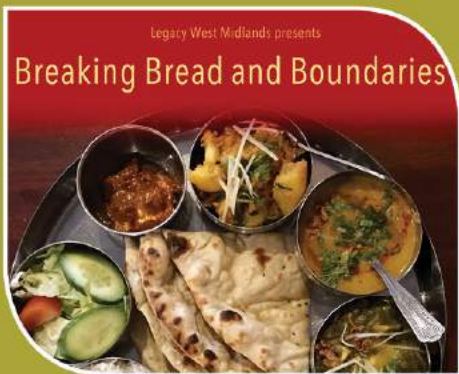
Eid and Phita Mela

After the success of last years Phita Mela, this summer we hosted an 'Eid and Phita Mela' in partnership with Soho House. The event included entertainment for all the family as well as a number of stalls selling: hand-made sweets, savoury phitas, clothes and Jewellery. Over 200 people attended the mela. The Mela builds community cohesion, the Mela helps to engage the local community in local heritage.



Breaking Bread and Boundaries

In response to reports of racial tension and attacks locally and across Birmingham after the Brexit vote and the murder of Jo Cox M.P., Legacy WM delivered a project called 'Breaking Bread and Boundaries'. The project was funded by the 'Heart of England Community Foundation' and involved organising a series of four lunches. These brought together different communities both locally and across the city, to have honest and open discussions about race, immigration, integration and discrimination. In doing so, those participating were invited to find common-ground. Over 200 people took part in the discussions and a short film was produced. A number of recommendations were made and Legacy will be supporting the next stage of the project.



Gardening Project

With funding from Tesco's 'Bag's of Help', we were able to continue to deliver a gardening project at Soho House Museum. Throughout summer 2017, a group of dedicated volunteers converted a section of the carpark at Soho House Museum into a green space. Grow boxes were created and planted with a variety of vegetables including tomatoes, broccoli, cabbage and cauliflowers. As well as improving the physical space, the Gardening Project enabled us to engage women in outdoor physical activity to improve their health and well-being.



Summer Trip to Porthcawl - South Wales

For many of the families we work with, Legacy WM's annual summer trip is the only opportunity they have to get away. With this in mind, this year, we decided to organise a trip to a beach in the beautiful Welsh landscape.

In August, we took two coaches to the seaside in Porthcawl in South Wales. Despite the forecast, the weather remained perfect and fun was had by all! The trip is an excellent opportunity for family time and discovering new places.

Legacy WM Team



Musurut Dar

Programmes and Projects Manager



Mashkura Begum

Heritage Officer (Job-share)
European Officer (Part time)



Rachel West

Heritage Officer (Job-share)



Apsana Khanum

Community Development Officer



Dawn Carr

Health Educator
(Part-time)



Shamsun Choudhury

Women's Development Officer
(Part-time)



Harun Raza

Sports Development Officer
(Part-time)

Future Plans

In 2018 we plan to focus on delivering three European projects. Whilst work has started on taking 'Grandma's Story' to Europe, Legacy WM will also work with a number of European partners to deliver projects which focus on women and the UN's 'Sustainable Development Goals'.

We will be in the final year of our Family Fit programme, which Legacy WM developed with funding from the Lottery to tackle health inequality. The programme has been very successful and exceeded its targets. We will be exploring ways in which we can continue this work and our commitment to improving the health and well-being of our local communities.

Next year we aim to bring back 'Migrant Music Festival' and hope to continue discussions with the Arts Council aimed at developing our arts portfolio.

At an organisational level, Legacy WM will become Charitable Incorporated Organisation (CIO) to help serve our plans for future growth. Diversification of our income and sustainability will also remain a key priority.

Carol Lyndon

Treasurer

This year has brought additional funding from Europe for our new Erasmus project which has consequently meant changes being made to our Banking arrangements.

The separation of the European Funding was the desired outcome as we required a clear audit trail for reporting purposes.

We were unable to continue with our old bank as they did not have the facilities for Euro account.

This resulted in a move to a new bank and to online Banking arrangements. This change has also led to us upgrade our I.T. security measures and improving our security software.

This year we have been successful in our fundraising activities which have allowed us to make a small contribution to our Reserves Account and take us nearer to our goal of building a 3 months' operational reserve.

Budget predictions are difficult as we rely on bids for grant funding being successful in order to progress projects. Feedback from our project evaluations to date have been very positive.



Legacy WM

Schedule to the Statement of Financial Activities for the year ended 31 October 2017

Status of this schedule to the Statement of Financial Activities

The schedules on the following pages are required by the disclosure requirements of the Statement of Recommended Practice for Accounting and Reporting issued by the Charity Commissioners for England & Wales, effective April 2005 and revised in June 2008.

As such, they form a part of the accounts required by the Charities (Accounts and Reports) Regulations 2008.

	Unrestricted Funds	Restricted Funds	Total Funds	Prior Period Total Funds
	2017	2017	2017	2016
	£	£	£	£
Incoming Resources				
Investment Income				
Other bank deposit interest received	-	38	38	-
Total Investment Income	-	38	38	-
Incoming resources from charitable activities				
Arts Council	-	1,495	1,495	13,457
British Council - Grandmas tales (European Fund)	-	4,380	4,380	-
Donation	-	1,182	1,182	4,477
Football League – Team donations	-	815	815	2,110
Grimmit Trust	-	500	500	-
Groundwork - Gardening project	-	3,750	3,750	-
Heritage Lottery Fund (Herritage Office)	-	40,060	40,060	-
Lottery Fund – Family Fit	-	106,631	106,631	102,869
The MSE Charity - Financial literacy	-	4,491	4,491	-
The Keith & Joan Charitable Trust	-	500	500	-
West Midlands Police - Research	-	11,000	11,000	-
Awards for All – Women & Weaving	-	-	-	10,000
Birmingham City Council – Our Mums	-	-	-	1,000
Community Champion	-	-	-	1,000
Contribution	-	-	-	165
Heart of England	-	-	-	4,966
Historic England	-	-	-	12,132
Service Birmingham Ltd	-	-	-	9,800
The Church Urban Fund – Sports Tasters	-	-	-	4,997
Trident Reach – Sports England – Football league	-	-	-	20,289
Trust House Charitable Trust	-	-	-	5,500
William A Cadbury Trust	-	-	-	500
Total Incoming resources from charitable activities	-	174,804	174,804	193,262
Total Incoming Resources	-	174,842	174,842	193,262





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