



Our shared heritage shapes our legacy



ANNUAL REPORT

2017-2018



Chris Smith

Chair

2018 has been a very important year for Legacy WM. During this year two key developments have taken place which are very important to the further growth and evolution of Legacy WM. The first key development was the successful application to the Big Lottery for funding to support the Family Fit 2 project. The second key development was Legacy WM becoming a Charitable Incorporated Organisation (CIO), a development which places the charity in a more robust position constitutionally. These important developments give Legacy WM a more secure pathway for the next three years and beyond.

Legacy WM now has four core long term projects in place to deliver our vision and aims. I look forward to the ongoing positive impact of these projects whilst working alongside key partners both locally and across Europe. Legacy WM are looking forward to exciting projects in 2019.

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.



Aftab Rahman

Director

It is a real privilege to be at the helm of Legacy WM. It is my ninth year as Director and I have seen the organisation grow from a tiny seed to its current form. The growth comes with its challenges and one of the main issues has been sustainability. We are delighted that the Big Lottery have decided to continue to support our wellbeing work through Family Fit 2.

We have taken a partnership approach to the delivery of our work on wellbeing and this has enabled us to have a greater impact. We are in the process of developing more exciting opportunities in the community and have plans to develop a cycle hub in Lozells and family activities in the park.

We have continued to develop our heritage strand and now have four new exciting trails for the area, and are in the process of developing a training package using heritage as an induction to the city. The focus will be on developing a greater understanding of the diversity of the City, and the opportunities that this presents.

The arts agenda remains a key area of growth for us. Through Culture Central we have become a key partner for their Transforming Narrative project which focuses on the Bangladeshi and Pakistani community in Birmingham and their respective countries. Legacy WM is leading on the leadership agenda and is working with partners to develop international training for emerging cultural leaders.

Over the last year we have managed to expand the number of trustees on our board. I am extremely grateful for their dedication. I would like to thank our committed team of staff and volunteers. We are extremely grateful to all our funders for their support.

Heritage

Handsworth's rich and varied heritage is celebrated at Legacy WM thanks to the generous support of our funders. We appreciate the ongoing importance of migrant communities to the area, and our volunteer training programme empowers local people to share their own stories of why Handsworth is special to them.

Heritage Trail

Thanks to support from Historic England and the Heritage Lottery Fund, the original Handsworth and Lozells Heritage Trail has been developed and extended. This original longer walk has now been broken down into four shorter walks.

These are:

- Pugin in Handsworth
- Lunar Links
- Secret Gardens
- Roots, Rights and Resistance

As well as working out appropriate routes and scripts for the new trails, we have also trained brilliant new volunteers to deliver these walking tours with community partners including the Handsworth Association of Schools, St Mary's Convent and South and City College. As well as a schedule of regular public walking tours around Handsworth, we also delivered heritage walking tours as part of the 2018 Birmingham Heritage Week and Heritage Open Days. We are currently developing other heritage trails for schools and businesses, and look forward to inspiring many others through the incredible history of Handsworth in the coming year.



Grandma's Story

"Grandma's Story" is an international project funded by the European Union's Erasmus+ programme. The aim of the project is to provide work opportunities to young people, refugees and migrants. This has included activities within the local community and allowed participants to develop skills in interpretation, giving them an understanding of the value of cultural heritage and media in a tolerant and diverse environment. An important part of these activities has been collecting Grandma's stories that point to differences between cultures, but also the importance of respecting the diverse cultural foundations. The secondary goal is to enable participants to collaborate with museums, galleries and heritage non-profit organisations, especially those that are located near to where they live.

The partner organisations have developed comprehensive materials and guidelines for the training of leaders who work with young people. This will develop their competencies in working with young migrants and refugees in intercultural environments. The materials will be available on the web platform www.grandmasstory.eu and will be used as guidelines for:

- Organisation of digital and pop-up exhibitions
- Creation of migration heritage trail toolkit
- Guidelines to strengthening the local community
- Education programmes
- Collecting grandmothers' stories

The project is being led by Legacy WM and has nine partner organisations from Sweden, Estonia, Turkey, Italy, Croatia and the UK.



Well-being

Thanks to the generosity of our funders and supporters, who have understood the complex needs of our community, Legacy WM have continued to deliver a host of innovative and engaging wellbeing sessions during the year. Securing an extension to our Family Fit funding will mean that we can continue to develop this important work in the coming years.

OSCAR

Legacy WM supported the Organisation for Sickle Cell Anaemia Research (OSCAR) family open days and celebration events. Our staff collaborated with OSCAR support staff to deliver coffee mornings, cook & eat workshops, chair exercise and awareness raising events. This partnership has provided shared activities for Legacy WM's clients and integrated vulnerable, isolated people with long term conditions into local community activities.

SIMRA

Supporting the Integration of Migrant women Refugees and Asylum seekers (SIMRA) project. SIMRA is an EU project funded by Erasmus+, that brings 5 EU countries (Poland, Greece, Cyprus, Sweden, UK) together. The project builds on tools and practices created by the partners, to foster active participation and integration of migrant women and facilitating access to equal opportunities in education and employment. Our staff members visited the partners in Cyprus and Greece to develop the SIMRA toolkit and training materials. Legacy WM recruited 20 community champions from a diverse range of migrant women. The champions have engaged in a regular walk & talk and coffee mornings to practice English skills and find common ground. They have collaborated to facilitate a suffrage centenary project, women's arts and celebration events within their communities. The community champions have become a valuable link to the wider community, providing support to other migrant women in the area.



Eat Real to Heal

As an ultimate Family Fit event, we organised a health workshop on Thursday 19th July 2018 at Soho House Museum. The workshop was facilitated by Afsha Malik, a pharmacist, exercise specialist, Health and Fitness Coach, and founder of 'Bloom in Health'. Afsha helped to decipher some of the conflicting messages about the food we are consuming, she also raised awareness about how we can eat 'real' food, avoiding having to depend on pharmaceutical companies.



Badminton Sessions

The Family Fit Badminton project was based at Holte School on Thursday evenings between 6pm - 8pm. This has been a very successful project engaging children, young people and parents. We had Mums and Dads helping to run the session and playing badminton as a family. We had our local barber and his friends and family come along to the session. This was the first time they had played badminton since they arrived to the UK. Our average numbers were around 16 participants every week.



Health Workshops

In partnership with Bidgley Power Foundation, Saathi House and Aspire and Succeed we delivered health workshops specifically targeting Children and Young people.

These sessions were delivered by trained dieticians and health practitioners around healthy food for example what should be on the dinner plate and what constitutes a healthy lifestyle. We discussed and gave out information regarding the dangers of caffeinated energy drinks, high in sugar drinks, looking also at the value of super foods, homemade energy drinks and every day food that can improve health and physical fitness. In total we had 30 young people attend the workshops.



Handsworth Her-Story

In partnership with Handsworth Community, Inside Handsworth, Soho House Museum and the Meena Centre, Legacy WM organised 'Handsworth Her-story' to mark International Women's Day. The one day event was an opportunity for women to come together and share their stories. We were honoured to have former MP and Labour Cabinet Member, Clare Short open the event and share her story. Amongst the performers were local musician Louise Kilbride; spoken word artist Ola Brown and the female members of 'Handsworth Choir' performed songs of the suffragettes. Over 120 women from different backgrounds packed Soho house to listen to stories, poetry and songs.



Money Wise Women

Whilst delivering the Family Fit Programme in local schools, we became aware of the need for financial resilience workshops for local women. Funding from Money Saving Expert Charity enabled Legacy WM to run a series of 10 workshops targeting BAME women at Welford Primary School and Westminster Primary School.

The workshops provided a comprehensive programme for the women on how to manage their finances and equip them with the tools to do so. The programme was delivered by an accredited debt and welfare advisor and participants received certificates on completion.

'Daily Mile' launch at Westminster School

As part of Legacy WM's commitment to improve the health of local children, we have continued to work with local schools to implement the Daily Mile. On 25th June, we organised the launch of the Daily Mile at Westminster Primary School. The Lord Mayor Yvonne Mosquito was joined by other guests to celebrate the rolling out of the Daily Mile throughout the school.



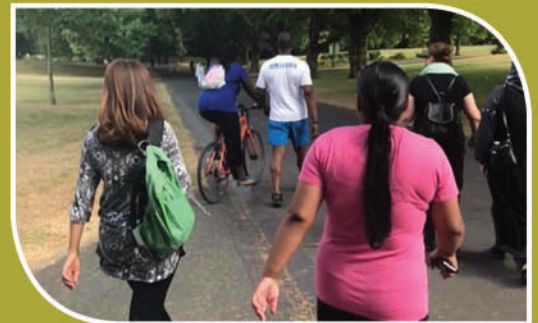
Yoga with Cath at Soho House

Since the summer of 2017, we have been working in partnership with Park Lives and Soho House to deliver a weekly yoga class in the beautiful surroundings of Soho House Museum. The session continues to be very popular with over 55 women participating, mainly over the age of 40 years of age registering to take part. The class is run by Cath, a local Dru yoga instructor. The sessions were followed by a coffee morning, providing an opportunity to combat isolation and develop new friendships.



Women who walk

In July 2018, we launched the 'Women Who Walk' group this was a follow on from the Family Fit Programmes, aimed at encouraging more women to take part in brisk walking. Two sessions per week are delivered in partnership with 'Run Birmingham' as a 'walk to jog' group. We have also developed a gentler walk for 'older women', part of these sessions will encompass local parks and heritage trails.



Europod

This year we had a fantastic exchange programme with Lyon, France. Five young people from our Family Fit session went to France with the Bidgley Power Foundation and Sport Birmingham. They stayed with French families for a week taking part in an event filled week of sports, culture and making friends. This was a fantastic week of adventure and discovery, for the sake of having a burger we missed our last train and had to walk 3 hours to get to our apartment!





Daily Mile Launch at Westminster Primary School



BrigHouse Retreat at the BrigHouse Centre



35+ five-a-side Football League

This league has started to change the culture of the men that participate. Usually men retire from football in their 30's. We have people well into their 40's playing regular football. Football has been the catalyst to improve fitness, bringing people together, sustaining and building new friendships. One of the teams affiliated has taken a team to play football in Bangladesh and undertake charity work. They set a target to raise £10,000 - they raised £11,000 and worked with a local charity to remove the cataracts of 121 people. The quality of the teams has improved and the football has become more competitive. We have eight teams at the moment. Some of the dad's bring their children along with them and we have a dedicated pitch for them to play on.



Nowka Bais

The Nowka Bais was held at the Edgbaston Reservoir for its fourth consecutive year. It has become one of Birmingham's cultural highlights, showcasing Bangladeshi heritage and arts. 18 teams were drawn from across the country. For the third year running a Birmingham team managed to retain the title. A cultural programme boasted artists from Bangladesh, and other national and local artists. The glorious summer we had came to an end over the Nowka Bais weekend. However, that did not dampen the spirits and we had several thousand people attend. Planning has started for the next year's event. The date for the next event has been set for the 7th July and we have ordered sunshine!



Arts

Pohela Boishak

This is a celebration of South Asian New Year. We worked with the Town & Symphony Hall, Purbonat and Community Connect Foundation to deliver this event at the Town Hall. This event allowed local artists to showcase poetry, dance and singing. This was a lovely family event. This event is part of Legacy WM's strategy to develop a more diverse programme with mainstream arts organisations, bringing new audiences to enjoy these venues. Plans are in place for next year's event which will be held on the 14th April at the Town Hall again.



Community Engagement

Families, Women, Young People and Children

Eid and Phita Mela

We have had another successful year of hosting the Phita Mela in partnership with Soho House. The event included a number of different stalls selling traditional Bangla food and clothes. We also had activities for the children and a barbecue. This year it was supported by the Lord Mayor's office and was associated with 'The Mayor's Weekend', we had the funders attend our event who donated goodie bags for our service users. As always, the Mela brought everyone together to engage in the rich heritage we have in the local area.



Family Trip - Weston-Super-Mare

For many of the families we work with, Legacy WM's annual summer beach trip is the only opportunity they have to get away with their families. With this in mind we organised a trip to the traditional seaside resort of Weston-Super-Mare.



In August 2018, families from Lozells, Handsworth and Newtown set off on their visit to Weston-Super-Mare in Somerset. Despite changeable weather, the trip was enjoyed by all. It provided a great opportunity for the Families to venture out from their local area, and all enjoyed the Grand Pier, old style fun fair rides and donkeys on the beach! It was a great chance to spend quality family time together for all the participants, and they are already looking forward to next year's outing!

BrigHouse Retreat

Last year we piloted a residential for dads and their children at The BrigHouse. This year we were able to repeat the residential and include more people. This was a highlight for all the children and dads involved. It was an opportunity for the young people and their dads to give a greater understanding of the importance of an active lifestyle and a good diet. A steering group has been established to plan for another residential in the summer and for activities throughout the year.



Walsall Arboretum Visit

In August 2018 Legacy WM took a group of women and children from our Family Fit group to the Walsall Arboretum. The ladies all brought a picnic with them, and the young people loved the space, especially the water fountain, they ended up getting soaked! They thoroughly enjoyed their experience. Some participants had never been to Walsall before, this visit was a great opportunity for them to venture out.

Sailing at Marston Green

In partnership with the Royal Yachting Association, we organised sailing trips for some of our Family Fit group. Encouraging them to look at alternative activities to improve physical health and mental wellbeing. We organised three sailing trips which targeted Mums, Dads, and their kids. 34 people benefitted from these activities, which also included a light snack. Thanks to the support from the Royal Yachting Association and Marston Green Sailing Club, all participants who were complete novices, received training. By the end, all had mastered the rudiments of sailing.



Legacy WM Team



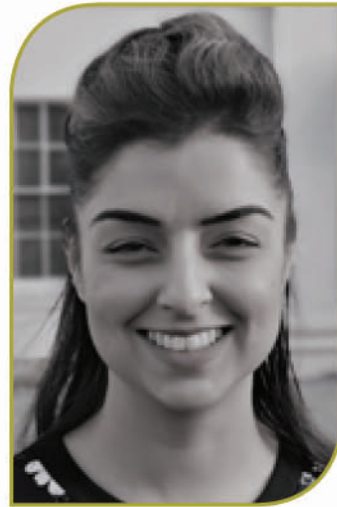
Dawn Carr

Health & Wellbeing Officer
Simra Officer



Mashkura Begum

European Officer



Karml Bains

Heritage Officer



Rachel West

Heritage Officer



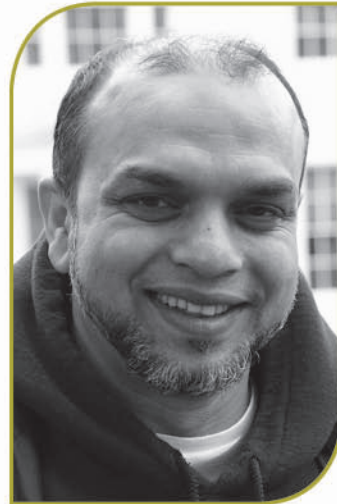
Apsana Khatun

Admin - Monitoring Officer
Health & Wellbeing Facilitator



Shamsun Choudhury

Health & Wellbeing Facilitator



Harun Raza

Health & Wellbeing Facilitator



Lufta Begum

Sessional Support Worker

Future Plans

The year ahead looks very promising as we have some exciting opportunities on the horizon. We have managed to secure Big Lottery funding for our wellbeing work for the next three years. This will allow us to consolidate and explore ways in which we can sustain the work through commissioning from public health bodies. We are working with The Active Wellbeing Society (TAWS) as part of the Sports England initiative to get more people active.

Our arts strand is starting to take shape through our partnership with Culture Central as part of their Transforming Narrative project. This allows us to build and strengthen our relationships with major arts institutions in the City. We have started to work with the British Council which will allow us to bring an international dimension to our work. We have several exciting projects planned for the forthcoming year. We continue to work with Birmingham Museums Trust to explore ways in which we can develop Soho House as a Community & Arts Hub.

Our European work as the lead for Grandma's story has galvanized our reputation. Our work as partners with SIMRA to empower women has been very well received. We aim to build on this area of work through new partnerships.

The Commonwealth Games presents a huge opportunity for us. We are well placed to deliver on their legacy work through our heritage strand. Our wellbeing work will feed into using the Games as a catalyst to get more people active.

We have exciting times ahead!

Carol Lyndon
Treasurer



This year has been our most successful to date in securing funding, through our own staff writing bids as well as paying external bid writers. We received funds from Heritage Lottery and Historic England totalling £53,983 to enhance our work in this field. This has led to increased staffing and a strengthening of the Legacy WM staff team. By law we are expected to make a contribution of 2% to staff pensions at Legacy WM we highly value our staff and pay a 5% contribution.

We saw the end of the Family Fit 1 Project but managed to secure funding for a bigger, better Family Fit 2 that builds on from the evaluation findings from the first project.

The European Projects spending is aligned with the Project outcomes and as the main fund-holder for ERASMUS (Grandma's Tales) we are responsible for the budget for all of our partners across Europe. (£22,278.87) The other SIMRA project netted £25,397.

With smaller grants for other small projects our income altogether totalled £197,621.

Prudent project management has again enabled us to make savings to go into our Reserves account to bring us closer to our goal to have 3 month's operational reserve.

We are confident that our growth as an organisation brings more resources to the local community and we will continue to bid for funding that matches our aims and objectives.

Legacy WM

Schedule to the Statement of Financial Activities for year ended 31 October 2018

	Current Year Total Funds	Prior Year Total Funds
	2018	2017
	£	£
Small donations individually less than £1000	970.00	1,182.00
Award For All	10,000.00	0.00
Big Lottery Fund - Family Fit 2	106,566.00	4,380.00
British Council - Grandma's tales (European Fund)	22,584.00	0.00
Charitable Giving (Moneywise project)	4,990.00	0.00
Cole Charitable Trust	1,000.00	0.00
Historic England	18,184.00	0.00
Michael Marsh Foundation	3,500.00	0.00
Simra (Nostos Etaireia)	25,398.00	0.00
Roger & Douglas Turner Trust	3,000.00	0.00
Sir John Summer Trust Fund	200.00	0.00
TWF Grant	1,000.00	0.00
Arts Council	0.00	1,495.00
Football League – Team donations	0.00	815.00
Grimmitt Trust	0.00	500.00
Groundwork - Gardening project	0.00	3,750.00
Heritage Lottery Fund (Heritage Officer)	0.00	40,060.00
Big Lottery Fund – Family Fit 1	0.00	106,631.00
The Keith & Joan Charitable Trust	0.00	500.00
The MSE Charity - Financial literacy	0.00	4,491.00
West Midlands Police - Research	0.00	11,000.00
Bank Interest Receivable	229.00	38.00
	197,621.00	174,842.00

Further details on the Legacy WM Charity Overview page on the Charity Commission website:

www.gov.uk/organisations/charity-commission



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 2017/18



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