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Sähëli running group session at Cannon Hill Park

“Sähëli Hub supports women to achieve a minimum of 30 minutes physical activity, five days-a-week, helping to reduce the risk of a range of health conditions including coronary heart disease, stroke and type 2 diabetes.”

Welcome

Shamiela Ahmed
Chair, Sähëli Hub

Sähëli Women's Group becomes Sähëli Hub

In the last year the assets, funds and projects of the former charity Sähëli Women's Group have been transferred to a new charitable company, Sähëli Hub. This is the result of an agreement by the trustees of Sähëli Women's Group to form an incorporated entity. We have seamlessly transferred and have continued existing work, as well as launching new projects.

It's hard to believe that we have been in Calthorpe Park for two years. Our partnership with Birmingham Wellbeing Service grows from strength to strength and our work is now firmly established and appreciated in the park, attracting more women and families to spend time in their local park.

We have already started year two of our CSAF *Activ8* programme, supported by Sport England's Community Sports Activation Fund, giving women in the B8 postcode opportunities to get physically active. Sähëli Hub supports women to achieve a minimum of 30 minutes physical activity, five days-a-week, helping to reduce the risk of a range of health conditions including coronary



heart disease, stroke and type 2 diabetes. These conditions are more common in our BAME (Black, Asian and Minority Ethnic) majority community, so this work is a particular priority and we are determined to continue with the sessions.

We cater for all abilities and ages. At our trustee meetings we really enjoy hearing the stories of how women develop with Sähëli Hub, whether they are beginners or regular participants who want to make further improvements to health and wellbeing.

Sähëli Hub would like to warmly thank all our funders. In particular we would like to thank Birmingham Wellbeing Service, Sport Birmingham and Run Birmingham, Sport England and The National Lottery. So many women gain opportunities to get fit and healthy due to their support. This could be the basics of walking, through to jogging, running and cycling. They can try out canoeing, rock climbing and skiing, or join bellyfit, aerobics, pilates and stretch-and-balance classes.

We are so grateful and appreciative of our Sähëli Hub volunteers. They enable us to deliver so much more and are at the heart of our community organisation. They are a great encouragement, source of friendship and support to other women to get involved and also to become volunteers and access training opportunities with us.

Our thanks to Mat Kostuch at Gowling WLG (formerly Wragge & Co), who helped us through the (very long) company limited by guarantee process

Finally, I'd like to thank the Sähëli Hub team and recognise their commitment and hard work each week at Calthorpe, Saltley and Small Heath Wellbeing Centres. Particular thanks to Naseem Akhtar and Shebina Gill and the Sähëli team for keeping Sähëli Hub on track. It's a testament to our work that, in times of cuts and reduced funding opportunities, we are still here delivering a great service to many women and continuing to grow. I know many of our activities will reach even more women in Birmingham in 2018.

Well done everyone!

Partnerships and pathways

Partnership was at the heart of Säheli Hub's programmes during 2016-17, says our Project Manager, Naseem Akhtar.

Naseem has continued her secondment to Birmingham Wellbeing Service three days per week – as team leader for the *Run Birmingham* programme – whilst managing the Community Sports Activation Fund (CSAF) *Activ8* programme, funded by Sport England, which Säheli Hub delivers across the B8 postcode area.

Through Naseem's dual role, Säheli Hub is part of a partnership that has created opportunities to structure our programmes alongside Birmingham Wellbeing Service and their *Active Parks* programmes. This offers women more opportunities to participate in new activities, pushing their levels of engagement with us and Birmingham Wellbeing Service and improving their long-term health and wellbeing. The partnership has really helped Säheli Hub to enhance its services.

Women now have a pathway beyond their twelve weeks with Säheli Hub through our *BeActive Plus* service. We can provide a seamless journey for women to become active and then stay active for life. Participants can begin with low level *BeActive Plus* classes, then move onto the CSAF *Activ8* bellyfit, walking, jogging, running and cycling sessions.



Säheli running group session at Cannon Hill Park



Registering at Calthorpe Wellbeing Hub



Arriving for a class at Calthorpe Wellbeing Centre

We are in the second year of our CSAF Activ8 programme and have continued to deliver very popular (growing week-to-week) Bellyfit sessions in Saltley Wellbeing Centre. Running and cycling take place in Ward End Park. Unfortunately we have not currently been able to offer the swimming session initially planned as part of our CSAF Activ8 programme as the swimming pool at Small Heath Wellbeing Centre is closed, due to emergency repairs.

This year we have worked hard with cycling, making it one of our core activities – as we had previously done with running, through the Run Birmingham programme. We tried and changed many days and slots to get our ‘learn to ride a bike’ women’s session right, but our numbers were not steady. In October, working with Vanessa Morris from Cycling UK, Shaafia Bi (cycling lead), Farzana Husain (cycling assistant) and Naseem set-up Säheli Cycling Club – a first for Asian women. Through Cycling UK, we trained six local women as ride leaders and then re-launched the cycling programme. In March, we moved Saturday afternoon cycling sessions to a morning. Through this small change of time we have had as many as 15 new learners coming each week – proving that providing services at the right time, in the right place and in an accessible way encourages more women to participate.

Due to this success, the Säheli Cycling Club has added an additional Sunday 10-mile cycle ride. Hamida and Shaila have mapped out and risk assessed new routes and this new session is proving very successful. From engagement in cycling, new women have then accessed bellyfit and running. Säheli Cycling Club regularly have 10 women coming on



Cycling in Ward End Park

“This morning has been one of the best mornings of my life! At the tender age of 27 I have finally managed to learn how to ride a bike. A massive thank you to Säheli Hub – amazing instructors full of life and smiles in the morning with lots of encouragement. I couldn’t have done it without this group. Love it!”

Samia, 27

Sundays for a longer cycle ride and this is stimulating further plans for additional times in 2017/18.

Through the CSAF funding for the young girls programme we are working with Rockwood Academy in Alum Rock. The girls took part in skiing, canoeing, bellyfit and boxercise sessions. These sessions are for girls aged 14+ who are least likely to take part in physical activity or sport. The adventure



Meeting to set up new cycling activities, at Säheli Hub, Calthorpe Park



Cycling in Ward End Park



activities give them a chance to enjoy exercise and sport in a fun way which help them to see sport as something they can continue to do when they are older. Positive memories have been created notably a well recorded canal moment that we're sure will be a story for the girls to tell in years to come – all safe and well, just some slightly wet clothing.

Sähëli Runners go from strength-to-strength. This year twenty-three women travelled to Edinburgh to take part in the Great Edinburgh Run, a 10.5 mile event. They spent a long weekend away together (Saturday to Monday) and ran The Great Edinburgh Run on the Sunday. Edinburgh is a tough hilly route but they enjoyed every minute; well that's what they said when finished. In May was the Birmingham 10k followed in August by the runners going to Beachy Head in Sussex for a walk along the beach and the cliffs. In September they took part in the Peters Hayes 10k supporting the friends of Handsworth Park. We would like to thank David Hart and Nicola Headley from the Great Run Company for supporting our run adventures.

As part of our future vision the Sähëli Hub team went to see the Portway Lifestyle Centre based in Oldbury to see their innovative services and how they have built sustainability into their programmes. The centre has been designed and built with special care to include those with disabilities and special needs equal access. It was a very impressive centre and gave us many ideas that we would want to consider in the future. We want to thank Ian Silvera from Sport England for coming with us, and also Andrew Hawkins from Knight Frank who has been working with Sähëli over many years.



Girls from Rockwood Academy, in Alum Rock, trying out skiing

“ I think it is amazing as I learned how to ski which I never thought I would be able to do.”

Raqayya, 15



Our Great Birmingham 10k run team, including our treasurer Sabbah Wasim (first on the left in the back row)



The Great Edinburgh run



Community consultation session at Small Heath Wellbeing Centre

Integrated services, clear progression

Our energetic, supportive Säheli Hub team has been integrating the Be Active Plus GP referral programme into three Birmingham Wellbeing Service sites, says Shebina Gill, Hub Manager.

Offering female-friendly group fitness classes, Säheli Hub has also created a pathway so that when women feel ready for more activity they have the choice of continuing their journey with Säheli Hub supporting them all the way.

Through *Be Active Plus* Säheli Hub delivered over 1,035 female-friendly group fitness classes this year, with over 15,000 attendances at the following Wellbeing Hubs and Centres and also at outreach locations acting as a feeder into the Wellbeing sites:

- Calthorpe Wellbeing Hub
- Small Heath Wellbeing Centre
- Saltley Wellbeing Centre.

During the year, 884 people who were inactive with a chronic condition registered with Säheli Hub accessing weekly sessions. We have encouraged, motivated and supported people on their physical activity journey. Our approach is fully committed to the role that exercise plays in the reduction of social isolation, anxiety and



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15,000
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and Centres

884
inactive people
with chronic
conditions
registered for
weekly sessions

Leila leads a bellyfit class at Saltley Wellbeing Centre

“An excellent class, something I look forward to every week. Beneficial in every way – physical, emotional and social. Thank you.”
Nighat



Measuring up: initial assessment at a Wellbeing Hub

“I lost my husband three weeks before I found Säheli Hub. They helped me get myself together without being a burden on my family.”
Tina, 48

“These sessions are amazing – a choice of fitness classes or badminton. I can’t wait to go to sleep on Thursday night as I can’t wait to get up on Friday morning and play badminton and see the usual crowd. Thanks Naseem and Fozia. Long live Säheli!”
Rekha





Talking Art: social creative activities as a route to exercise

depression, and in improving the outlook of an inactive community. Sähēli Hub seeks to attract individuals who rarely have access to information, lack confidence, need assistance to join a leisure setting or class, and need encouragement to exercise sufficiently to prevent functional loss. Community word-of-mouth continues to market our services to this target group.

The programme provides more emphasis on supporting the inactive participant to practice with trained fitness professionals who provide group fitness for women at similar stages of ability. The approach for the group fitness classes is monitored to ensure effectiveness especially at the starter level.

Across the Wellbeing sites the Sähēli team offer a weekly structured programme of over 30 supported female-friendly fitness classes. The Sähēli Hub service offers the consistent provision which includes:

- **Registration** – individuals can self-refer following pre-assessment and acknowledgement from their GP
- **Stronger, Stretched, Balanced class** – creates a motivational ‘can-do’ class (changing thinking from ‘I can’t do that’) aimed at those getting started after being inactive for a long time.
- **Progression classes** – encouraging participants to progress with education about the benefits of sustaining exercise through progression, using a variety of class styles but maintaining a steady intensity.
- **Talking Art** – provides a social opportunity to increase long-term commitment to exercise.
- **Sähēli Outreach** – continuing to increase awareness of both the Sähēli Hub and Wellbeing Service projects city wide.

Sähēli Hub is a responsible intervention. We are committed to leading by example and developing new approaches that encourage people to move more!



“ My pain has become easier to cope with and I love the sessions because they are local and women only.”

Ruth, 65

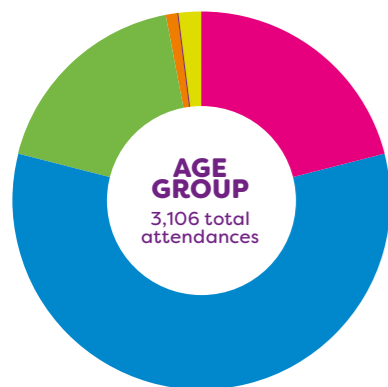
“ I’m now at work for the first time in my adult life. I still need my fix from Sähēli – it’s my time.”

Shazia, 45

Maisie leads a Sähēli Hub Be Active Plus fitness session at Calthorpe Wellbeing Centre

Measuring our impact

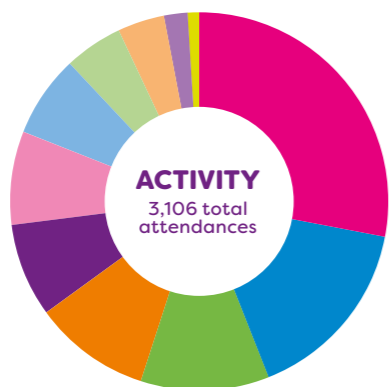
In the twelve months from January to December 2017, there were **3,106** attendances at our **Säheli CSAF Activ8** programme sessions. The programme supported **885 women**. This shows just how effective we have been at reaching out and engaging women in the B8 postcode area of Birmingham, helping them to get **active and healthy**. Here's a breakdown of the figures.



- 14-25 years (21%)
- 26-45 years (58%)
- 46-60 years (18%)
- 61-69 years (1%)
- 70+ years (0.1%)
- Unknown (2%)



- Asian (87%)
- Black (6%)
- Other (2%)
- White (1%)
- Mixed (0.01%)
- Unknown (4%)



- Bellyfit (29%)
- Badminton (16%)
- Aqua aerobics (11%)
- Skiing (10%)
- Running (8%)
- Walking/jogging (8%)
- Bootcamp (7%)
- Biking (5%)
- Boxing (4%)
- Dance (2%)
- Circuits (1%)

“ I started with the classes and now I ride a bike, use the gym and walk 5km, no problem! ”

Shamim, 53



Figures are throughput for all sessions. Percentages may not equal 100 due to rounding.

Our finances

Statement of financial activities for the year ended 31 March 2017

First year accounts as a limited company, registered with the Charity Commission (company no. 08373929, charity no. 1153202), previously a charity registered with the Charity Commission (no. 1091168) since 2002.

	Unrestricted	Restricted	2017 Total	2016 Total
INCOMING RESOURCES				
Incoming resources from generating funds				
Incoming resources from charitable activities	35,941	244,972	280,913	-
Total incoming resources	35,941	303,927	318,937	-
RESOURCES EXPENDED				
Charitable activities	29,236	294,875	324,200	-
Governance costs	3,485	3,408	6,893	144
Total resources expended	32,811	298,283	331,093	144
NET INCOMING/ (OUTGOING) RESOURCES	3,130	(53,311)	(50,811)	(144)
RECONCILIATION OF FUNDS				
Total funds brought forward from Säheli Women's Group	13,280	24,600	37,880	-
TOTAL FUNDS CARRIED FORWARD	16,410	(28,711)	(12,301)	(144)

Trustees

Our trustees for the period covered by this report were:
 Shamiela Ahmed (Chair)
 Nazreen Bi (Vice-Chair)
 Sabbah Wasim (Treasurer)

Accountants

MNSK Chartered Accountants,
 206 Robinhood Lane, Hall Green,
 Birmingham B28 0LG

Bankers

Lloyds Bank PLC,
 32-34 Alcester Road South,
 Birmingham B14 7PU

Principal office

110 Edward Road, Balsall Heath, Birmingham B12 9LS.

Säheli Hub is a registered charity (no. 1153202) and a company (no. 08373929).

A complete set of financial statements is available on request.

Independent examiner's statement

In connection with my examination, no matter has come to my attention:

- Which gives me reasonable cause to believe that, in any material respect, the requirements to keep accounting records in accordance with section 386 of the Companies Act 2006 and to prepare accounts which accord with the accounting records and to comply with the accounting requirements of section 396 of the Companies Act 2006 have not been met; or
 - To which, in my opinion, attention should be drawn in order to enable a proper understanding of the accounts to be reached.
- Nadia S Khan ACA, FCCA**
 on behalf of MNSK Limited

säheli hub

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Calthorpe Wellbeing Hub
Edward Road, Balsall Heath
Birmingham B12 9LF

Säheli Hub is a friend dedicated to improving community health and wellbeing by providing innovative services and solutions that educates, motivates, inspires and empowers.

Säheli Hub promotes the benefits of friendship and co-operation between women in the Birmingham area with specific aims of promoting social welfare and improving personal wellbeing and living conditions. We do this by providing and supporting:

- Commissioned exercise referral programmes
- Recreation and leisure activities
- Adventure schemes for younger women
- Cultural awareness and inclusion activities
- Training to enable women to be more involved in making personal choices and in the decision-making processes within their own communities

“ I have lost three stone because I had a routine with Säheli which pushed me to eat well alongside all the encouragement they gave me to get fit. I show others now how to get involved in being more active.”

Nas, 41

