

säheli hub

ANNUAL
REPORT
2019
2020



“ Before I knew about the group I was isolated and feeling very low. I attended and felt very welcome. It helped me feel I am not alone with my disability and I felt self worth again. The people in the group are very encouraging. Thanks for your support throughout the year.”

Thanks to our partners

The Active Wellbeing Society
 Birmingham City Council
 Sport England
 Shimul Haider (LDP)
 Friends of Moseley Road Baths
 Neena Chauhan and Ian
 Edwards, Fircroft College
 Andrew Hawkins, Sterling Property Ventures
 Simon Lamprell, AHR
 Rachel Gillies, People's Heritage Cooperative

“Amazing workout classes, brilliant instructor, great opportunity to make new friends, absolute highlight of my week, helping with my health issues, building my stamina/strength ... beneficial for my mental health too.”

Säheli Hub participant

📷 Cover photo: Bethune Richards takes part in our *Votes and Women's Voices* project for women at Handsworth Wellbeing Centre, in partnership with the Represent project / People's Heritage Coop (see page 14)
 © Rachel Gillies



Doing things differently

Nazreen Bi, Chair

When we set up Säheli Hub, in 2000, we wanted to do things differently and break down stereotypes of women and participation – especially in sport and physical activity. I'm proud to say that, since then, Säheli Hub has led the way when it comes to engagement and supporting local communities, especially women, into physical activity and participation in their locality.

This year has been no exception, as we see the widespread adoption of social prescribing as an important way forward. At Säheli Hub we have always been socially prescribing, but our partnerships reflect how far we've come. We now work across the inner city, thanks to our commissioned service through The Active Wellbeing Society (TAWS), delivering out of three Birmingham City Council wellbeing centres and hubs and at three local GP sites. We really value TAWS' continued belief in what we do and how we do it.

Our work with the Sport England Local Delivery Pilot, Active Communities, has also supported Säheli to do things innovatively, allowing us to test and learn new ways of engaging and delivering. Holistic Interventions has been a resounding success and we now have a successful model that works with those who are isolated and lonely – not yet wanting to engage in physical

activity but happy to join through our social clubs. Our consultative approach with participants means that 50% of those who join our social clubs end up taking up a physical activity with us. Once again, we have demonstrated that seeing people like them helps participants to take up the challenge of running, cycling, or attending a stronger, stretched, balanced class.

The highlight of 2019-20 has to be the Säheli Cycling Club's Ramadan Special Vélo ride. Taking part in their lovely Pink Cycling Club T-shirts, 25 of our women showed the city off at its best. You go girls! If they can do it, you can too. This event has really put Säheli on the map for cycling as well as running. Thank you Vélo, for supporting our Cycling Club to achieve their wish of taking part in the Vélo ride.

I'd also like to thank the Säheli Hub trustees – Sabbah Wasim, Sayqa Arif, Sahida Bawhab, and Ruphsana Nahar-Qayyum – who work behind the scenes ensuring Säheli makes, and continues to make, that positive impact in and with the community. I want to thank Shebina Gill, our Hub Manager, and the Säheli Hub team for all the amazing activities and sessions they deliver, come rain or shine. I also want to thank The Active Wellbeing Society, Sport England, and Birmingham City Council for their continued support over the last year.

Here's what some of the Sāhēli Cycling Club's Ramadan Special Vélo riders had to say...

“ I loved feeling the community spirit, support and energy as I cycled through Birmingham.”
Asma Rabbani

As we enter the cusp of another very difficult year dealing with COVID19, I know we will need to work even harder with those who are, and will be, isolated and lonely. Many of our participants have long term health conditions when they come to us, and they are particularly hard hit by Covid. We know we'll be needed more than ever before throughout this global pandemic, both in our local community and as role models across the country.

We have some challenges heading our way in 2020-2021, but at Sāhēli Hub we know we will be working with all our partners to ensure we support and face the coming challenges together so that we can continue to be there for the most vulnerable and the most in need in our community.

I'm delighted to finish on a high note by congratulating our very own Sāhēli Hub Project Manager, Naseem Akhtar, for her Queen's Birthday Honour – a BEM – for health, fitness and sports for women in Birmingham. Her 21 years' of service to Sāhēli and our community hasn't gone by unnoticed. So well deserved. We're proud to call you our project manager.



“ I enjoyed the incredible and unique experience. It was heart thumping as I cycled through the street having the lovely energetic vibes coming from crowds.”

Nadiya Ali

“ It was very well organised, amazing crowd, perfect weather and cycling with the amazing Saheli group where I learnt how to ride a bike.”

Jamila Akhtar

“ I felt the organisers and Sāhēli team went above and beyond to look after us, made us feel welcome and supported and encouraged us.”

Farah Manir

“ Closed road cycling around Birmingham was an absolute wonderful experience- so happy I did this. After the event, I felt exhilarated and was buzzing.”

Sahida Bawhab

 The Sāhēli Cycling Club at Ward End Park, a practice session for the Vélo Ramadan ride

“ It's an important event in the West Midlands and it's my first time taking part in a cycling one too. Also wherever the Sāhēli ladies are representing I am there. Representing women in the community, whatever colour, size and fitness levels.”

Haseena Aktar

“ I am not a regular cyclist, and it's something I'd like to improve on and be able to use a bike as a means of transport more often! I thought rubbing shoulders with professionals and people who do it as a hobby is a great start!”

Maryam Hassan

A successful year, across the city

Naseem Akhtar BEM, Project Manager

This has been a very exciting and full year for achievements through so many of our activities, programmes and projects: the 25 Vélo riders, the 10k and half marathon runners, the Paris Marathon, our social clubs, and our training and development opportunities.

Our partnerships have grown this year. As ever, our biggest supporter is The Active Wellbeing Society (TAWS) through their commissioned Holistic Interventions service, delivering our very innovative and successful programme.

Through 2019-2020 we have continued to operate out of the following sites:

- Calthorpe Wellbeing Hub
- Handsworth Wellbeing Centre
- Saltley Wellbeing Centre
- Omnia Practice
- Yardley Green Medical Centre
- Alpha Medical practice.

We delivered a wide variety of activities:

- Growing and greening
- Training and development
- Physical activity and exercise
- Chair, standing and active exercise classes
- Running – walk, jog and run
- Cycling – learn to ride a bike, cycle in the parks and streets, and long 5-25 mile led rides
- Swimming – Splash sessions at Moseley Road Baths
- Social clubs – Knit and natter, Crochet and chai and Talking art.

I have continued to work as part of the TAWS family and this allows Säheli to be part of the city-wide picture for physical activity and community issues. Building on our 14 years of experience of supporting women and families to be more physically active, our Holistic Interventions programme now tackles isolation and loneliness and provides a wider range of learning and social programmes.

📷 Säheli Hub's team receive their trophy after winning the Noka Bias (boat race) for the second year in a 'row' (get it?). They're looking to make it a hat trick next time!

“ Please keep the classes, they have helped me get out of my home and keep active, including a running circuit.”

Säheli Hub participant

“ I have come a long way in terms of physical and mental health. The staff are really lovely and approachable and I've made some good friends.”

Säheli Hub participant



Individually tailored

The Sāhēli Hub team has developed a full programme around every individual we work with, tacking and dealing with emotional, social, and practical problems. This is not new to us, it's a way to enhance what we have always done. We have had such positive feedback on our initial programmes that we have started to add on more opportunities as part of our basic offer to everyone coming through our doors. I would like to thank Active Communities (Sport England), Karen Creavin, Michelle Howard and the TAWs family for their continued support of our Holistic Interventions programme.

Learning English

We have also partnered with Fircroft College, throughout the year, to develop a bespoke programme to support women to learn 'functional English' - English that is easy to learn for everyday situations. This has proved very popular, especially with those newly arrived in this country. Fircroft College has become a trusted partner for Sāhēli. Their ethos of removing barriers to education and free training for all matches our vision of opportunity for all. I would like to thank Fircroft College and especially Neena Chauhan, project manager, for developing the initial pilot with us. We look forward to more training and development opportunities across all of our programme.

Ramadan Special Vélo ride

Our Sāhēli Cycling Club has gone from strength to strength this year and we finally managed to get a chance to participate in the Vélo ride. This year, for

the third year in a row, the event was held during Ramadan. This prevented many of our riders from taking part. But, thanks to our volunteer Farzana who came up with the concept of the Ramadan Special as a special one off, our club could enter from Ley Hill and complete the last 10 miles.

Twenty-five of the women turned up at Ley Hill and, thanks to Sue Mellor and the Big Birmingham Bikes Team, they were each met with a new, orange Big Birmingham bike. Many had trained pre-Ramadan, and one or two had to learn the basics all over again ready for the Vélo ride!

We started as a team on a lovely hot day - thirsty work when you're fasting and not allowed to drink water - and everyone cheered our group on as we rode past. Many of the crowd had seen us in the Birmingham Mail or heard about us on Radio WM, and they cheered and clapped us along shouting 'Well done Girls - You can do it!'. This really inspired us to cross that line in Sherlock Street. Once there, the girls were in for a big surprise as they were told they could keep the bikes they were given.

This year we trained four of the Vélo team as Ride Leaders. I'd like to thank Shaafi Bi, our Cycle Leader and co-ordinator, for making our Cycling Club the best organised and the most fun. I'd also like to thank Shaila Sharif, who is now developing the same model at Calthorpe and Handsworth park.

Many of the team want to take part in the official 45 miles in the coming year, building up to the 100 miles the following year. Well done girls!

Runaway success

The runners have also had a fantastic year, entering the May 10k and the October half marathon. This year six of the team managed to achieve their dream of running a full marathon. Two travelled to sunny Stratford and four went to Paris. On two consecutive hot and sunny Sundays in April they managed to run their 26.2 miles. Well done runners - I know you've inspired so many others to take part and have their own run adventures.

Five of the team entered the Autumn Wolf Run, wanting a new challenge. They got wet, they got muddy, they ran, they climbed, they crawled through tunnels. Did I mention they got muddy? But they loved every minute of it.

At this event the runners recognised that there were barely any BAME participants, especially BAME women, and how running events like this are still not recognised or seen as 'for us'. However, everyone was very welcoming and supportive and the runners will be entering another one soon.



Marathon medals from Paris and Stratford-upon-Avon



Before the Winter Wolf Run, hoping it's not too wet or muddy...



...Looks like they had fun!

📷 Our Säheli Hub way of social prescribing starts with a triage appointment. Through goal setting and weekly social and physical activities, each participant can access friendly, supportive experiences, helping them to achieve their personal goals.



“The crochet helps me with my arthritis in my fingers and flexibility.”
Säheli Hub participant

“I have gained friends and learnt how to take care of myself properly.”
Säheli Hub participant

“I made new friends, it helped me to build my confidence.”
Säheli Hub participant

“I was putting on weight and also feeling a bit lonely. So I thought I will join some activity club ... and now I've also joined the gym.”
Säheli Hub participant

Time to think about the future

In July, the Säheli Hub event organisers went for their annual trip to the lovely Lake District. This has become a regular long weekend to unwind and plan what we want to think about doing over the coming year – and enjoying the beautiful view, riding on the train, going wild swimming in the lake. It was hard to get into that cold lake water at first, but after a while they all adjusted and began to swim and frolic in the water. It was hard to get them back out onto dry land!

Challenging the status quo

I continue to advocate and challenge about women's engagement throughout sport at all levels. This year, as a representative of Säheli, I was invited to be a panel speaker at two really important conferences. At Sporting Equals – British Asians in Sport & Physical Activity Summit 2018 at Edgbaston Stadium, I made a robust challenge around the question: 'Where are the leads from the national governing bodies so they can learn from us how to engage local communities with their sport?' This was well received and set the tone for other speakers to challenge the status quo.

I also took part in 'Sport for All? – Why ethnicity and culture matters in sport and physical activity', in January at Aston Villa Football Club, championing women and BAME engagement. Once again I took the opportunity to challenge those at the top to look at how/why their respective sports and organisations are not reflective of the communities they serve. My main points were:

- Recruitment and selection needs to change (who does it and where does it take place)
- Staff need to reflect the community that they serve
- Training and development is needed to fast track these individuals into decision making roles.

An unexpected special honour

In August I was awarded a BEM. This was a total surprise and shock when I got the letter stamped with 'confidential' from the Cabinet Office. I didn't know what to expect, if I'm honest. I thought it would be an invitation to a government think tank for women and communities.

I want to take this opportunity to thank everyone who nominated me (there are quite a few of you, I have slowly found out). This was unexpected, and not without concerns for me in accepting such an honour. It was my family who really said I should see it as a reward for all the work for the community I love and people who love what we achieve together.

Thank you Sport England: Russell Turner, Adam Rigarlsford, Shimul Haider and others who I still don't know about behind the scenes. I'd also like to mention Carol Coombes who we sadly lost this year. She was an inspiration, always telling me to believe in myself and to go for it. You are missed every day.

“This course has made me more confident communicating with new people in English.”

Sāhēli Hub participant

“I have become more active. I enjoy my exercises and activity. It is all very good and fun.”

Sāhēli Hub participant

“I feel much fitter and more motivated to get out and do things.”

Sāhēli Hub participant

Thank you

Finally, I would like to thank the Sāhēli Hub team and wider partners for all your commitment and love – it shows through all you do for Sāhēli Hub.

Thank you all and we look forward to working with you in 2020–2021.

The Sāhēli Hub team

- | | |
|----------------------|-----------------|
| Lola Adodo | Asia Khatoun |
| Rakhyia Arshad–Begum | Liz Lowe |
| Sabrin Begum | Ambreen Majid |
| Sultana Begum | Elisangela Melo |
| Shaafia Bi | Zaibbin Nisa |
| Kate Corbett | Hemlata Patel |
| Maisie Dill | Chantal Pitts |
| Shebina Gill | Sabrina Ray |
| Norma Green | Shaila Sharif |
| Eleanor Hoad | Leila Yafai |
| Melissa Howitt | |

📷 Naseem Akhtar, Sāhēli Hub Project Manager, was awarded the BEM for health, fitness and sports for women in Birmingham. © Birmingham Mail



Powerful partnerships

Shebina Gill, Sāhēli Hub Manager

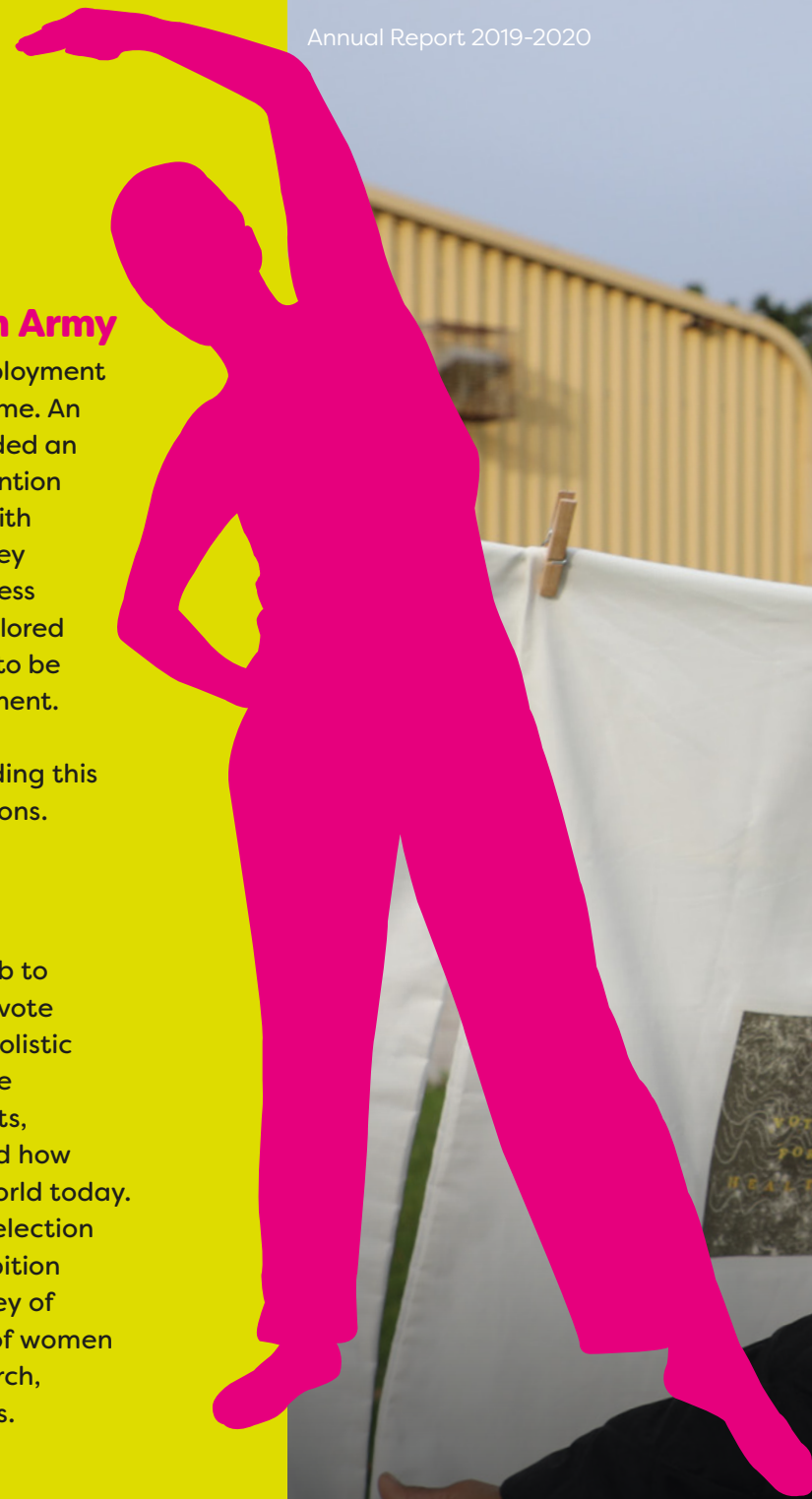
Employment support with the Salvation Army

The Salvation Army provided individualised and holistic employment support alongside the Sāhēli Holistic Interventions programme. An emphasis on low caseloads and well-trained staff has provided an additional stepping stone for our Sāhēli Hub Holistic Intervention members to take advantage of. Being able to spend time with individuals helps us to understand the issues and barriers they face and the Salvation Army's work with them helps to address any barriers they face into employment. This specialised, tailored support is exactly what individuals with complex lives need to be able to gain the skills and confidence to succeed in employment.

Thank you to Amreen Ahmed and Zaida Rahman for providing this opportunity for our participants through Holistic Interventions.

Learning from the past with The People's Heritage Co-operative

The People's Heritage Co-operative worked with Sāhēli Hub to explore the impact of the first women gaining the right to vote in Birmingham in 1918. The women at Handsworth Sāhēli Holistic Interventions programme walked in the footsteps of female pioneers who led the way in campaigning for women's rights, healthcare, education, and housing. The members explored how campaigns from the past can shape how we change our world today. Through this artist-led workshop, inspired by 100 year old election materials, we created an artwork for our own touring exhibition which will also be held in Birmingham's Archives. This journey of exploration together unearthed the politics and passions of women living in Birmingham a century ago, through archival research, visits to places of interest, and their own creative responses.



📷 Daphne Williams, who joined in with our Holistic Interventions arts project with the People's Heritage Cooperative, exploring the impact of the first women gaining the right to vote in Birmingham in 1918, pictured at Handsworth Park. © Rachel Gillies



“The creative sessions have been a brilliant way to meet others with similar interests, share ideas and learn new skills. I've started crocheting again after a 30 year break. The outdoor activities of gardening and walking for fitness have been therapeutic and relaxing. Social distancing has been implemented to enable the activities to continue throughout the pandemic which has been great for us to continue being active.”

Daphne Williams

Female empowerment with Sonia Sabri Company: Sahasa – The Brave workshop

This workshop was held with a group of Handsworth women who had completed their Talk English course with Fircroft College. Working with participants, we encouraged conversations around their views on issues relating to obstacles to female empowerment, paying close attention to language and the expressions that cropped up.



Shebina Gill, Sāhēli Hub Manager

The discussion ranged across the different societal, political and cultural obstacles faced by women in the UK versus those faced in Bangladesh, Pakistan, India and other countries, but also universal issues and hurdles facing all women. These conversations brought women together and reinforced the skill of listening to those who have faced obstacles in their lives and translating these harsh realities of their lives into a dance performance!

A wonderful Sāhēli Hub team of women

My thanks to our team, which is dedicated to the Sāhēli Hub way and has ensured the Sport England Active Communities Project is exciting and inspiring for our participants.



Strengthening social connections



Supporting you to create self-care routines

Our impact

Holistic Interventions sessions in the year to 31 December 2019

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

50% of those who attended a social club moved to a physical activity



1,595 unique participants



11,213 attendances



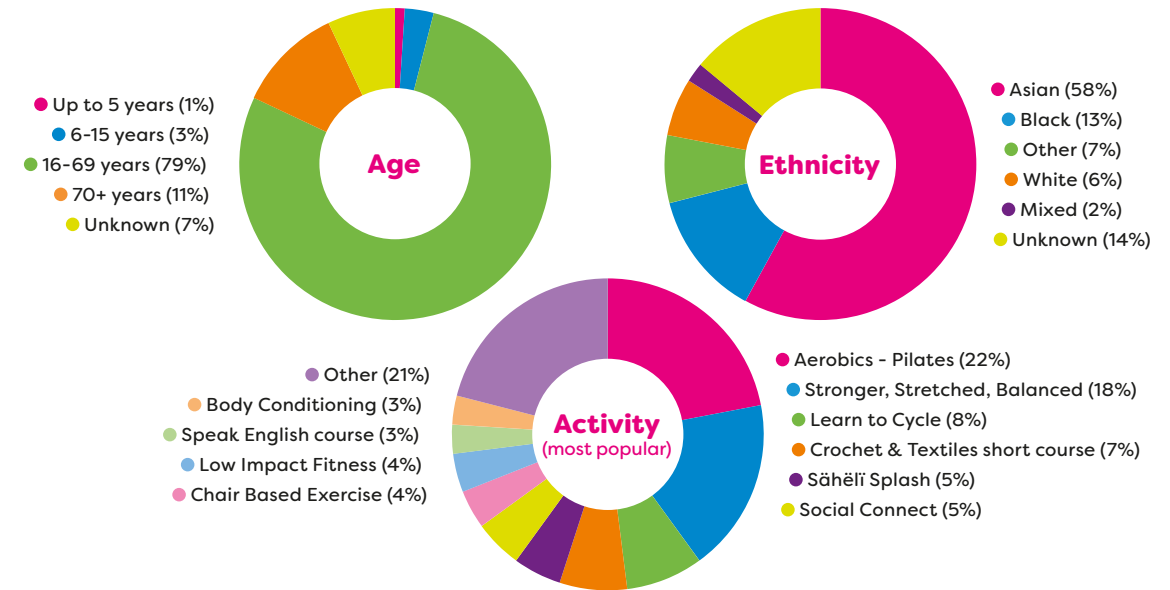
97% were women



80% were from BAME communities



90% were from IMD quintiles 1 and 2*



The two constituencies with the highest number of attendances for Holistic Intervention activities were Hall Green (3,610) and Hodge Hill (3,178).

The most popular venues throughout the year were: Calthorpe Wellbeing Hub (4,855 attendances); Saltley Wellbeing Centre (2,698 attendances); Omnia Practice (1,139 attendances); Handsworth Wellbeing Centre (936 attendances).

* IMD stands for Index of Multiple Deprivation, the official measure of relative deprivation for small areas (neighbourhoods) in England. It encompasses measures of: income deprivation; employment deprivation; education, skills and training deprivation; health deprivation and disability; crime; barriers to housing and services; living environment deprivation. Quintiles 1 and 2 include the most deprived areas of the country.

Our finances

Statement of financial activities for the year ended 31 March 2019

	Unrestricted	Restricted	2020 Total	2019 Total
Incoming resources				
Incoming resources from generating funds:				
Voluntary income	-	-	-	-
Incoming resources from charitable activities	18,000	212,051	230,051	192,112
Total incoming resources	18,000	212,051	230,051	192,112
Resources expended				
Charitable activities	(831)	(202,860)	(203,691)	(218,207)
Governance costs	-	(2,159)	(2,159)	(2,040)
Total resources expended	(831)	(205,019)	(205,850)	(220,247)
Net incoming/(outgoing) resources	17,169	7,032	24,201	(28,135)
Reconciliation of funds				
Total funds brought forward	-	(13,969)	(13,969)	14,166
Transfers	(11,359)	11,359	-	-
Total funds carried forward	5,810	4,422	10,232	(13,969)

Independent examiner's statement

I have completed my examination. I confirm that no material matters have come to my attention in connection with the examination giving me cause to believe that in any material respect:

- Accounting records were not kept in respect of the Trust as required by section 130 of the Act; or
- The accounts do not accord with those records; or
- The accounts did not comply with the applicable requirements concerning the form and content of accounts set out in the Charities (Accounts and Reports) Regulations 2008 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination.

I have no concerns and have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be reached.

Nadia S Khan ACA, FCCA on behalf of MNSK Limited

Trustees

Our trustees for the period covered by this report were:

Nazreen Bi (Chair)
Sabbah Wasim (Treasurer)
Sahida Bawhab
Ruphsana Nahar Qayyum
Sayqa Arif

Accountants

MNSK Chartered Accountants
206 Robinhood Lane, Hall Green,
Birmingham B28 OLG

Bankers

Lloyds Bank PLC
32-34 Alcester Road South, Kings Heath,
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.

säheli hub

0121 446 6137
info@säheli.co.uk
www.Säheli.co.uk

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 educate, motivate, inspire and empower.

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

