

Queens Park Area Residents Association

Re: BA4R Report to the QPARA Surplus Funding Committee
FAO: Mike Cantor

Since March 2017 Brent Action for Refugees has worked with Brent Council to welcome five families via the government sponsored Vulnerable Persons Resettlement Scheme. Our first family arrived in March of 2017. Subsequent families began to arrive from Summer 2017 onwards, more slowly than was originally expected.

In March 2017 QPARA kindly donated £1,000 to BA4R, to contribute towards coffee morning / tea evening events, with the aim of bringing together VPRS families to socialise and possibly access services. These events were inspired by a similar initiative led by Barnet Refugees Welcome group.

With five families now arrived, BA4R is ready to progress the first of these coffee morning events, and has planned to organise the first event for early April 2018.

To date, none of the money donated by QPARA has been spent. Once coffee morning events begin, the money will be allocated to overheads related to the coffee morning / tea evening events, including food, beverages, and transport for the families.

The full details of the coffee morning events - date, time, location, attendance - are sensitive, for safeguarding reasons. We will therefore not publicise specific details of the events in public forums, such as social media. However, we do hope to receive consent from the families to publicise the events more generally. If the families are happy for us to publicise the events more generally, we will be sure to attribute QPARA as the main source of funding.

We do encourage willing volunteers to be in touch with BA4R via email if they wish to support the events. You can email oscar@brentactionforrefugees.com.

Sufra Food Bank has agreed to host future coffee morning / tea evening events, and we are keen to explore the option of a second alternating venue.



Project Report to the Queen's Park Residents' Association - February 2018

Project: Supporting 2 young people with talking therapy at Laufer House

The Queen's Park Residents Association generously awarded a grant of £1,000 to the Brent Adolescent Centre (known as 'Brent Centre for Young People') at its meeting on 9th March 2017, for which we are very grateful. As agreed, the grant was spent towards the provision of Adolescent Exploratory Therapy to 2 vulnerable young people who live in the Queen's Park ward.

Adolescent Exploratory Therapy, AET in short, was developed by the Brent Centre over many years, and is a form of talking therapy that is specifically designed to meet the needs of adolescents with mental health issues. It is a very flexible intervention which is relatively short-term in nature.

We are pleased to report that from April to December 2017, we helped a total of 90 **young people including some who live in the Queen's Park ward**, offering them a total of 889 appointments of AET. This represents an average of 9 to 10 appointments per young person. **2 of these young people were specifically supported with funding from QPARA.**

In the last quarter over 90% of young people attending the Brent Centre had experienced family problems and had anxiety. 84% were depressed and confused.

Over the last year, young people who came to Laufer House experienced the following **improvements:**

- 80% reduction in severe depression and anxiety;
- 89% reduction in self-harm;
- 84% of reduction in suicidal ideation;
- 80% reduction in sleep disturbance;
- 100% success in suicide prevention.

I will always carry the Centre with me wherever I go, I don't know where I would be without it and I do not have enough good words to say about it.

I liked being free to talk about what I wanted and loved that my therapist remembered things I had said to her a long while ago. I no longer blame myself for past experiences and a lot of my anger and hatred has dispersed. I have learned to forgive and to move on and carry on going forward.

Brent Centre Service User

Here is a representative example of how a young person has been helped by the Centre.

Patrick's story

Patrick was a likeable and charismatic 16-year-old who was first referred to the Brent Centre by his school, who raised concerns about his behaviour.

When assessed by the Brent Centre, Patrick presented something of a contradiction. Confident and engaging in person, at home where he lived with his mother, his daily violent and angry outbursts painted a very different story. Patrick's mother had even felt forced to call the police.

Patrick began receiving **Adolescent Exploratory Therapy** in collaboration with our Irish Project Officer.

Patrick began to express that he felt his behaviour and his way of life at home were utterly separated from reality – in short, he could not understand the way he behaved with his mother. He was terrified of losing control of his life and his behaviour.

Though Patrick went on to pass his A-levels, he had chosen a University in London so he could remain living with his mother. After a year he dropped out, citing a desire to be a successful businessman, but this aspiration resulted in nothing. The violence at home worsened.

The isolation of Patrick and his mother due the rest of the family living in Ireland and the death of Patrick's father when he was young from cancer, revealed the beginnings of a complicated picture.

The Brent Centre decided to offer Patrick's mother short-term **Parent Support** to help her enforce boundaries at home, which brought an end to Patrick's outbursts. For the first time, he travelled to Ireland without his mother to visit his family.

This together with the **AET** meant that over time, Patrick began to understand where his fear of failing in his life was coming from – he was terrified of repeating his father's background. His father had been alcoholic and domestically violent towards his mother, and had been dead by 30. In short, Patrick discovered - he was deeply afraid of the same fate.

With additional support from the Irish **Practical Support Officer**, Patrick learnt to forgive his poor choices and saw he still had the opportunity to make something of himself. With help, Patrick's brightness and ambition emerged. Taking up a six-week employment preparation course where he excelled, in short time, he had both moved out of home and enrolled on a Metallurgy Apprenticeship course – taking a much-worked for step towards his dream of becoming a successful businessman.

Thank you for enabling the Brent Centre to provide vital and timely support to young people

Report to QPARA on funds it received in 2017

From The Rev'd Stephen France and Stephen Chamberlain

2017 was the busiest ever year for Laurence's Larder and we directly served over 5000 meals to needy people from the community and beyond. We used your grant to complete our Kitchen Refit which had become an urgent priority given the increase of users rising from around 40 per session to 80 over the past three years, currently some 170 per week in total.

We are now more able to cope with the numbers who come to us for help. We are very much helped by the support of a number of local churches and other faith groups as well as yourselves, Felix Trust (which provides fresh food), Wenzels (bakery goods), Lidl, Sainsburys and Tesco's.

We continue to be shocked and surprised by the need but with your help we are able to multiply all that we have to help so many. We would like to thank you!

I attach a photograph of our new kitchen.



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Headteacher: Ms J Enright MA, MSc

28/02/2018

Mr M Cantor
QPARA

Dear Mr Cantor

Re: £1000 grant from QPARA to support the QPCS Global partnership.

I am extremely grateful for the £1000 QPARA donation made through the Our Global School (OGS) charity to support our on-going global partnership with Kayamandi High School near Stellenbosch in South Africa.

The project has gone from strength to strength in the past 6 years with three sixth form group visits to Kayamandi, all incorporating volunteering at Kayamandi High School. We have also welcomed back to the UK, several teachers from Kayamandi on 3 separate visits to QPCS.

Essentially our sixth form students are able to sign up for the QPCS South Africa trip that runs on average every 2 years during the month of August. Whilst in South Africa we include a period of time where we work at Kayamandi and the students actually deliver and support lessons for the students at the school. Our students have found this work highly rewarding and developmental. The students actually stay in the township and become part of this wonderful community whilst they are there. I have been fortunate to witness this experience and it is a truly life changing experience for the volunteers.

As I made QPARA aware in the original application, this partnership has been established since 2012 and was initially set up as part of the British Council Global Schools project initiative. This work was supported through an annual funding stream from the British Council that has since discontinued. This issue has always been the cost, especially the high air fares to South Africa, that make this trip somewhat prohibitive to disadvantaged students. We have been focused on trying to address this issue through on-going innovative fund raising and bid-writing initiatives.

Your £1000 grant has therefore allowed two disadvantaged (pupil premium) students to be on the forthcoming trip in August 2018. They simply would not have been able to attend without this financial support. Both students have also since engaged in substantial personal fundraising to raise sufficient income to take part in this trip. I am very grateful to QPARA for providing this financial boost which has raised the morale for both these students to take part in this wonderful trip.

On behalf of the QPCS team who deliver this trip I am also extremely grateful and we can certainly provide additional feedback once the trip has taken place.

Very kind regards

Steve Cripps Deputy Headteacher

Outpatient booking team



Promise Foundation – Impact Report

We sought funding from QPARA in order to set up a monthly Skills Club led by professionals from business and commerce. This included: verbal and written communication skills; financial know-how; using IT and Social Media effectively; and interpersonal skills, such as listening and negotiation.

We have continued with our successful Debating Club. The club is run by Narice Ramsay, one of our mentors (and now a Trustee). One of the aims of the Debating Club is to help the young people involved improve their public speaking and communication skills, and also to help instill in them the sort of confidence which they can then take into the work place or further education institutions as they move forward with their lives. In November our debate focused on the issue of democracy, in line with UK Parliament Week 2017. The students discussed the, often overlooked, role that democracy plays in their day-to-day lives. By the end of the session, their discussions had covered the subject of Donald Trump and Oliver Cromwell, as well as the trials and tribulations of school and everything in between.

We have continued our Debating Club into 2018. In our first session back after the Christmas holidays the students debated the importance of school and the relevance of the current curriculum to their everyday lives. Debate club will continue to take place once a month until the end of the school year and we can already see the impact this club is having. Narice says “When they first come to the club many are suspicious and apprehensive. Over time, though, I’ve seen them grow in confidence, as well as learn how to respect one another in this forum. They’ve built on their skills and I have been really impressed by their passion and well thought out responses during the discussions”.



Promise Foundation students at the Parliament Week debate club

In the next few months we have a number of inspiring people coming to deliver talks and workshops to our students as part of the Skills Club:

- Shola Kaye – award winning speaker and public speaking coach. Kaye is going to run a session with our students centered on public speaking as many of them struggle to articulate themselves confidently in a public arena.
- Ben Bailey Smith (Doc Brown) – rapper, comedian, actor, screenwriters and radio presenter. Smith grew up in Kilburn and he attended Hampstead secondary school. He is going to come in and talk to our students about how he became successful and what lessons he’s learned along the way.
- Zoe Bennett – award winning business woman. Bennett’s core topic is ‘Through Adversity Breeds Success’. She will deliver a speech tailored to our students about how she managed to succeed and thrive in the world of business despite coming from an underprivileged background.
- Orlando Seale – actor. Orlando is going to run a series of improvisation workshops with our students to help them develop confidence, have fun, learn to collaborate with others, build stories and express themselves.

Following a number of requests, the Promise Foundation will also be running sessions for KS4 students which will focus on revision tips and techniques. These sessions will include: how to make an effective revision timetable; how to make flashcards and mind-maps; managing your time effectively in the run up to exams.

In terms of impact measurement: students will receive a Skills Club certificate at the annual graduation ceremony held in July of each year, and this will record their levels of engagement against the content of the curriculum, thus enabling potential employers, and the young person, a record of their achievements.

Following our graduation ceremony on Wednesday 28th June 2017 these are our outcomes:

- 30 young people from disadvantaged communities received mentoring and have participated in the Skills Club throughout the course of the year. 75% of them met their personal targets this year with increased levels of engagement and participation when compared to our pilot year where 50% of mentees met their personal targets
- 9 students received work placements this year in a number of industries including, Media, Law, Sports, Finance and Zoology. Their attitudes towards their schoolwork also improved significantly as well as the completion and quality of homework.
- All the professionals from business and commerce that we worked with over the course of the year say that they now feel confident enough to get involved in their local community.



The 2017 Promise Foundation graduation ceremony

Shakespeare in the Squares 2017

Performance of Romeo & Juliet in the Queen's Park Quiet Garden Saturday June 24 2017

Even a short, sharp shower couldn't dampen the spirits of the audience at this year's production. They cheerfully donned the ponchos that we provided and, fortified by the customised cocktail provided by one of our sponsors, they re-entered the world of 1950s Italy, where the Montagues and Capulets were at loggerheads.

Although attendance was up by 10% (220 vs 200 in 2016), there remains a gap between the income provided by ticket sales and the actual costs of the production. We were most grateful to QPARA for the grant of £1000 that enabled us to provide large banners two weeks ahead of the show, and leaflets for distribution to surrounding homes and businesses, as well as contributing to the seating hire and the performers' pay.

We had terrific feedback from local people:

'The audience response was fantastic and the show went with a real swing.' Abigail Anderson

'It was a brilliant production and an inspired setting.' Barbara Toner

'A triumph! Enjoyed every second of it.' Judy & John Morrison

Richard Gentry has kindly invited us back for 2018 and, even though there won't be a financial contribution from QPARA this year, we very much hope to welcome you to our summer production, which will be As You Like It.



Empowering refugee and
migrant children & families

QPARA: Report of expenditure of grant to Salisbury World 2016-17.

Funding for:

Salisbury World aims to reduce isolation & social exclusion of refugee children and families by organising a number of excursions in and around London for children, adults and whole family groups. Families report that they generally do not use the underground and seldom travel further than Cricklewood or Brent Cross.

The charity therefore organises outings for women & for children/teenagers. These excursions facilitate the building of social networks and also increased confidence in navigating around London and accessing cultural and leisure activities, many of which are free.

Between April and September 2017 we organised the following excursions:

Womens FA Cup
Climbing (Westway)
Houses of Parliament
City Hall
London Zoo
BMX training
Cinema
Cycling proficiency
Kew Gardens (twice: 1 group of teenagers & 1 group of 35 women).

Overall 34 teenagers and 35 women participated in the activities.

Financial Report.

Grant Awarded: £1000

Item of expenditure	Amount
Lunches & refreshments	£180
Travel	£330
Tickets & entrance fees	£490
Total	£1000

Feedback from young people:

'sometimes we don't have any plans at all. This programme let us explore new things and find new friends'

'I don't have anything to do in my holidays'

'It let me know new friends. Also it allowed me to know new places.'



to our meeting of parents and
migrants and their families

'I enjoyed Houses of Parliament and London Zoo, but I enjoyed London Zoo more than HOP. It was so amazing. I really like it.'

'I enjoy Houses of Parliament and picnic and London Zoo. Thank you <3'

'I enjoy BMX because it is amazing I love cycling'

'The climbing is scary and nice, going to London Zoo because I want to see the snake'

From adults.

'This was the best day. We had a fantastic time.'

'When can we go again?'

'I want to go there every week!'

'It was very beautiful.'

'I saw some plants from my country.'

We are enormously grateful for the considerable generosity of the local community.