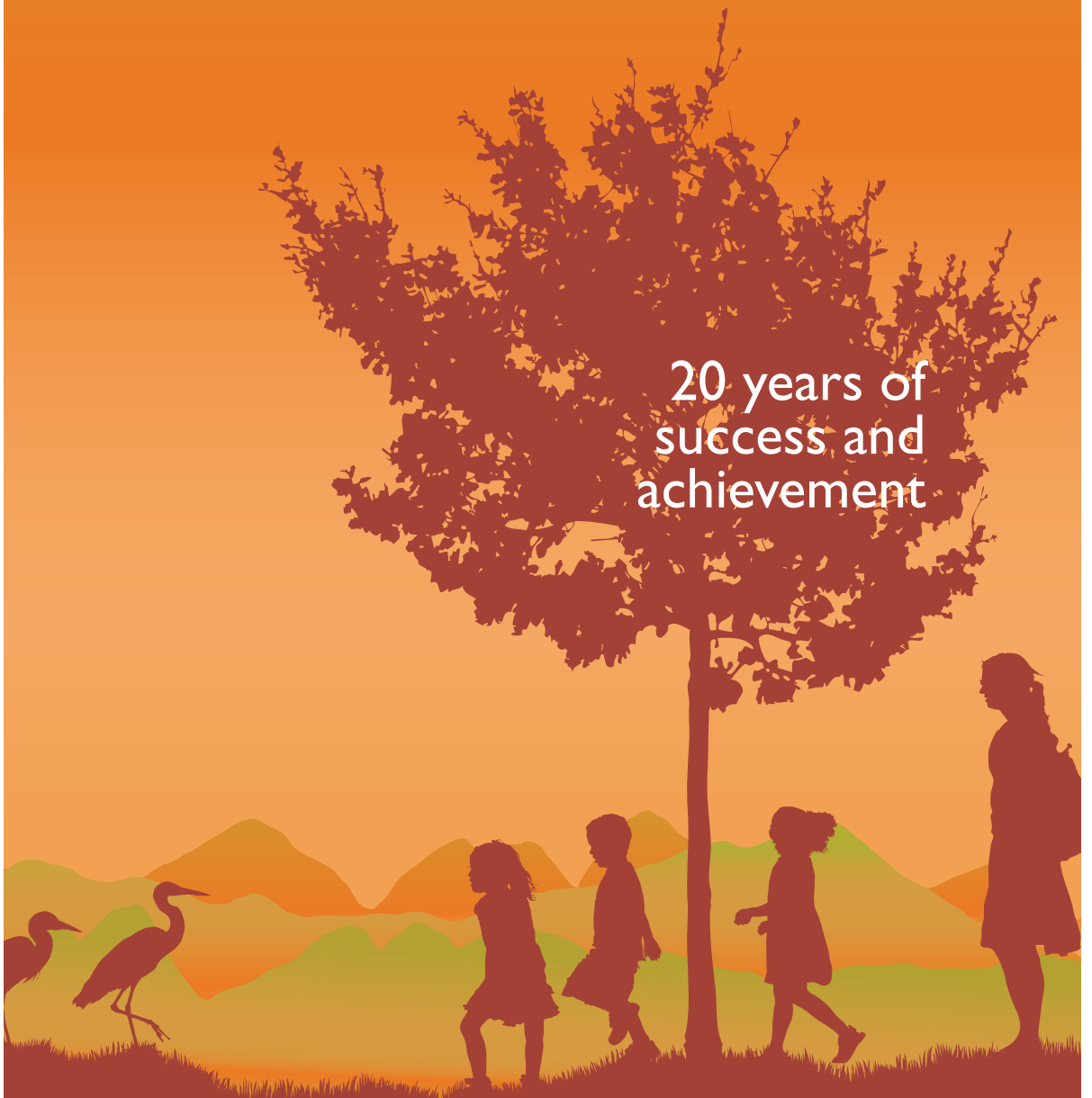


The **KIRAN**
Project

Annual Report
2009/10

20 years of
success and
achievement



Empowering today's women and children for tomorrow.



She – Strength, Hope & Encouragement Young Muslim Women Professionals Project

The Kiran Project has once again been successful in securing funds under the “£12 million helps London youth put bite on crunch” from the Big Lottery under The Young People’s Fund 2. The Young Muslim Women Professionals Project, an exciting and innovative three-year project, commenced in January 2010.

The Kiran Project has once again been successful in securing funds under the “£12 million helps London youth put bite on crunch” from the Big Lottery under The Young People’s Fund 2. The Young Muslim Women Professionals Project (a 3 year exciting and innovative project) commenced in January 2010. The projects aims to provide a range of activities for young Muslim women ensuring they are motivated, gain life skills and are diverted from anti-social behaviour. The project will work to recruit young women and train them to organise a series of workshops, seminars and conferences targeting other young Muslim women.

The Young Muslim Women Professionals Project will extend its work in Waltham Forest and within the neighbouring boroughs, developing culturally and religiously sensitive extra curricular activities catering for the needs of young Muslim women. Although the project commenced in January 2010, it has over the last few months been successful in conducting a mapping exercise and in developing meaningful strategic links in order to make its vision a reality.

Currently the project is developing work in the following areas:

- Is in the process of developing capacity building workshops with key organisations to provide culturally sensitive workshops focusing on leadership skills, communication and interpersonal skills.
- Is in the process of identifying female life coaches to enable both the staff and young Muslim women to support, motivate, empower and encourage young women to reach their full potential and provide crime diversion activities.
- Is working to establishing links with statutory services and leisure centres in order to organise leisure activities encouraging young Muslim women to access service provisions in a culturally sensitive environment.
- In conjunction with The Hum Tum Project, is in the process of organising a number of summer trips to the “1001 Inventions Discover the Muslim Heritage in The World” at the Science Museum.



- Is in the process of organising a series of university tours for young Muslim women providing them with an insight into life at the university and to have the opportunity to meet young Muslim women who are studying at the universities. The aim is to assist them with identifying their educational aspirations, encouraging and motivating them into further education.
- Is in the process of organising various training courses and awareness programmes.
- Is working to provide young Muslim women in Waltham Forest and neighbouring boroughs with opportunities to attend and debate on issues around Islamic rights of women, marriage, professions, forced marriage, domestic violence, inequalities, role models etc.
- Is in the process of recruiting a strong team of volunteers/steering group members who will be committed to releasing the vision of the project.
- Is in the process of developing a business plan with the support of volunteers/steering committee.
- Is in the process of developing monitoring/ evaluation forms for the project.
- With the help of the volunteers the project will work to develop a peer mentoring group. These self-help sessions will provide a platform to discuss issues concerning young women and young Muslim mothers.

Future Developments

- To work closely with schools, colleges and universities delivering a series of activities and training programmes.
- To develop a website/e-forum to further market the project and recruit young Muslim women to access training and support around the projects key themes.
- To work closely with local/neighbouring boroughs statutory, voluntary and private sector agencies and organisations, e.g. attend key meetings consultation events, become members of forums, and steering groups. The aim being to advocate the needs of young Muslim women. This area of work will allow the project to assist with the design, delivery and review of service providers consequently enhancing the service providers understanding of the needs of young Muslim women.





Project Workers' Report – Refuge

Leaving a violent partner or relationship takes a lot of courage for a woman, but for women from the Asian communities it is often much harder as they have often been denied independence to run their homes and families, thus making the break difficult because of the uncertainty of managing life on their own.

Through our experience we have seen women struggle with their finances – often they have not had to manage budgets at home and are therefore unaware of the costs of daily living. For some of them just having money has been overwhelming and trying to budget for day-to-day expenses – groceries, nappies, toiletries and children's clothes – is difficult as many of these women have not been allowed the luxury of financial independence.

Most women are able to access welfare benefits when they leave their partner; however the one benefit that is not means tested – Child Benefit – is not easily accessible to women leaving their partner due to changes in legislation. Child Benefit is often the gateway to other benefits, such as Income Support. Most women are able to claim Income Support because they are receiving Child Benefit, however if the husband is in receipt of the Child Benefit it can take up to 26 weeks for the mother's application to be processed and every time more information is requested it can take a further 12 weeks from the date the information is provided for the claim to be activated, which means she is unable to receive Income Support. This often leaves the women feeling they are in no better a situation than they were in when they were with their husband or partner.

The Kiran Project has housed 26 families during this financial year – four single women and 22 women with children. Out of the 22 families, ten families have fallen victim to the lone parent legislation. Currently we are housing three families who are living below the poverty line due to the government's own changes in legislation.

Social Services assist in these cases if they are approached and will provide assistance under section 17 of the Children's Act 1989, but £35.00 a week (daily rate of £5.00 per child in Waltham Forest) does not last long when a mother has to buy milk, nappies and groceries for her children.

Many of our residents walk to the Social Services office to save on transport costs, so that they can stretch the few pounds they have a little further. Social Services on their part remain in dialogue with the refuge to stay up to date on when the award for benefits will become live, and they can then discharge their duty.

*We worked with 3,229 women
and 326 children between
April 2009+March 2010.*





The Community Outreach Project

The Community Outreach project commenced in October 2009 and has been very successful. The service aims to make contact with Asian women who are experiencing or are at risk of domestic violence and provides services as appropriate. This might include advocacy, one-to-one support including emotional, cultural and practical support, setting up educational and social activities, providing advice & information and referrals onto specialist service providers.

From October 2009 to February 2010, we provided one-to-one support to 60 women and provided telephone advice to 47 women.

Our outreach team has successfully set up outreach advice surgeries at various community venues to meet the needs of women from the BAMER community and to raise awareness of the service provided by The Kiran Project.

Since it started the Community Outreach project has been able to reach 389 women, 96 children and 46 young people, through the advice surgery at The Kiran Project, telephone advice, the Outreach advice surgery and drop-in service, training and social/educational events for women and children.

The Community Outreach project has been networking in the London borough of Waltham Forest and neighbouring boroughs to establish and maintain a good working relationship with local agencies including Social Services, the police, other voluntary organisations, schools, Family Service Unit, Children's Centre and others working in the field of training and community development to uphold the level of service and establish partnerships in the community.

Health Awareness Week

We organised a health awareness week for women and children between 15th and 19th February 2010. The aim of the event was to raise awareness about various health issues that concern women such as sexual health, diabetes, arthritis, mental health, healthy eating, exercise, breast and cervical cancer. Eye checkups were conducted for all women and children. A number of health professionals including doctors, nurses, health visitors and charity organisations participated and we also provided a crèche.

During the course of the week almost a hundred women and children benefited from our collective advice.

rustees' Report

It's been 20 years since The Kiran Project first opened its doors to Asian women and children fleeing domestic violence and abuse.

Two decades of progress and success, during which the organisation has gone from strength to strength, delivering a wide range of unique and holistic services to women and children in the Asian community.

Kiran continues to support women and children fleeing domestic violence and abuse. With a very strong belief that everybody has the right to live free from violence, Kiran provides services in a non-judgemental, non-directive, culturally sensitive way. Domestic violence knows no boundaries even when it comes to ethnic backgrounds. The shocking statistics encourage us to act and implement strategies to prevent abuse of any form.

Domestic violence is chronically under-reported. The Kiran Project provides a wide range of services tailored to meet the needs of an increasingly diverse community. We have initiated many strands of work to ensure that effective support is delivered to our users. Violence can arise within personal relations, family relations and extended family relations; the Kiran team believes that it is the right of the victim to be away from the violent or abusive situation. Based on these beliefs, Kiran Project continues to provide a number of holistic services.

- **Children/youth services**
- **Outreach/resettlement services**
- **The Hum Tum Project**
- **Training**
- **Safe temporary accommodation**

From our beginnings with one refuge we now have a resource centre where we provide parenting programmes, training, advocacy, advice and information.

We work closely with schools, colleges, children's centres, voluntary and statutory agencies.

There is a severe gap in services which deal with abuse towards elders. Not only is this group often particularly isolated and at risk of abuse and violence from members of the extended family, they may be unaware that services like ours exist. We have initiated some services for older people which seek to meet their particular needs and will continue to develop them.

As always we will be working closely with our stakeholders to raise awareness and develop further services for children and young people and develop a long-term funding strategy, in order to sustain new and existing service provision. Over the past few years we have seen a substantial increase in the number of referrals of clients with mental health issues; this is an area that we will be looking to develop in the next few years, particularly with children and the elderly.

Our staff members are, as always, committed to providing a high quality support service to women and children, both at a practical and emotional level, continuing to empower this vulnerable group to take greater control of their lives. Staff members are encouraged to identify and attend appropriate training courses in order to keep up to date with current procedures and good practices and to offer an effective and efficient service.

Income generation is essential for the development and progression of the organisation and has proven to be difficult and extremely time-consuming, particularly in the current climate. However, we have been very successful in securing funding from various sources, i.e. The Big Lottery Fund, City Bridge Trust, BBC, CIN etc.

As always we are grateful to the London Borough of Waltham Forest Supporting People department, City Bridge Trust, Big Lottery Fund, BBC Children In Need, Henry Smith Charity, Lloyds TSB and other funding bodies who have continued to support us over the years in order to provide these vital services.

Hum Tum Project

The Hum Tum Project has successfully achieved many of the outcomes of the project for 2009. We have successfully established and developed our work in the following areas:-

- Established a number of Parenting Support Groups to date in many of the children's centres in Waltham Forest and the neighbouring boroughs in order to assist parents in exchanging ideas and coping mechanisms as well as improve their children's potential.
- Successfully organised a number of parenting forum meetings comprising of parents and professionals in order to promote positive parenting and to act as a voice for families on issues that concern them.
- Produced a number of parent friendly newsletters covering a wide range of topical and current issues, news, facts and information.
- Organised various training courses, awareness programmes promoting mental health, wellbeing and safety and social interaction.
- Supported parents with advice, guidance and welfare benefits
- Supported parents with the provision of one to one/group sessions and where appropriate, sign posted women to counselling services.
- Supported women with resettlement in new accommodation.
- Successfully delivered parenting skills training programmes in Waltham Forest and neighbouring boroughs. The sessions were facilitated in appropriate languages addressing current and topical issues affecting families hence improving relationships and parenting.
- Facilitated various training programmes/activities within the local/neighbouring schools around preventative work on domestic violence and other issues affecting young people.
- Successfully established youth sessions/forum, facilitated various activities, workshops, training and cultural events at various Children's Centres.
- Successfully established parent support groups within the children's centres in order to deliver our parenting programme which was received with huge popularity and demand.
- Established a weekly basic counselling group for vulnerable parents, elders and carers in the community. The sessions provided them with a platform to come together and address their concerns around mental health and wellbeing, sharing and exchanging ideas around coping skills, stress management and ways in which to use their time effectively.
- Successfully organised social and cultural events bringing together women and young girls.
- Worked in partnership with the Broadway Theatre whereby young women from the refuge (survivors of domestic violence) and our youth group participated in the workshops. The aim was to explore the relationship between mothers and daughters and the complexities that surround such a relationship. The mums and daughters were provided with the opportunity to perform to a live audience exchanging cultural stories with other young women. This opportunity enhanced their confidence and self-esteem and improved their relationships.
- Successfully developed meaningful strategic links. The Hum Tum Project has contributed on research carried out by ROTA (race on the agenda) in relation to young women and mothers who are involved in gangs and violence. The findings from the research are expected to be considered and reviewed by MP's in changing policy/service provision.

Future plans

- To establish and facilitate parenting programmes at additional Childrens Centres targeting parents of the young people attending secondary school.
- To work in partnership with Waltham Forest Link to set up focus groups looking at how health services can be improved to meet the needs of the BAMER communities in Waltham Forest.
- Identifying and organising additional courses/classes based upon the needs of users
- To establish a support group through partnership working with various agencies and organisations for parents/carers who have children with disabilities.
- To deliver a number of seminars, workshops and interviews in order to ascertain the causes of anti-social behaviour within the BAMER communities, focusing on parents/carers, professionals and young people. The research will be conducted from April-June 2010. It is envisaged that the findings of this research will feed into future funding bids and influence our service delivery.
- In depth end of project evaluation with current and ex-clients/users in order to capture the impact and changes that have taken place as a result of our services, activities and training programmes. This particular piece of work will be undertaken from March-April 2010.

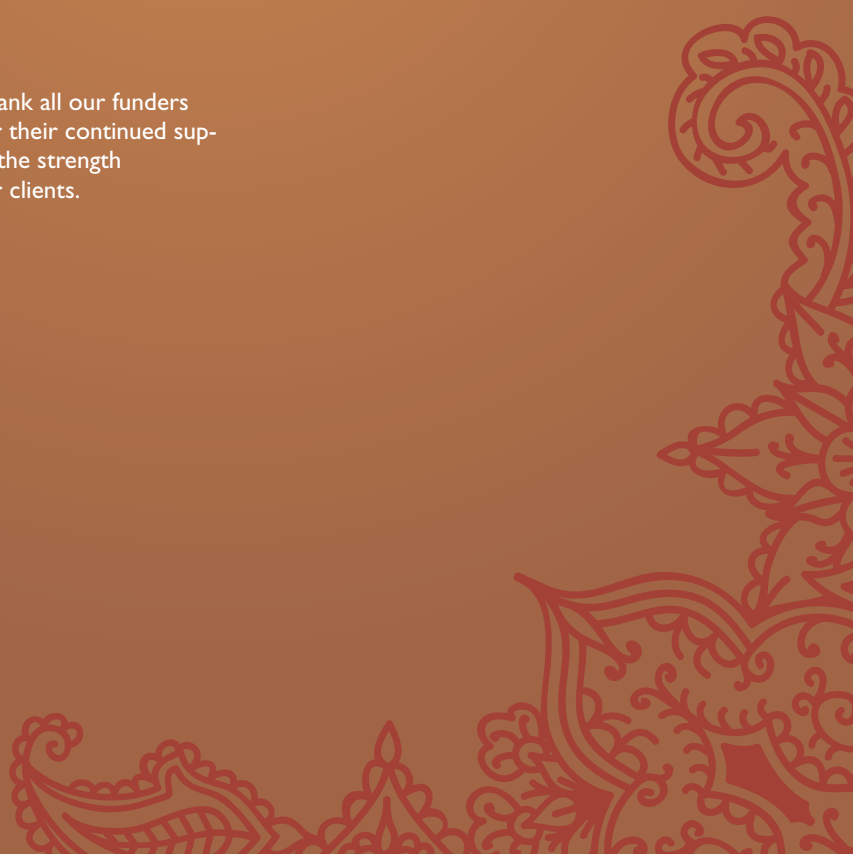


Balance Sheet

As at 31 March 2009	2010	2009
	£	£
Tangible fixed assets	8,785	2,541
Current assets		
Debtors and prepayments	23,159	8,965
Cash at bank and in hand	215,568	255,187
Total current assets	238,727	264,152
Creditors: Amounts falling due within one year	(32,207)	(21,449)
Net current assets	206,520	242,703
Net assets	215,305	245,244
Funds:		
Unrestricted funds		
• Designated funds	179,223	238,396
• General funds	—	—
	179,223	238,396
Restricted funds	36,082	6,848
Total funds	£ 215,305	£ 245,244

Approved by the Directors and Trustees on 6th October 2010 and signed on their behalf by Shabnam Rathore. Full accounts available on request.

We would like to thank all our funders and stakeholders for their continued support and commend the strength and resilience of our clients.





1990-1991

Kiran is lucky to have such dedicated staff, the management committee greatly appreciates their excellent work and hopes that Kiran will continue to have their services for many more years to come.

“A grant from Thames TV Telethon enables us to have a sessional play-worker over the holiday period”

“Since it first opened in June 1990, the Kiran Project has seen a healthy development thanks to a supportive management committee and a close liaison with the voluntary and statutory agencies. A secure base has been established and to further enhance this valuable service”

“A substantial grant from the Waltham Forest Disablement panel will enable us to carry out access works in and around the refuge and to adapt one of the ground floor units to assist a disabled resident.

“An objective for future fundraising will involve construction work in the basement where a room will be extended to form a communal room. Having a communal room where women can sit together is quite essential.”

“Women seeking help to escape violence can always find a safe and confidential refuge at Kiran where the workers provide help, support and advice relating to issues for their safety and welfare”

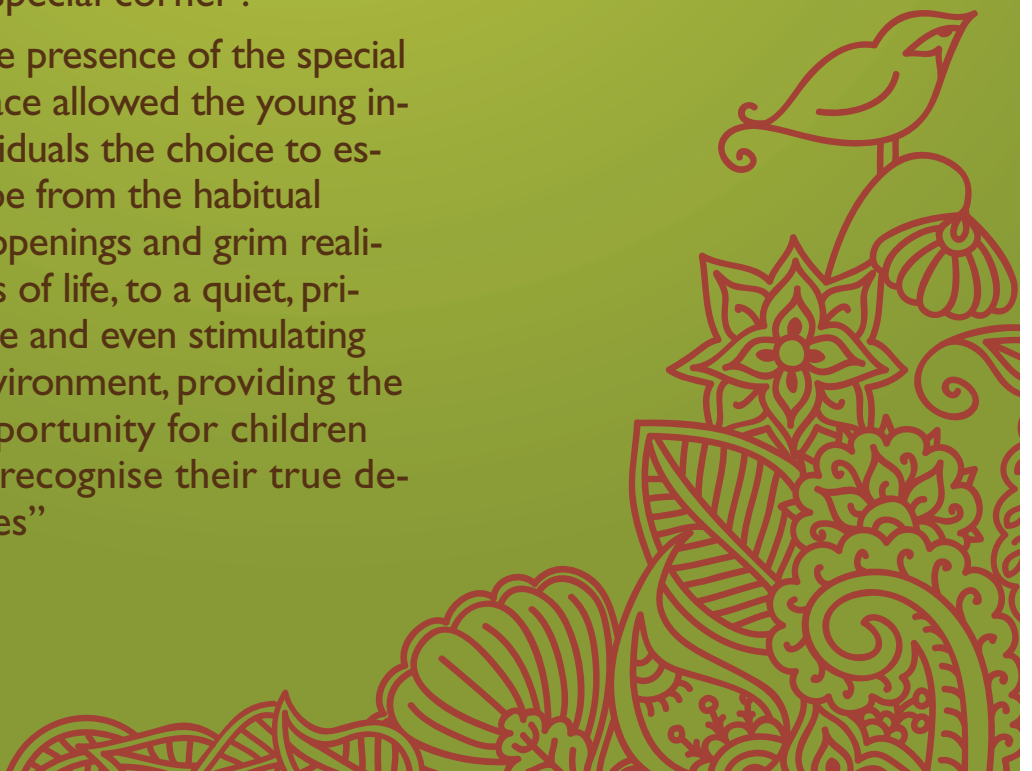
“Almost a third of women said they were victims of physical violence.”

“Over Easter 1993, children living at the refuge were responsible for conceptually and physically designing a ‘special corner’.

The presence of the special space allowed the young individuals the choice to escape from the habitual happenings and grim realities of life, to a quiet, private and even stimulating environment, providing the opportunity for children to recognise their true desires”

*I have been
very happy
at the refuge,
I have made some
good friends. I
no longer wish
I was dead,
I feel I have been
given a new life,
a life without fear,
hunger and pain.*

1992-1993

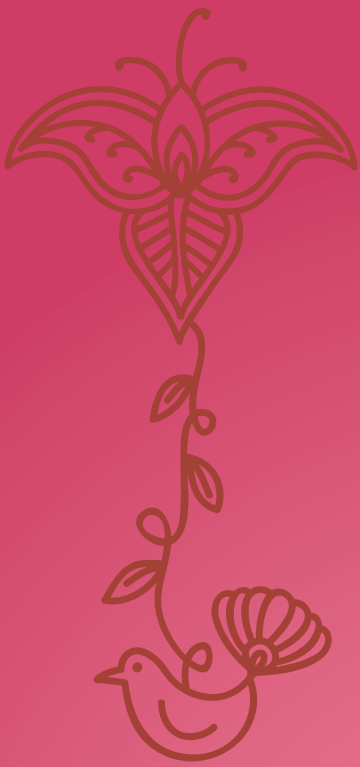


1994-1995

“Since its inception five years ago, Kiran continues to meet the needs of all Asian Women (as set out in our original aims and objectives). Kiran is growing from strength to strength.”

The children's worker made us do lots of things, like painting and we made lots of things. The workers were kind and helpful and I really enjoyed my stay here.



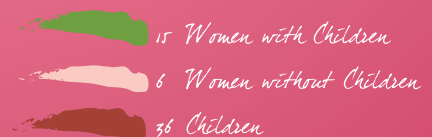


1996-1997

“The property is deteriorating day by day. This situation cannot carry on much longer nor is it very conducive to the wellbeing of the women and children coming to the project.”

“Overall it has again been a very interesting but, at the same time, disappointing year for Kiran. However, with all the skills and expertise present in the management committee, I hope that the next couple of years will see some dramatic improvements.”

Total admitted to the Kiran refuge between 1st April 1995 and 31st March 1996



1998-1999



“Kiran has been successful in obtaining funding from Help A London Child and LBWF Leisure services for summer play scheme.”

“The London Borough of Waltham Forest has also given priority to deal with this issue of domestic violence...”

“Society still frowns upon ‘divorced’ or ‘separated’ women and they often find themselves socially alienated. During this difficult period, the outreach worker is often their only source of support.”

“Through one-to-one and group sessions women are supported in a non-judgemental and culturally sensitive way...”

“Over the last decade, the needs of Asian women have changed, the local community has changed through Kiran raising awareness of domestic violence.”

“Finally in 1998 the local authority agreed to transfer the property to Springboard Housing Association. From January to June 1999 the project was closed for renovation and refurbishment.”

2000-2001

“The outreach service has developed and evolved dramatically over the past year.”

Kiran helps me to find hope and a will to live...

“Through the outreach service, a total of 263 women have been assisted. The women require ongoing support, advice and assistance with very complex issues, eg. housing, benefits, educational appeals, accompanying to courts, CSA tribunals and ancillary relief proceedings.”

“Over the last year we have introduced the Children’s Support Services, which include the Children’s Worker and Children’s Development Worker posts. We recognise that this service is not only beneficial for the children, but the mothers as well.”

“Kiran signed a protocol with the police on 8 March 2000.”

“We have been very successful in securing funding from various sources, i.e. the National Lottery Charities Board and the Tudor Trust.”





2002-2003

I could not live that life any longer and finally decided to leave. Now I live in London in a refuge. Here I have found lots of help and support for my son and I.

“Children are encouraged to participate in various creative and therapeutic activities.”

“One of our biggest achievements has been the acquisition of the resource centre – centralising our offices within the new resource centre has enabled us to create an additional unit for a woman and up to five children.”

“Abuse of elderly people is everyone’s concern. It is happening now in all communities. It is our responsibility to prevent it and tackle it. We owe it to our elders so that they can live their later years in a secure environment.”

2004-2005



“The Queen opens the Community Centre”

“During the year from September 2004 to September 2005, Kiran Asian Women’s Aid has worked to support 1,369 women and 1,198 children through its out-reach services.”

The women have asked for, and we have set up, ESOL Citizenship classes combined with IT and literacy classes which aim to improve their knowledge, skills and build their capacity to contribute to the community in which they live.






2006-2007

“In 2006 we had some major refurbishment work carried out at the refuge. A new kitchen and the communal bathrooms were fitted. The refuge has also been double glazed.”

After living at the refuge for a long time, I became a legal citizen. Those who supported me helped me very much. I will always pray for them and hope that no other woman goes through the struggles I have been through, and that they are happy like me.



2008-2009

“Throughout the year, our Children’s Development Worker was located at four secondary schools within the borough. We provide an ongoing awareness programme with sessions on domestic violence, forced marriages, teenage pregnancy, drugs & alcohol misuse, self harm and honour & shame.”

Staff Details

April 2009 – March 2010

Zahir Fatima	Director
Amtal Rana	Deputy Director
Fiaz Akhtar	Coordinator Hum Tum Project/YMWP Project
Nighat Darr	Project Worker
Nila Patel	Locum Project Worker
Paramjit Sagoo	Locum Project Worker
Shazia Darr	Sessional Children's Worker
Satveer Gill	Children's Development Officer (left November 2009)
Insiya Badani	Family Youth Work Trainer
Veda Dhond	Community Outreach Officer
Lailey Begum	Admin Worker (left June 2009)
Farhana Begum	Family Development Worker (left December 2009)
Assia Rehman	Outreach & Resettlement Worker (left January 2010)
Luthfa Khanon	Family Development Worker
Ayan Ahmed	Outreach & Development Worker
Zaynab Saleem	Youth Worker
Stuart Edwards	Finance Officer

Management Committee Details

April 2009 – March 2010

Rukhsana Yaqoob	Chair – retired December 2009
Shabnam Rathore	Chair
Maliheh Sabouni	
Shamim Muhammad	
Nagina Ali	

Contact us

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