

# THE HIVE WOMEN'S CENTRE IMPACT REPORT 2019/20







### **British Ethnic Diversity Sports Awards 2017**

Winner of Connecting Communities Through Sport

### **British Beacon Mosque Awards 2018**

Winner of Best Youth Service

### **Certified 5 Star Beacon Mosque**

Authorised by Faith Associates in 2019

### **British Beacon Mosque Awards 2019**

Winner of Best Charity Project

Winner of Best Women's Service

### **British Beacon Mosque Awards 2020**

Winner of Best Run Mosque

Winner of Best Green Project

### **London Faith & Belief Awards 2020**

Recognised for Pandemic Response

### **Barking & Dagenham Faith & Belief Awards 2020**

Outstanding & Inspirational Work in Response to Covid-19

### **LBBD Women's Empowerment Award 2020**

Winner of Best Community Group





# FOREWORD

I am proud to have the award-winning women's centre, The Hive, here in Barking and Dagenham. The Hive is a vital asset for the whole community, offering a range of services such as a food club and parenting courses. It is a great example of women from different backgrounds empowering each other to achieve their goals. The COVID-19 pandemic has further demonstrated the importance of these essential services in our communities, and The Hive has adapted brilliantly to these uniquely challenging circumstances, proving once again to be integral to supporting people in our borough. I hope The Hive will continue to grow and empower more local women to achieve their ambitions for years to come.

Dame Margaret Hodge,  
MP, LBBD



Community is at the heart of Al Madina. Having developed a comprehensive range of programmes to support local people over the years, led by an understanding of what the local issues and challenges are in Barking and Dagenham. It is this recognition of community need that led to the creation of The Hive, an award-winning women's centre for women of all backgrounds. This is the key to its success. The Hive is led by the community, delivering services for the community. By involving women of all ages, faiths and ethnicities, a full range of experiences and skills have informed the programmes and courses The Hive offers. I have been proud to be involved in the great work The Hive does, and I have seen upfront the impact this has for local women; for those who are providing the counselling, mentoring and many courses on offer to acquire new skills as well as the women using the services. In Barking and Dagenham we have a motto - One Borough, One Community, nobody left behind and it is in this spirit that The Hive and Al Madina are empowering local women to support one another in a space that is theirs. As The Hive goes from strength to strength, all the women involved in the projects do as well. It is something I hope will be replicated in communities across the country.

Councillor Saima Ashraf  
Deputy Leader of the Council, LBBD



# THE HIVE

**As the Trustees of the BMA we are pleased to present to you the first Hive impact report.**

**We live in a borough which has:**

- The highest proportion of under 16s in London and the UK (57,535)
- The highest proportion of births in London (86.5 births per 1,000 women of childbearing age.)
- The 2nd highest percentage of people with no qualifications (12.4%)
- The lowest average house price in London (£301,518)
- The 2nd highest rate of unemployment in London (7.7%)
- Nearly 90% of schools rated good or outstanding by OFSTED
- Amongst Muslims nationally 9 in 10 Muslims struggle or know someone that struggles with their mental health.
- Four in five Muslims say they would seek help if they were struggling with their mental health, if they knew where to seek it from
- Within the Muslim community, Muslims feel that mental health is not discussed enough. However, Muslims feel that a sense of community is important to help deal with mental health issues.
- Our children are disproportionately represented within the prison system
- Systemic and structural inequalities disadvantage our communities in their daily lives, their progression in society and economically

It is against such backdrops that The BMA has been working for many years to build its communities resilience through professional talking therapies, structured sports programmes and an extensive set of support services covering the whole spectrum of community needs.

Our work is always targeted to meet evidenced needs. I think it is important that as communities we think differently, unconventionally and from new perspectives. We need to step up and help ourselves. A strong united community awakens a sense of humanity and creates a deeper understanding of what it means to be a person.

Life should not just be about us but also others; we need others to better understand ourselves. Understanding our obligations to the larger community, to the human race, is part of our development as individual members of the human race. Our responsibility is to actively identify people's needs, support them where possible and exploit their potential for wider benefit. We should establish and build working relationships with all people and see ourselves as equals regardless of what our backgrounds are. The BMA has always worked closely with our female colleagues but a natural path of our development as an organisation was to establish a bespoke Women's centre. We have therefore invested in infrastructure and a great deal of resources in supporting The Hive fully. We applied many years of community engagement experience in developing our proven strategy for success and set aggressive and challenging targets and hit the ground running by training, enhancing skills, developing leadership traits, identifying and exploiting the vast array of skills and experience our female constituents possess and use every day, learning from mistakes along the way, and in the process we have created an award winning centre which has impacted positively on so many lives in such a short period of time. Already we are being asked to make more space available so women's service provision can be expanded even further. As trustees we will now explore these requests and look to accommodate where space and resources allow and present themselves. The evidence contained in this first annual impact report speaks for itself, there should be a Hive in every mosque and Islamic centre in the country.



**Ashfaq Siddique**

Secretary of The BMA  
Project co-ordinator of The Hive



**Mohammed Abdul Majeed**

BMA Trustee  
with Hive oversight



**Omair Shah**

The Hive Project Manager



# INTRODUCTION

The Hive is a Women's Centre offering much needed services for women irrespective of age, religion, race, background, or personal circumstances. The Hive provides services, opportunities and activities delivered by the women of the community for the women of the community. Its overall aim is to encourage, enable and empower women to have the skills and confidence to achieve what they want in life, whether this be related to education, employment, wellbeing, accessing support or building on communication and relationships.



The Hive is set in the grounds of Al Madina Mosque in Barking, trustees of which have given the women an entire floor of the large community and sports centre to be used solely and autonomously by The Hive women. The space is warm, welcoming and trauma-informed and allows The Hive to deliver multiple strands of support for local women. The Hive is unique in its innovation, vision and concept. There is no other local inclusive, safe space for women, that has such a comprehensive offering of activities, specialisms and services.



The women who form the core management team are predominantly, but not exclusively Muslim women of diverse ethnic, professional, spiritual and social backgrounds. This enables them to truly understand and connect with women across our diverse and multi-cultural borough and beyond. The centre is succeeding in improving the social inclusion of women who for far too long have remained, voiceless and excluded from the community.

One of the principle aims of The Hive upon inception was to empower local women through training and their own experiences/skills to deliver projects to the benefit of the communities and in the process create some income generating opportunities along the way. This is now being achieved in multi-disciplinary skills across the board. Since winning the Best Women's project award at the 2019 Beacon Mosque awards The Hive has exceeded even its own expectations and is today firmly established and leading the way in serving multiple diverse communities.

In 2020, The Hive won a Women's Empowerment Award, a Best Green Project Award and played an integral part in the pandemic response contribution to the BMA receiving a Faith & Belief Coronavirus Response Award and the Al Madina Mosque being recognised as the Best Run Mosque at the Beacon Mosque Awards.







# EMPOWERMENT THROUGH LEADERSHIP TRAINING, SKILLS ENHANCEMENT & TEAM DEVELOPMENT

Central to the concept of a bespoke Women's centre has been the purpose of building a team, to motivate our people to work together, to develop their strengths and to address any weaknesses. Early on we decided that any team building exercise should encourage collaboration rather than competition and should be about providing the skills, training and resources that our people needed, so that they can work in harmony. However, we realised that to be truly effective, our team building needed to be a continual process, embedded into our team and organisation's culture. Thus increasing trust, improving communication, increasing collaboration and increasing and maintaining motivation has been a central pillar of The Hive's organic development.

Following the 2019 award, a strategy to continue to learn & improve was devised to encompass three main areas with the global pandemic imposing itself as the fourth.

- Empowerment through leadership training, skills enhancement and team development.
- Multiple and diverse local service delivery using local skills
- Economic empowerment of local women.

What follows below is evidence of some of the work undertaken by The Hive Women's centre.

### LEADERSHIP COURSE

This programme was designed by the core team with industry professionals to address the needs of the team to gain effective insight into the skills needed, to best understand the needs of local communities, design and develop projects to address those needs and lead in the delivery of those projects. It was well suited for local Muslim female volunteers and helped them recognise their God given qualities and gave them confidence to become leaders in every aspect of their lives.

A high number of female alumni who attended the programme have become more active in their community and mosque after taking this programme. The programme was specifically designed and broken down into themes which were explained through a mixture of teaching, discussion and a range of exercises for each theme.



### **Leadership Principles:**

Qualities of good leaders using the Prophet Muhammad (PBUH) as an example.

### **Emotional Intelligence:**

Importance of emotional intelligence for leadership and how to improve it.

### **Reflection and personal development planning:**

One of the most exciting and beneficial themes, reflection and personal development planning with the guidance of a clinical psychologist was used as a chance for participants to reflect and become self aware. Participants were encouraged to focus on personal goals and think about how to achieve them.



### **The Myers-Briggs Type Indicator (MBTI):**

An introspective self-report questionnaire with the purpose of indicating differing psychological preferences in how people perceive the world around them and make decisions. The test categorises the participant in 1 of 16 personality tests and is the official test from the MBTI organisation.

Upon completion of the two day programme the participants received a certificate from the Institute of Leadership and Management.



### FIRST AID COURSE

Ladies from the Hive were sent on a First Aid training course in order to upskill them with essential health & safety and safeguarding qualities in order to prepare them for all eventualities when leading and delivering projects. This was an accredited programme requiring successful completion of practical and theory based examination

#### Testimonials from the course:

- "As members and role models of the community, the women of The Hive are now trained on DRABC, CPR and even wrapping a bleeding wound."
- "Alhamdulillah! I am happy to be part of The Hive. I must say thank you to the ladies for volunteering their time."
- "The training was brilliant and I feel confident to be able to carry out first aid now."
- "This training session has instilled confidence in myself to help others in a first aid scenario and the group training session allowed me to bond with my fellow sisters from the Hive and learn more about them too."
- "This has made us stronger as a team and gave us the opportunity to enhance our skills to benefit the wider community."
- "The First Aid Training at The Hive was phenomenal."
- "I would like to thank The Hive for organising this first aid training. The first aid training was very useful and well structured. This has made us stronger as a team and gave us the opportunity to enhance our skills to benefit the wider community."



### MEDIATION

Having temperature checked the issues affecting the local communities, The Hive core group identified the need for a mediation service to act as a voluntary, non-binding and without prejudice process, in which specially trained third parties intervene in disputes and attempt to bring parties together in a settlement agreement without resorting to legal avenues.

A proposal was put forward and 5 local ladies and 2 men attended an accredited week long mediation course qualifying them thereafter to work as professional mediators. The bespoke week-long, in person training programme culminated in a practical examination of skills to ensure all reached the required industry standard and has allowed the attendees to work towards a nationally recognised qualification.

As a result of these newly acquired skills we set up Square Circle Mediation (SCM), which is now our in house service specialising in providing mediation services to settle disputes.

Our independent, professionally trained mediators now help resolve all types of disputes, including: Family, Community, Workplace, Civil and Commercial. The Mediators come from diverse professional backgrounds and include a lawyer, social worker, ex-police officer, homemaker, human resources manager, community volunteer and a charity worker. All have extensive community voluntary experience across a number of diverse communities.

Since this time, SCM has forged a further partnership locally with parties in the voluntary sector and now offers its services to the wider communities, further establishing The Hive's footprint and impact on all local communities. Further opportunities are now being researched to provide mediation services to local statutory bodies in the area and wide afield.

Food for thought

# MULTIPLE & DIVERSE LOCAL SERVICE DELIVERY USING LOCAL SKILLS

WELCOME TO THE CLUB

## FOOD CLUB

Knowing times are hard and a little help can go a long way, the ladies from The Hive led the way in establishing a food club. With this in mind they developed a project which helps the most needy and vulnerable immediately with practical support. The long term aim being to work together to help people find a way out of the difficulties they are experiencing.

What the Food Club offers?

By joining the Community Food Club people reduce their food shopping bill to help with their overall food budget. By paying £10 per month (or £3.50 per visit) to access roughly £20 worth of shopping each week, they get immediate support with alleviating hardship. Membership is available for one person per household, to visit once a week and is valid for 3 months during which time free access is available from a wide range of services, providing advice on finances, health, employment, training and skills.

The Food Club is open to anyone on a low income or experiencing financial difficulties and its inception was very timely as it became incorporated in and led the local communities response to the global coronavirus pandemic - (discussed later in report).

### STAY AND PLAY

The Hive has established a number of regular children/parent play based programmes of which Stay and Play and Joyful Jummah are two examples.

These weekly creche groups offer a safe environment for toddlers and young children to come along and play with toys, do some arts and crafts, play in a sand pit and just have fun!

Ladies of The Hive provide a fully resourced meeting place for parents/carers and their young children to spend time together in the company of others, socialising, singing rhymes and doing art activities whilst preventing issues such as loneliness, isolation and even burnout! The aim is to strike a balance between the adults and children's needs and provide a safe, friendly and supportive environment for babies, young children and their parents or carers.



***"The service provided at the Masjid is a much-needed service for the community as the children centres started closing all over the borough. For the past two years, Little Souls was our highlight of the week. The masjid became a fun place for my son and I."***

***"My son has a beautiful connection with this mosque. He calls it his school. This is where he learnt the Islamic alphabet song. He is a quiet boy but these sessions made him feel comfortable and he made his first couple of friends here. Alhamdulillah for this service. Allah has answered my prayer and I'm sure for many mothers."***



# IQRA TUITION CENTRE

Having analysed academic reports and social conditions within their locality, Hive members immediately recognised the need for professional tuition services for children and youngsters in the community.

Often private tuition support is only accessible to those who have the financial capacity, so Hive tuitions targets those at the very bottom of the financial spectrum by providing free and heavily subsidised tuition support.

Tuition services at the Hive provide extra academic support and create a learning environment for children aged 8 to 16. This includes supporting children with learning core subjects such as Maths, English, and Science. We teach children with different abilities, strengths, weaknesses and each session is tailored to each child's learning journey and areas of development.







The Hive tuition further supports a child, by being in constant communication with parents and guardians to help the child progress outside of school settings. For example, discussing a child's progress weekly via emails, telephone, or face to face meetings. Parents can book sessions to discuss their child's achievements and action plan thoroughly.

All parents are also given a list of resources and books that their child may need to assist them during sessions.

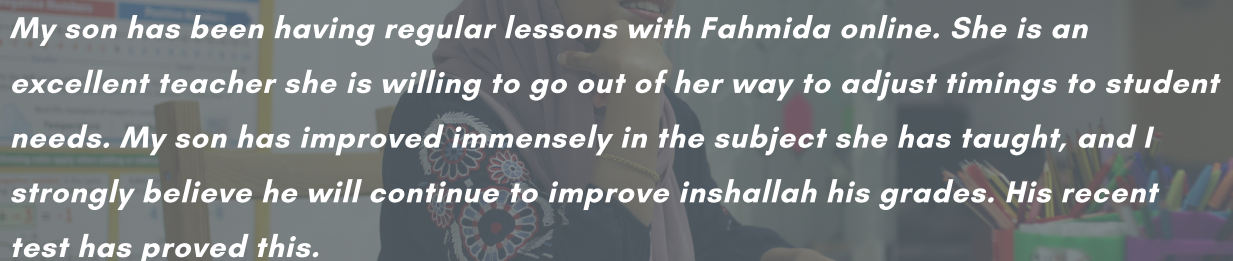
The Hive tuition service offers a classroom environment where a student can have open discussions, debates and interactions with the tutor about context, analysis and evaluations. The service also assists children with their GCSEs, SATs, and mid-term exams. Other subjects are also taught, for example Sociology, Psychology, History, and Geography.

## THE HIVE IMPACT REPORT

These tuition sessions also develop a child's essay and report writing skills and soft skills such as public speaking through delivering presentations, communication, and problem-solving. These skills are very important as they are required throughout a person's educational life and career. Furthermore, students are also provided with advice on how to complete college and UCAS applications. We also teach children who are being home-schooled and make yearly academic plans for their learnings and support them constantly throughout the week.

These tuition sessions enable students to enhance their abilities to be successful in their academic examinations. There are also many ways in which we support children with their exams, for example providing exam papers and creating question papers that challenge them. We analyse exam-style questions and subject specifications so the students receive a better understanding of their exams and this has helped students gain confidence and feel more prepared for an exam as they know the content and style of questions.

We also provide revision sessions where students are asked to complete exam questions under timed conditions and then are shown a mark scheme to evaluate their understanding of their subject knowledge. Lastly, we give feedback and grades, so students are aware of their current targets. We discuss feedback and results with parents, which help a child to receive support at home too.



***My son has been having regular lessons with Fahmida online. She is an excellent teacher she is willing to go out of her way to adjust timings to student needs. My son has improved immensely in the subject she has taught, and I strongly believe he will continue to improve inshallah his grades. His recent test has proved this.***

***Fahmida teaches all the topics taught in GCSE exams, she covers everything and provides extra support in homework catchup which has hugely benefited my son. Thank you so much".***

## SHAHARA ISLAM

Shahara Islam was the eldest of three children born to Bangladeshi parents - her father Shamsul moved to London in the 1960s and worked as a supervisor with Transport for London. Her mother Romena stayed at home to raise her brother Anharul, and sister Tasneem, then 13.

Shahara was tragically killed in the London bombings of 2005.

The Iqra tuition room is dedicated to the memory of Shaheed Shahara Islam with the intention that any beneficial learning which emanates from it and assists any child to improve their life will be accepted by Almighty Allah as an act of Sadaqah Jariah for the benefit of Shahara.

Ameen





# COUNSELLING

The Hive has absorbed our long established professional Counselling service at the mosque and developed new counselling support groups which meet regularly and also expanded one to one counselling services.

The service offers a mixture of free or highly subsidised service and deals with and has dealt with the whole myriad of complex social issues ranging from domestic violence and abuse, rape, forced marriage, substance abuse, incest, depression, alcoholism, gang issues, radicalisation and anxiety to mention a few. The global pandemic with a national lockdown saw our counsellors adapt their sessions and services to meet through phone/on-line or through meeting in socially distanced conditions with those who have suffered anxiety, mental health and depression caused by restrictive conditions. A flexible approach has been key to success in meeting a hugely inflated client base caused by the pandemic.

The service has proved to be hugely beneficial and has smashed misconceptions that the Muslim community does not share its problems. Our counsellors deal with taboo subjects, such as homosexuality and pornography addiction as well as sexual harassment and abuse.

Our promise of confidentiality is strictly adhered to and has won the confidence of our communities who understand that they can trust us.

Our senior counsellor has now embarked on a Supervisors course whereby she will be empowered to teach and supervise other counsellors, showing just how far this service has evolved. Our counselling service has now teamed up with a group of befrienders from a local Muslim graveyard in order to deal with complicated cases beyond the capability of the befrienders. We are also managing external referrals.

*I would like to start off by saying thank you to Christina for all she has done for me. I have been going through something personal and needed someone to talk to. Christina is always welcoming and is easily approachable, I felt comfortable opening up to her (which is difficult with others at times). She listened to me and made me feel that my views, feelings were important and valid. She provided me with strategies and techniques to help me overcome different types of challenges. Thank you again Christina. My prayers are with you and please continue with your counselling because you are needed!*

*My counselling sessions have definitely helped me and made a difference. I have more confidence; my way of thinking is changing and I have accepted some things that I was unable to. There were some sessions I came out feeling so crappy. I can also say that at some points I did wonder why I was putting myself through this, but I am glad I had those crappy points as today I can appreciate that I had to feel like that and talk through things that I didn't want to, to get to where I am now. Christina I cannot fault you in anyway. I never come away feeling angry or annoyed with you. The biggest thing for me was that you listened, you made me think about things differently and you gave me coping skills, most of all you cared and that really showed in every session. Thank you*

## BEREAVEMENT SUPPORT GROUP

We have our own established bereavement support group which has and continues to hold regular meetings to offer counselling and help to those who have lost a loved one, so that they may receive comfort and support from people in similar situations and together manage their loss better.

# PARENTING COURSES

## BUILDING RELATIONSHIPS WITH TEENAGERS

Our professionally trained Hive members have put their skills and experience to good use throughout the year by delivering a series of workshops with the aim of bringing together parents to discuss and explore the different parenting styles and then empower them with knowledge, skills and approaches to build on their existing skills in order to forge trusting relationships with their child and be in a position to deal with teenage issues more effectively.

Some objectives achieved include:

- Parents have been able to gain an understanding of their relationship with their child and identify gaps in order to build a more effective relationship.
- Parents have been able to identify their own parenting style.
- Parents have learnt to identify strategies which contribute to building positively on their parenting skills and manage their child's behaviour effectively.

## DOMESTIC VIOLENCE WORKSHOPS: THE IMPACT ON THE UNBORN, CHILD DEVELOPMENT AND EFFECTS IN LATER ADULT LIFE.

These series of workshops have dealt with emotive subjects prevalent but taboo in our communities through group participation, both interactive and where appropriate, humorous. The more emotional and serious aspect of the sessions have had built into the workshops strategies to manage the emotional well being of the groups.



Attendees have drawn on their parenting styles, own life experiences and new learning to manage their relationships better with their children. The workshops have addressed the issues mother's face of exhaustion, depression, being preoccupied with anxiety and fear and how this impacts on their parenting capacity and the significant impact domestic violence has as an impairment factor on the mother and child's attachment. This series of ongoing workshops have identified the choices and decisions women have and has enhanced their knowledge in order they be better able to protect and safeguard their children and themselves.

The workshops have delved deep into 'cause and effect' and various topics discussed and studies used to evidence the correlation between the direct impact of cortisol levels in maternal blood and the amniotic fluid in the unborn at 17 weeks of pregnancy. As a result the symptoms of nightmares, unsettled babies and startling noises have been a few of the things better understood by attendees. Also taught is the long term and short term impact of child development and the symptoms and difficulties in later adult life experienced by individuals by reliving trauma and experiencing difficulty in relationships.

These difficult and often traumatic subjects have tackled head on some of the unexplained symptoms suffered by women within the community who now better understand their emotions and actions of both themselves and those around them. These workshops have provided enormous healing for many and led to the establishment of long-term friendships and support groups.



## WORKSHOPS TO EMPOWER PARENTS WITH STRATEGIES TO COPE WITH TANTRUMS AND COPE WITH THEIR OWN EMOTIONAL SELF REGULATION

**The objectives of this series of workshops have been:**

- To have clear strategies in place when a toddler has tantrums
- Understand toddler behaviours
- Assert discipline
- Take care of yourself as a parent

**The topics covered have included:**

- Brain development
- Understanding toddler behaviours
- Routines
- Emotional availability of the main caregiver as crucial
- Strategies to cope with toddler tantrums
- Self care

Common topics/issues raised by attendees have included how culture overrides a mother's ability to parent effectively with most mothers being overwhelmed by the need to please wider families. Many felt it was too late to help their children, however, most agreeing courage and strength is needed to stand up to families and ensure that boundaries are not crossed and are respected by wider families.

*The mother's sessions at The Hive have been an excellent opportunity for mothers in the community to get together and boost their confidence and help them to look at parenting problems from different aspects and weigh up resolutions and consequences when dealing with issues.*

*I really enjoyed the sessions because they were relaxed and encouraging. I learnt how to socialise and be more comfortable in settings. I wish there were more sessions I could attend.*



# SUPPORTING BLACK MUSLIMS

## SPEAKING TRUTHS & SHARING HEALING SELF-CARE NARRATIVES

With the challenges that were faced by the black community in the aftermath of the death of George Floyd and the renewed global interest in the Black Lives Matter movement the Hive convened and held sessions to discuss a number of issues regarding racial discrimination and inequality.

For many in the community, events forced them to confront and/or re-live a number of emotions, as well as trauma.

The sessions featured Black Muslim professionals sharing healing self-care narratives including the use of 'green therapy', herbal remedies, writing, drawing/painting etc to channel emotions and heal. The sessions also featured spoken word pieces.

The initiative was established in direct response to Black Muslims expressing a desire for more safe spaces to come together, share and support each other with a view to healing and strengthening the community.

Key ideas/themes/suggestions that came out were;

- The need for more safe spaces for Black Muslims
- The feeling of exclusion Black Muslims face in Muslim Spaces
- The need to challenge and overcome anti-blackness in non-Black Muslim communities, particularly amongst South Asian Muslim Communities
- The need for safe spaces for Black Muslim Youth – particularly Madrassahs and educational facilities

- The need for the Black Muslim community to engage in collective healing and bonding before we open up spaces to challenge such issues amongst non-Black Muslims
- A desire for more education that challenges the erasure of Black Muslim History and contributions from Islamic history
- More support needed to challenge stereotyping of Black Muslim youth
- Diverse education needed for Muslim children from young ages to prevent them adopting anti-black prejudices.
- The need for better collaboration amongst Black Muslim community groups

### YOUNG VOICES

With the recent events and renewed focus of racial inequality impacting the Black community, it's important that our youth have a voice and a platform to come together with other young Black Muslims, share thoughts and feelings and ask important questions.

The Hive held sessions organised in direct response to Black Muslims identifying a need for a safe space for our youth to express themselves, connect, formulate their thoughts and navigate emotions. In doing so they will be in a stronger position to build towards a better future for all.

These sessions were therefore open exclusively to Black Muslim youth. The conversations being youth led and participants welcome to join and share in any way they felt comfortable.

Each week saw a different focus. We've explored BLM, Celebrating Culture, Bullying, Hate Crime, Emotions/Feelings and the sessions in an open mic format focusing on role modelling and empowerment featuring inspirational Black Muslims including a doctor, lawyer, musician, artist, MMA fighter and spoken word performers.

# LADIES WEEKS

Throughout the year The Hive has delivered multiple activities spread over a week long programme designed to help women in the community to relax, socialise and integrate. The benefit gained from the programmes has been measured through feedback forms and verbal feedback. This included all the ladies giving excellent comments which evidenced that they enjoyed their time and would love to experience being involved in similar programmes. Some also expressed it was a great way of getting out of the house and looking forward to being a part of a bigger group which gave them a sense of belonging. Furthermore, ladies mentioned that they felt very relaxed, appreciated and cared for - something alien to most of them.

Activities have included:

## **Calligraphy:**

The participants were introduced to the specialist skill of Calligraphy by an instructor who helped them identify the various art forms used and the basic history of the art. Participants then took part in creating their own calligraphy art. The session was very focused, allowing all to concentrate on the class and clear their minds of life issues. It allowed the group to gel and compare each other's work and allowed individuals within the group to step forward with suggestions and help other attendees.

Feedback was that it broadened the horizons of attendees and helped them to relax. The attendees mentioned that this activity was very therapeutic and some of them wanted to take this skill that they learnt forward and attend other calligraphy classes. The sessions involved the calligraphy artist creating a personalised calligraphy booklet for the ladies, which they took away with them in order to practise at home. They were also provided with calligraphy pens which gave them a feel of how professional calligraphy artist would write/draw with.



### **Puzzle competitions:**

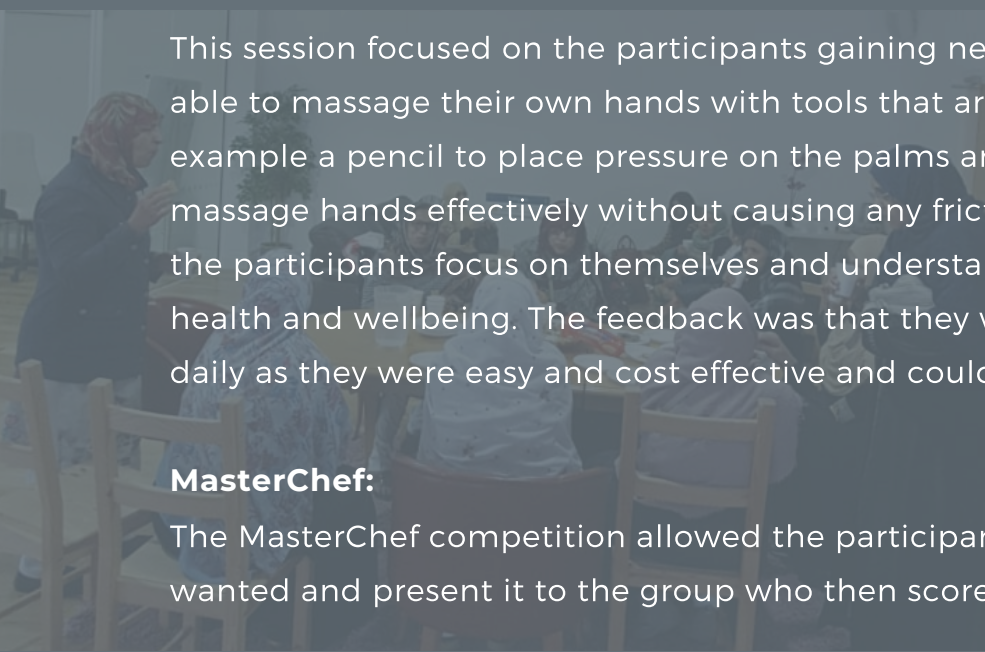
Participants are grouped into teams and given one puzzle of 100 pieces each to complete in 45mins. The puzzles are placed on two different tables on either side of the room. The ladies are thus required to speak with others with whom they have not previously interacted, so they had an opportunity to create a bond with everyone. This competition allowed the participants to work as a team towards a common goal. Also, for some participants it brought their leadership skills into light as they were delegating puzzle pieces to other members in their team and helping those struggling to place the puzzles in the correct places. This brought a competitive spirit into play as the ladies were excited to hear the winner and enjoyed the competitive spirit of each other.

### **Painting by numbers:**

All the participants took part in a fun activity called painting by numbers, where they were all given a paint set and an image which they had to paint. Each component in this image was labelled with the same number as the little paint pots. This helped the participants paint a professional looking image with a little help. This allowed the participants to feel relaxed and many were conversing on their childhood memories of them enjoying creative tasks in school or with their siblings. This also was challenging for them as the components were smaller and sometimes difficult to paint with a specific colour. However, the participants also liked that it was a little challenging. Furthermore, all the participants enjoyed being creative and working with colours. They also expressed that they would hang this painting on their walls and ask their grandchildren to help them to complete it.

### **Hand Massage Therapy:**

The participants were introduced to the skills of how to effectively massage hands by a qualified massage therapist. The massage therapist introduced a basic form of massages on the hand. She related hand massage techniques to improving overall health and relating it to different parts of the body. The participants really enjoyed learning this new information and were keen to learn more, as after the session the participants carried on asking questions.



This session focused on the participants gaining new knowledge and being able to massage their own hands with tools that are easily accessible, for example a pencil to place pressure on the palms and hand oil to help massage hands effectively without causing any friction. This session helped the participants focus on themselves and understand and prioritise their health and wellbeing. The feedback was that they will use these techniques daily as they were easy and cost effective and could be done by themselves.


### **MasterChef:**

The MasterChef competition allowed the participants to cook a dish they wanted and present it to the group who then scored each dish anonymously.

This activity encouraged good and healthy competitive spirit, it was a chance for them to show off their cooking skills and be appreciated for what they already do daily. At the end of this activity there were 3 prizes that were presented to the participants 1st, 2nd, and 3rd place. These prizes were hugely appreciated by the participants. Feedback which was received from this activity showed that each participant took scoring other people's dishes very seriously and wanted the best dish to win. Also it made them feel special that they were given the opportunity to judge and score food.

One participant also related this to being a MasterChef judge. Lastly, they all enjoyed the food as they ate together at the end of the competition and some participants shared their recipes, history and cultural background of the food and the way they made their dishes.

### **Mehndi Art:**



The participants were introduced to the skill of designing their hands with henna and learning new mehndi techniques. During this activity, the participants were provided with their own Mehndi cones. The henna artist demonstrated different patterns on a white board and on her hand with a mehndi cone. The participants enjoyed this activity as they learnt a new skill that they can take away.

This also made them reminisce old memories of their own experiences with wearing mehndi on their hands for the first time. Some participants grew confidence in designing patterns on their own hands that they decided that they would attempt to practice on their family members. The feedback received was that the ladies were now willing to do their own mehndi during festivals like Eid and celebrations like weddings.

### **Cultural wear:**

The participants were encouraged to wear their cultural clothing on the last day of the week to show and express a little more about their own culture and identity. This allowed the participants to share more about themselves through their clothing.

The ladies enjoyed this element of the week as it allowed them to focus on themselves and make the effort to dress up. The feedback received was that the ladies felt like they were coming to a special festival and felt extra special as they wore their cultural dress.

Also, it allowed the ladies to wear something else besides their usual clothing, for example black abaya and head scarf. All the ladies appreciated each other's outfits and some participants shared that they stitched their own clothing and shared their tailoring talents.

### **Tea mornings:**

The breakfast mornings are held on the last day and is a way of showing appreciation and being hospitable to the participants. The participants enjoy the breakfast and socialising with each other. During this they were exchanging numbers and making plans to see each other outside of this ladies' club.

# GREEN PROJECTS

The world has been taken over by an invisible enemy, Covid-19. This has affected rich and poor, young and old, white and black. It has cemented itself at the forefront of our minds and claimed countless lives. It has exposed the fragility of the world to which we cling so dearly; an enemy that has only been around for approximately 4-6 months has brought the great indestructible worldly system to its knees.

As part of our ongoing efforts to educate our children around our responsibilities and duties towards protecting the earth, its ecology and permaculture, The Hive turned a negative global event into an opportunity to enhance the knowledge and understanding of our children in the fields of permaculture, environmental sustainability and nature. Our aim over a series of workshops was to link Islamic teaching from the Quran and Hadith to practical knowledge whilst making it a fun learning experience in order that our children associate protection of the earth and its resources as a responsibility of every human being.





### QURAN & HADITH

Through a series of workshops and support projects we taught that the Qur'an says that human beings are in the world as trustees or vice-regents and as Muslims we believe all people are guardians of the planet and have a duty and responsibility for its care.

We taught the beautiful Hadith of the Prophet Muhammed (PBUH) which says, The Earth is green and beautiful, and Almighty God has appointed you his stewards over it. The whole earth has been created as a place of worship, pure and clean. Whoever plants a tree and diligently looks after it until it matures and bears fruit is rewarded. If a human being plants a tree or sows a field and humans, beasts and birds eat from it, all of it is love on his part.

From the Assissi meeting came several statements, the Muslim statement included the following:

The central concept of Islam is Tawhid or the Unity of God. Allah is Unity; and His unity is also reflected in the unity of mankind, and the unity of man and nature. His trustees are responsible for maintaining the unity of His creation, the integrity of the Earth, its flora and fauna, its wildlife and natural environment. Unity cannot be had by discord, by setting one need against another or letting one end predominate over another; it is maintained by balance and harmony. Therefore Muslims say that Islam is the middle path and we will be answerable for how we have walked this path, how we have maintained balance and harmony in the whole of creation around us."

Our children learnt that Muslims believe that at death we must account for the way in which a human life has been lived, and this includes treatment of animals, the environment, and the Earth's resources. That as Muslims we believe the universe and the Earth are in a sense of balance, or fitra, and we have a duty to work towards the maintenance of this balance.



The middle path is the path which maintains this balance. Selfishness, greed or apathy upset and destroy this balance. We taught the children that unity, trusteeship and accountability, that is Tawhid, Khalifah and Akhirah, the three central concepts of Islam, are also the pillars of the environmental ethics of Islam and constitute the basic values taught by the Qur'an.

The children learnt it is therefore important that all people regard themselves as global citizens and try to live in a 'green' lifestyle in order to address issues of sustainability. In order to maintain the fitra, or balance, in the universe, we taught Muslims to believe that all have a duty to care for the planet.

This is expressed in the sense of the ummah, or worldwide community, of Islam and that the sustainability of human lifestyle may only take place if everyone regards themselves as global citizens with a shared responsibility. All people must be involved, regardless of creed.



### WORKSHOPS

Of the series of workshops some related to ecology issues and the remainder to permaculture and were delivered with the aim of promoting green peace, sustainability, recycling/up-cycling, resource/energy management and develop the understanding of how to keep the earth clean.

The workshops have included:

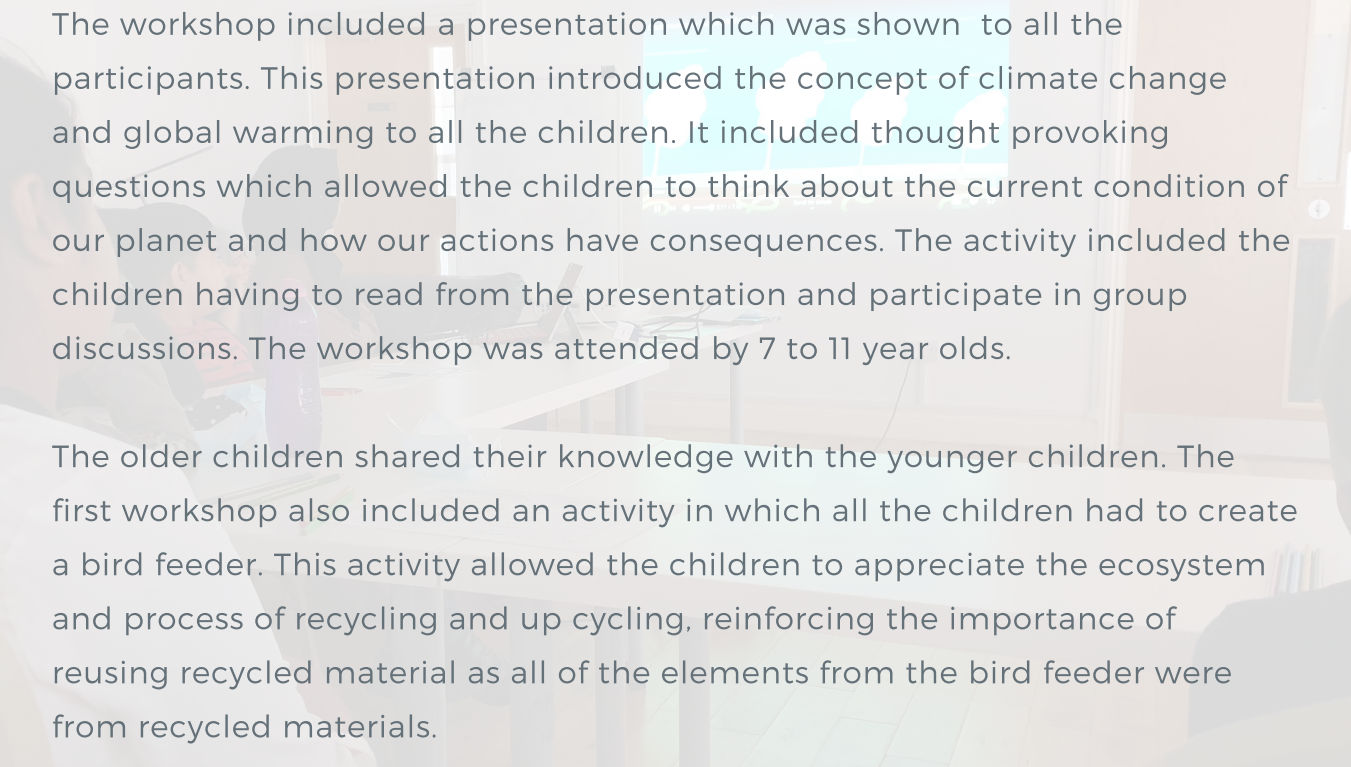
- Trips to local parks
- Activities around sustainability
- Games which allow children to understand the impact of pollution and global warming
- The importance of trees and photosynthesis.
- The detrimental impacts of deforestation on the environment.
- Activities on saving water and using minimal energy.

Parts of the workshops have included teaching some scientific knowledge, for example the difference between renewable and non-renewable energy. Furthermore, another aim has been to teach children how to implement the learnings from the workshop in their homes or share with their family and friends. The outcomes of the workshops will benefit the local community, as global warming and environment pollution is currently having a huge impact on the planet.

Also, the purpose of this project is to implement this learning into children from a young age so that they are able to understand the consequences of global change and can make a difference through their actions whether it is small or big and become adults who take an active part in keeping the environment clean.

Further benefit to the local community includes activities where children and adults clean local ponds and lakes and recycle correctly.

### INTRODUCTION TO GLOBAL WARMING & OUR PLANET



The workshop included a presentation which was shown to all the participants. This presentation introduced the concept of climate change and global warming to all the children. It included thought provoking questions which allowed the children to think about the current condition of our planet and how our actions have consequences. The activity included the children having to read from the presentation and participate in group discussions. The workshop was attended by 7 to 11 year olds.

The older children shared their knowledge with the younger children. The first workshop also included an activity in which all the children had to create a bird feeder. This activity allowed the children to appreciate the ecosystem and process of recycling and up cycling, reinforcing the importance of reusing recycled material as all of the elements from the bird feeder were from recycled materials.

### THE IMPORTANCE AND IMPACTS OF RENEWABLE AND NON-RENEWABLE ENERGIES

The workshop introduced the concept of renewable and non-renewable sources of energy. The activity included the children making a wind turbine, which could spin when being in contact with wind replicating the idea of a wind turbine which produces electricity as a renewable source of energy. This workshop explained the differences between energy sources that are limited and energy sources which are limitless and environmentally friendly.

During the workshop, the children were asked thought provoking questions for example, how much oil do you think the world uses per year?

How many wind turbines does the UK use and how much electricity comes from wind power?

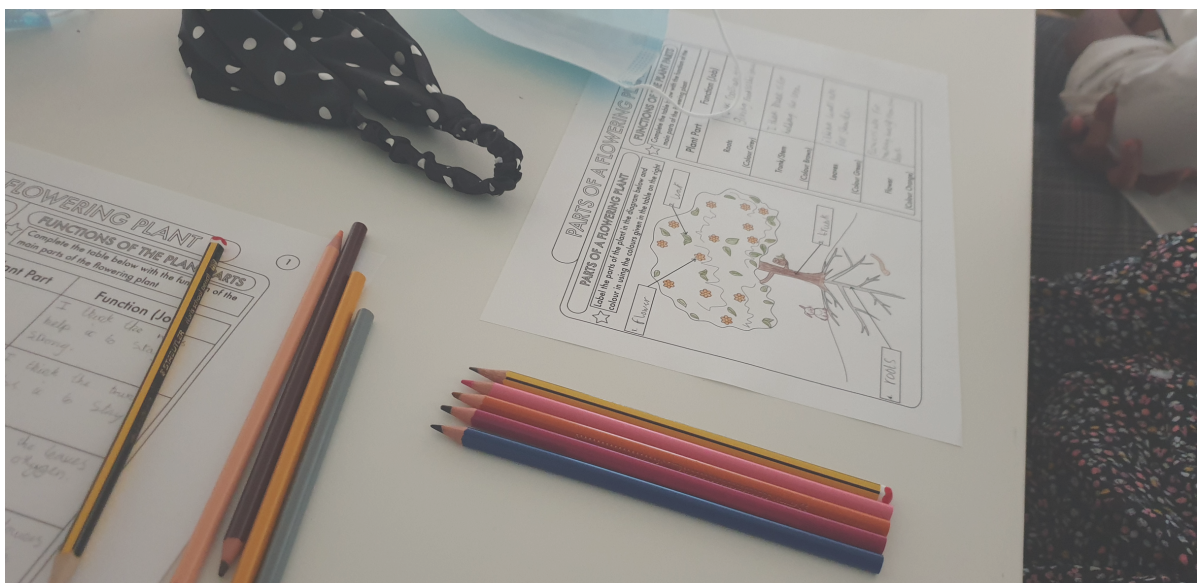


The answers to all these questions were very surprising to the children and met the purpose as they were all in consensus at the end that the world is not using enough renewable and cleaner sources of energy.

Furthermore, the children also learnt about the importance of different types of energy for example light, heat, electrical and mechanical energy. We were able to show examples of energy that exists in their own homes and implement the idea that if they saved energy or not wasted energy, that would save animals, plants, habitats and the air and water from being polluted by greenhouse gases even more.

Lastly, the children were given a quiz on this topic and the task to explain what they had learnt in the workshop to their parent or sibling and give them the quiz and see how much they have learnt from them.

This reinforced the idea of learning and sharing knowledge.



### KEEPING THE PLANET CLEAN; THE CYCLE OF NATURE

This workshop introduced the concept of trees being an important part of keeping the environment clean. Children visited a local park to see different trees, and identify the advantages and goodness that trees bring into the world, for example, giving animals shelter, producing food and inhaling carbon dioxide which is a green house gas that is increasing/contributing to global warming.

This allowed the children to connect to nature as they were encouraged to get close to the trees, examine them and touch them to see the different textures of the trees. Lastly, to look at the leaves of each tree and describe how they were all different and collect some leaves to take away with them for their tree making activity.

After the park visit, back in the classroom the concept of photosynthesis was introduced to them. This allowed the children to understand the strong and valuable connection between humans and trees as it reinforced that trees are a crucial part to our survival too as they produce oxygen. The children were also shown the different part of a tree and the functions of each part, for example the root, trunk, and leaves.

The main activity encouraged the children to make a tree out of recycled material. They chose a tree and then went on to explain the importance and purpose of their tree.

At the end of this workshop the children were encouraged to share what they had learnt with their family and friends. So they are actively promoting and educating others about this green world.



### SAVING THE PLANET FROM PLASTIC; RECYCLING, UP-RECYCLING & ALTERNATIVES

The workshop introduced the concept of plastic and the importance of recycling plastic. The workshop began by all the children listing the amount of plastic they use in their own lives.

This reinforced that we are surrounded by a lot of plastic and some maybe unnecessary. They were then shown the negative effects of using plastic, plastic pollution and how that would have a detrimental impact on the ocean and animals.

The children were then taught how plastic influenced climate change and human survival/livelihood. The workshop included thought provoking questions such as, “on average how much plastic does one person use per year?”

Furthermore, there was a group discussion which took place where the children spoke about how to reduce the use of plastic and how adults and big organisations can help solve this problem.

This allowed the children to work together towards a common goal and integrate teamwork skills. The main activity included the children making a whale out of plastic waste material to show oneness in the fight against plastic polluting our oceans. This idea was inspired by sky ocean rescue.

The workshop ended with learning how the children can promote alternatives to plastic and their homework was to bring ideas to the next workshop, which will lead to making their own little project on how to reduce plastic use and finding alternatives to plastic. Thus giving the children a sense of leadership and ownership of the next workshop.

### HOW TO GROW ONIONS

Through interactive activity and storybooks, this workshop concentrated on onions; teaching everything from how to grow them, cultivate them and use them.

Each child first learnt the benefits of onions and its use. Then we read a fun storybook about onions. We then entered a virtual classroom and practiced growing onions in pots and raised beds and ended with a fun quiz.



### HOW TO GROW GARLIC

Through interactive activity and storybooks this workshop concentrated on garlic; teaching everything from how to grow, cultivate them and use it.

We then took the children into a virtual classroom where we introduced them to growing garlic in pots and also progressing to growing it in raised beds. Finally the children enjoyed a fun quiz which tested their learning.

### GARDEN ART: NATURE PAINTING

The workshop talked about a symbol of nature and promoted creativity through the use of paints and recyclable items. We spoke about what things we see outside this time of year and the transition between summer and autumn. Each child was given a stencil with autumn colours and used bamboo cotton buds to recreate the autumn leaves.



### GARDEN CRAFT: 3D FLOWERS

This workshop taught children how to create a nature inspired art piece using materials that are environmentally friendly. There was talk about the environment and the attendees designed flowers using paper.

Discussion took place first about the environment and how we can help it. Next, each child had the option to choose which coloured paper to use for their flower. The facilitator demonstrated how to use the thin wire and green card to act as the stem. For those who found it a little difficult we made a different 3D style flower and used glue to stick it down on a mason jar template.



# GREEN THERAPY

## ECOTHERAPY

Ecotherapy is a formal type of therapeutic treatment which involves using nature to heal. The concept is that people are connected to and impacted by the natural environment so it can be a method to heal oneself.

Ecotherapy programmes can involve a wide range of activities, for example social and therapeutic horticulture, green mindfulness & meditation, animal assisted intervention and animal assisted therapy.

## GREEN THERAPY FEEDBACK

A survey was conducted on a session, all respondents answered the question 'How satisfied were you with the meeting?' with 'Extremely Satisfied'.

## HIVE SEED SWAP PROGRAMME

Whilst running the Green Therapy programme, we also introduced our Seed Swap programme as The Hive identified in the middle of the pandemic the fact that members of the community's mental health was being affected during the lockdown process in the UK.

A survey was conducted and a large percentage of people suggested a desire for an event to help with the symptoms of isolation within the community.

A decision was made to host the event in London and Manchester but moved to an online platform due to Manchester going back into lockdown.



75

GREEN THERAPY ATTENDEES

Green Therapy is a pilot project in response to the collective trauma caused by the Covid-19 lockdown.  
(April - Sept)

93%

GARDEN THERAPY

With the remaining 7% focused on Animal Assisted Therapy.



SEED SWAP FEEDBACK

<u>MEASURE</u>	<u>ACTUAL</u>
Ticket Sale: 15-20	53 Tickets (free event)
Have Guest Speakers	4 Guest Speakers Agreed
Include 2 Main City Regions	9 UK regions, 1 International
Encourage Seed Donations	3000 Seed Donations

The seed swap programme allowed The Hive to host and deliver a national event in the middle of a global pandemic in order to benefit communities beyond its locality and resulted in promises of 3000 seed swaps as well as mental support and socialisation opportunities for participants.

Through this series of diverse workshops we linked teachings of the Quran where Almighty Allah says:

“The example of this worldly life is like rain which We have sent down from the sky that the plants of the earth absorb – those from which men and livestock eat – until, when the earth has taken on its adornment and is beautified and its people suppose that they have complete capability over it, there comes to it Our command, by night or by day, and We make it as a harvest, as if it had not flourished yesterday (barren). Thus do We explain in detail the signs for a people who give thought.”

This verse was broken down and children were taught, Almighty God puts forward the example of a land upon which rain falls, causing it to sprout vegetation and its plants to grow and attain perfection and visual beauty. Those who have control of this garden become so impressed with its splendour that they are deceived into thinking that they have complete power and indisputable ownership over it. Disaster strikes: Almighty God's command comes down on this garden, at a time chosen by HIM alone, rendering this once beautiful land completely barren, as if nothing had ever flourished from it prior to this destruction.

This example was compared to that of our worldly life, a life that appears beautiful in the eye of the beholder. It is amazing and dazzling in its splendour, inclining mankind to develop a desire and yearning for it. But this desire leads to being deceived, where mankind reaches a stage where he thinks he possesses it and has free reign over it. Suddenly, however, this world is snatched away from him when he needs it most, and a barrier is cast between him and the world he so deeply longs for.

This poignant and profound analogy provided the children with a sense of perspective through which they can view this current test we are all living through. That this world is temporary; its fame, beauty, and riches are temporary in nature and can be taken away from our hands in an instant. To attach our hearts to it is therefore a manifest error, for this world is by its very nature subject to misfortune and calamity. Whether it is a war, a pandemic, or an earthquake, this world will be fragile and vulnerable for as long as it exists.

The workshops taught that the virus will pass soon inshaAllah, but the lasting effect will remain for generations to come. The lasting effect on us humans should be that of self-reformation, motivated by the knowledge that whatever we cherish and value in this world will eventually perish.

The virus may come and go, but its legacy is to motivate us to do more good, to be more obedient of Almighty God, to be more aware of the afterlife, and to reduce our attachment to this passing worldly life. So from every calamity comes opportunity and this virus should, when all is said and done, make us better human beings.

The Hive will be continuing and expanding its Green programme in the year to come.

**“Fun, creative and innovative, The Hive is a wonderful project highlighting local empowerment and what can be achieved when stakeholders work together. Tackling climate change and promoting sustainable living, this sister-led initiative has great potential to influence a bottom up change in their communities.**

**Supported by Al Madina Mosque, their activities are a living example of how the teachings of the Quran and the Sunnah of our holy Prophet Muhammad (PBUH) are used effectively to tackle the environmental crises we’re facing today”**

**Kamran Shezad**  
**Climate Change Advisor (MINAB)**





# HIVE SPORTS PROJECTS

Throughout the year, Hive members have delivered regular weekly sessions of diverse physical activities to benefit communities. These sessions are attended by Muslim and non Muslim women and have led to the establishment of a number of regular clubs and social circles.

## YOGA

Regular yoga sessions for woman have allowed attendees to engage in therapeutic activity which has helped both physically and mentally. Sessions have allowed mothers and daughters to engage helping improve relationships and solidify already existing ones.

A collection of yoga-themed cards and a book titled 'Yoga Pretzels' are scattered on a dark red surface. One card prominently features a 'Gorilla' pose with an illustration of a person in a gorilla-like pose. Another card shows a person in a yoga pose. The book 'Yoga Pretzels' has a red cover with a cartoon illustration of a person in a yoga pose. The text is overlaid on this image.

*Before starting yoga 18 months ago I had poor flexibility. It was one of the reasons I started doing the sessions. It has not only improved my flexibility but my strength and tone of my body. The benefits have been continuous, not forgetting the positive impact it has had not just physically and religiously, but mentally too. It has been a self-healing process for me, a great stress reliever and has given me a more positive outlook on life overall. What a blessing it has been to have met Rebecca, she has a warm approach and lights up the room with her smile MashAllah. Forever grateful.*

*I found yoga very relaxing and calming, I enjoy coming for yoga as it calms me down, I enjoy Rebecca being my teacher.*

### BOOTCAMP TRAINING

More vigorous physical exercise classes have provided physical and therapeutic support as well as providing an atmosphere which has fostered socialisation and led to regular social outings.

*I joined Body Blaze just over a year ago, not knowing what I was getting myself into. All I knew is that I wanted to be physically more fit than I was at the time. It was not easy in the beginning but there was something about the feeling of reaching the end of a session that made me want to go back for more every week! Body Blaze has helped me in more ways than just becoming more physically fit. I feel stronger both physically and mentally and I now have the confidence to push myself to reach new limits. It has empowered me and allowed me to step out of my comfort zone and do what is good for me!*

### ARCHERY CLASSES

Teaching and utilising a skill sport which concentrates the mind, requires focus and concentration. A fun filled and socially inclusive environment has allowed us to provide a sport which provides a level playing field for all and these sessions have fostered a sense of healthy competition. The success of these sessions has led to the setting up of a borough wide archery competition involving 12 diverse community organisations aimed at reintegrating communities and promoting cohesion after the easing of lockdown measures.

In addition, more local people are being sent on Instructor courses and The Hive is in the process of setting up a professional Archery club, which will provide regular structured courses with the ability to earn sports accreditation. This work is being undertaken in conjunction with and will be accredited by Archery UK.

# EVALUATION; THE STATISTICS

**83%**

## OVERALL - KNOWLEDGE GAINED

83% of respondents chose  
Excellent for the knowledge  
gained during the Archery  
Course.

**90%**

## OVERALL - PRESENTATION

90% of respondents chose  
Excellent for the presentation of  
the Archery Course.

**84%**

## OVERALL - MEETING EXPECTATIONS

84% of respondents chose  
Excellent for whether the Archery  
Course met their expectations.

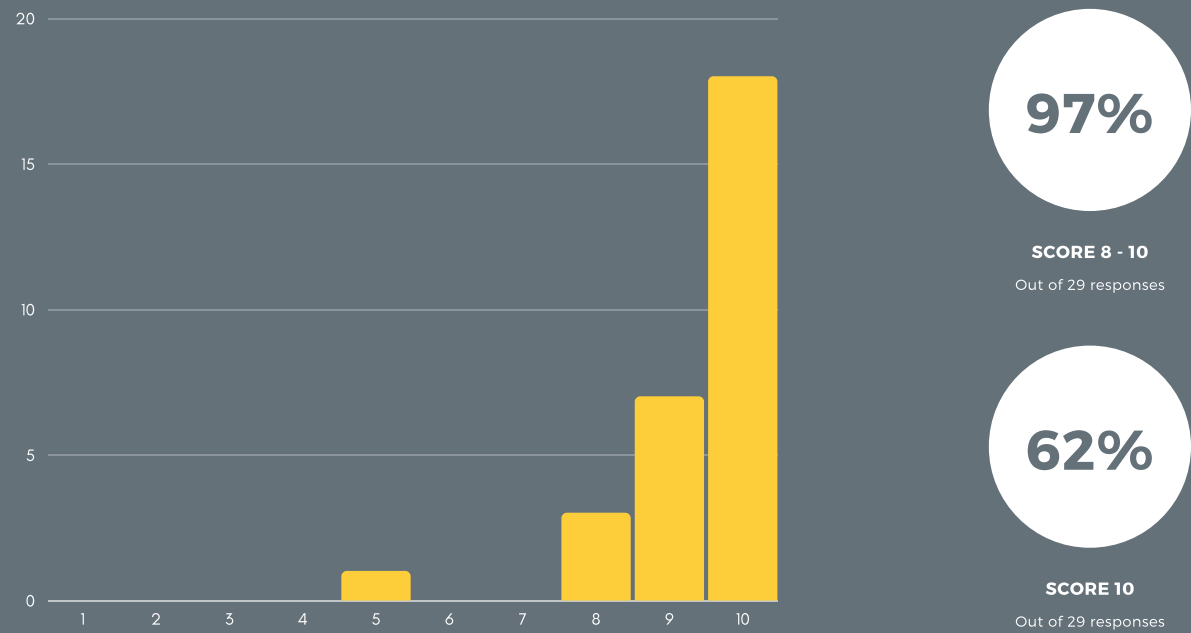
**93%**

## OVERALL - DELIVERY

93% of respondents chose  
Excellent for the delivery and  
engagement present from the  
Archery Course Instructors.

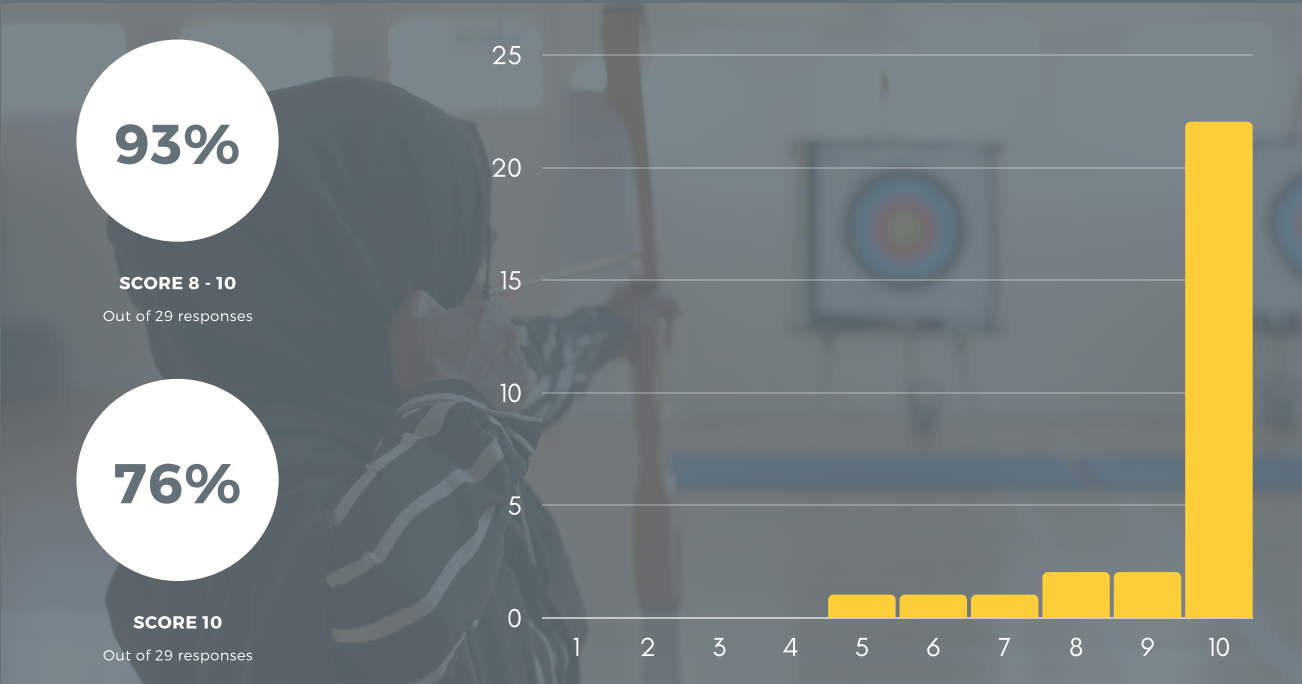
SECTION 2: LEARNING & DEVELOPMENT

1 - Not beneficial at all - 10 - Extremeley Beneficial



SECTION 2: CONFIDENCE/INSPIRED

1 - Not beneficial at all - 10 - Extremeley Beneficial





SECTION 2: RECOMMENDATION

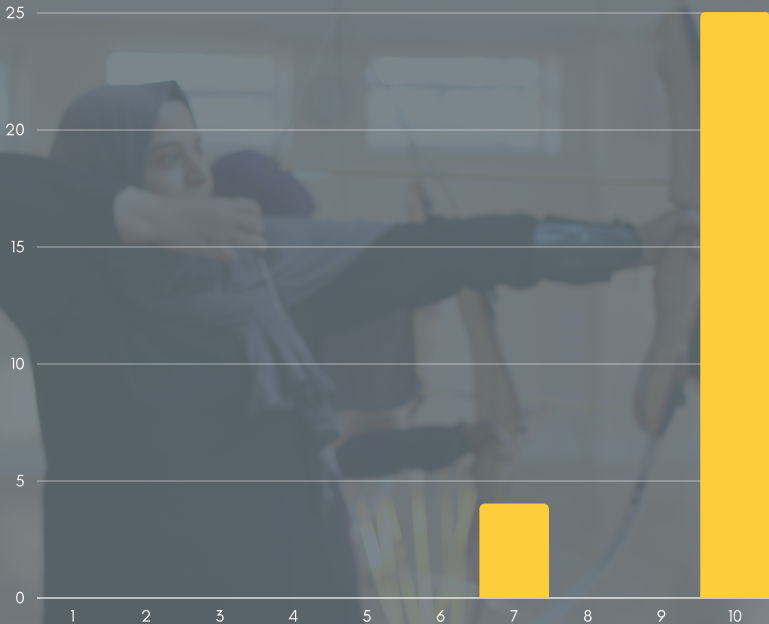
1 - Not beneficial at all - 10 - Extremeley Beneficial



SCORE 8 - 10  
Out of 29 responses

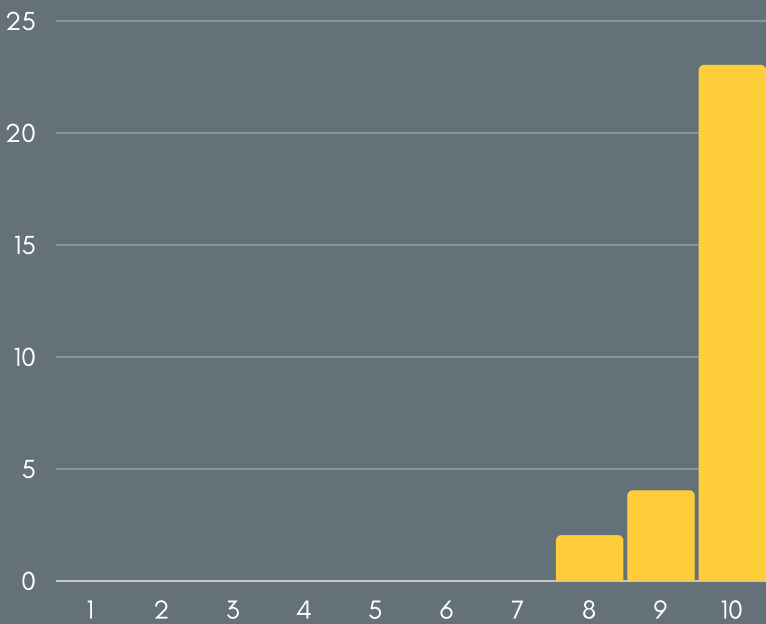


SCORE 10  
Out of 29 responses



SECTION 2: OVERALL SATISFACTION

1 - Not beneficial at all - 10 - Extremeley Beneficial



SCORE 8 - 10  
Out of 29 responses



SCORE 10  
Out of 29 responses

### BADMINTON

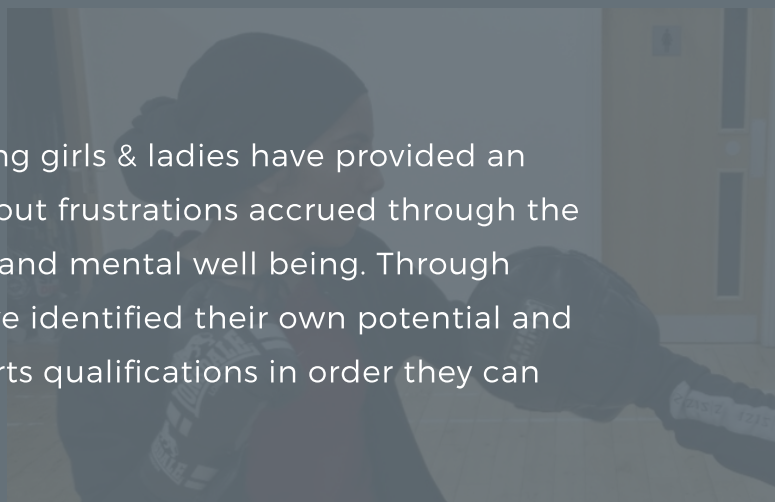
Our regular ladies weeks identified a desire amongst some to learn and play Badminton. The Hive purchased the necessary equipment and provided training for one lady from the group to lead and facilitate regular sessions of this fun active sport which is an easy game to practice with few painless rules. The Badminton club is now a regular activity in the Hive weekly programme and an example of real empowerment where the ladies who themselves attended as people in need, identified the activity and now manage and deliver the service themselves for the benefit of others.

*Not had this much fun in ages, Badminton is now the highlight of my week where I can come and have a fab time with my mum and get fit. Our Badminton family has slowly grown and everyone has been improving over the weeks. The sessions are well organised and sanitised. Hope these sessions can continue running.*

*This is my 4th week here playing Badminton and I absolutely love it. This is the only exercise I do, Badminton is an easy game. I have made some wonderful friends; everyone is lovely and friendly. Coming here on a Sunday is a joy, gets me to watch less TV, get some exercise. Not just the Badminton, I also make the effort to walk here and back home. May this carry on for many more weeks to come. Good company good game.*

### BOXING

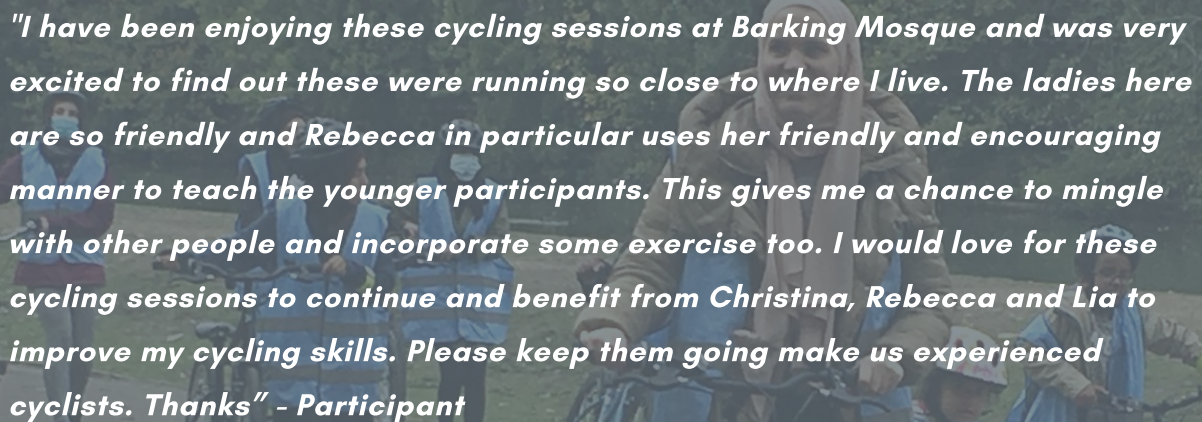
Regular boxing training sessions for young girls & ladies have provided an opportunity for many attendees to vent out frustrations accrued through the pandemic and promote physical health and mental well being. Through these classes a number of attendees have identified their own potential and are now being supported in gaining sports qualifications in order they can secure employment.



# CYCLING

Learning to cycle has for a long time been a desire of many women in our communities and The Hive delivers cycling courses where novices are taught to ride a bike until they become proficient. Thereafter they join The Hive cycling club and enjoy social outings and interactions.

This project has allowed real opportunity for families to do a fun activity involving physical benefit together for the first time and many have subsequently gone on short family cycling breaks. The cycling club continues to go from strength to strength.



*"I have been enjoying these cycling sessions at Barking Mosque and was very excited to find out these were running so close to where I live. The ladies here are so friendly and Rebecca in particular uses her friendly and encouraging manner to teach the younger participants. This gives me a chance to mingle with other people and incorporate some exercise too. I would love for these cycling sessions to continue and benefit from Christina, Rebecca and Lia to improve my cycling skills. Please keep them going make us experienced cyclists. Thanks" - Participant*

*"My first cycling session was excellent. I learnt how to ride a bike in small steps so that by the end of the half hour/an hour I went from not being able to balance to being able to stop and ride by myself. The coaches are incredibly positive and reassuring, this has helped my confidence a lot. Thank you" - Participant*

# EVALUATION; THE STATISTICS

94%

## OVERALL - KNOWLEDGE GAINED

94% of respondents chose Excellent for the knowledge gained during the Cycling Course.

100%

## OVERALL - PRESENTATION

100% of respondents chose Excellent for the presentation of the Cycling Course.

94%

## OVERALL - MEETING EXPECTATIONS

94% of respondents chose Excellent for whether the Cycling Course met their expectations.

100%

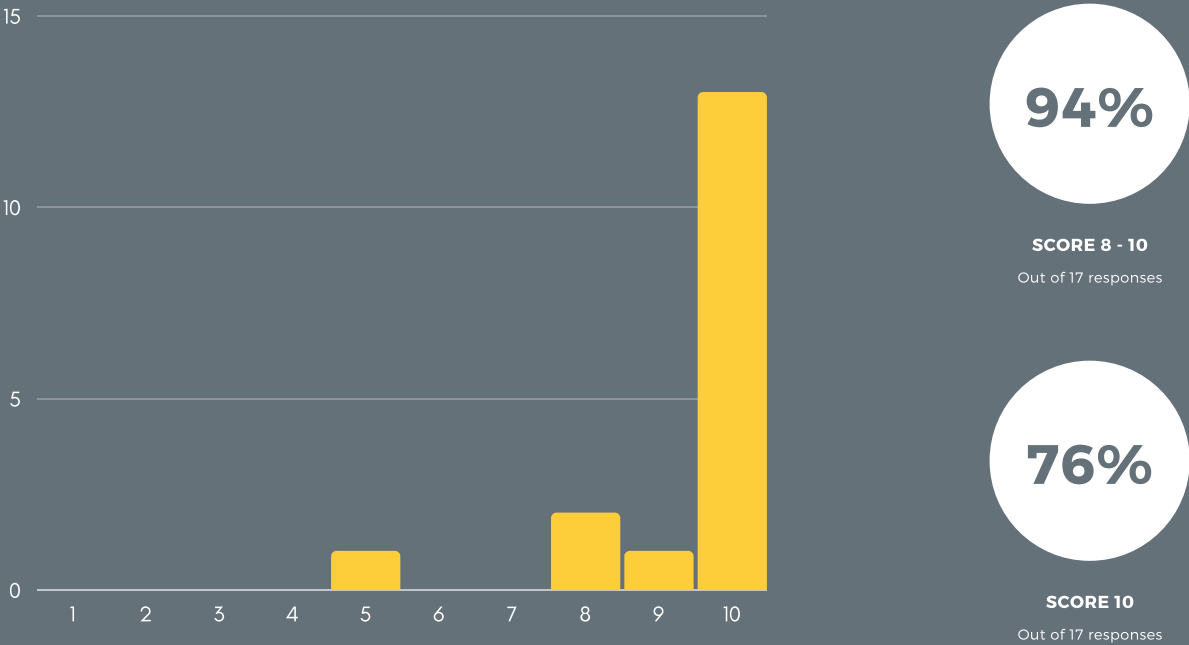
## OVERALL - DELIVERY

93% of respondents chose Excellent for the delivery and engagement present from the Archery Course Instructors.



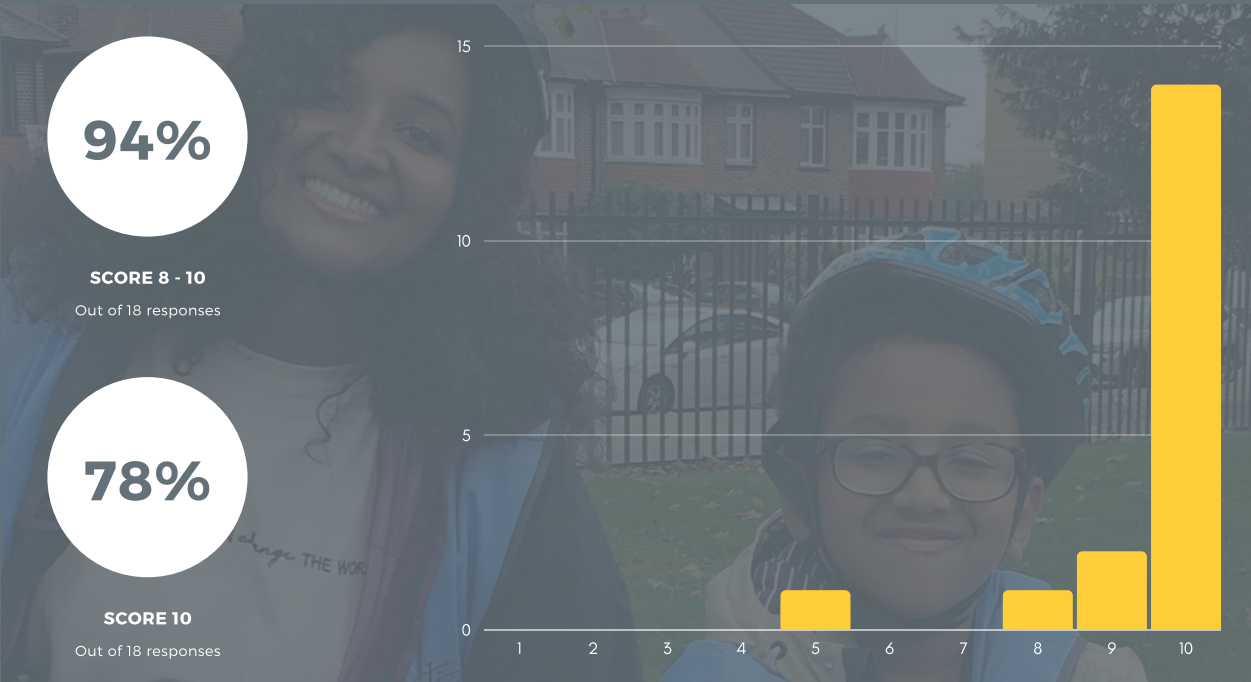
SECTION 2: LEARNING & DEVELOPMENT

1 - Not beneficial at all - 10 - Extremeley Beneficial



SECTION 2: CONFIDENCE/INSPIRED

1 - Not beneficial at all - 10 - Extremeley Beneficial



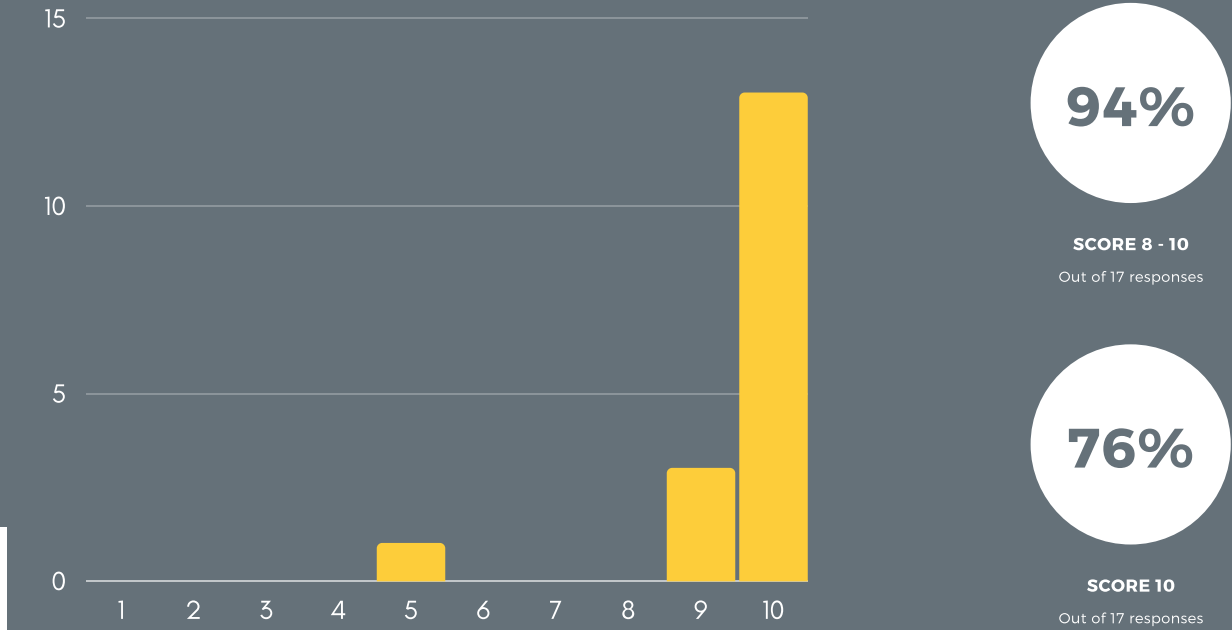
SECTION 2: RECOMMENDATION

1 - Not beneficial at all - 10 - Extremeley Beneficial



SECTION 2: OVERALL SATISFACTION

1 - Not beneficial at all - 10 - Extremeley Beneficial



# THE SENSORY EXPERIENCE



Statistics suggest that Barking and Dagenham had 400 children and young people with a diagnosis of autism within school settings by January 2015. Evidently the number of children and young people with autism and additional complex needs has risen significantly in the last 10 years. Therefore based on research – there is a clear increase of pupils with Special Education Needs (SEN) where the primary type of need is autistic spectrum disorder (Primary) in Barking and Dagenham. Based on this evidence there is clear need for a “Sensory Service” under the guidance of an Occupational Therapist where developed structured programmes are implemented to meet the needs of the children and young people and provide further training to staff, parents/carers in the local community.

Acting on this information Hive members working in collaboration with the management of Al Madina Mosque, specialist service providers, expert equipment suppliers and educational specialists have developed a delivery plan and began the process of developing a sensory room, which will be completed by the end of March 2021 and will combine a range of stimuli to help individuals who have learning difficulties, developmental disabilities or sensory impairments to assist them to learn to interact with the world around them and develop and engage their senses in a safe environment that builds up their confidence and their ability.

By providing a range of physical and mental stimuli within the room we hope to encourage movement/activity, developmental delays and sensory impairments.

For children with acute physical and mental disabilities we aim to utilise interaction with sensory stimuli to improve sight, sound and touch, as well as encourage independence through cognitive development. The room will also be available to adults with intellectual disabilities.

The physical and mental health of parents and carers of Special Education Needs (SEN) children is incredibly important for their progress. We therefore also hope to provide respite care for parents/carers of children with disabilities, through encouragement of the use of our other services e.g. archery, yoga, sports etc.

### THE AIMS & OBJECTIVES OF THE SENSORY ROOM

#### **(1) Increase Special Educational Needs (SEN) participation in physical activity:**

The sensory room will be used as a means to provide a range of physical and mental stimulus including stimuli designed to encourage physical movement / activity for children with physical disabilities, developmental delays and sensory impairments. For children with acute physical and mental disabilities we aim to utilise interaction with sensory stimuli to help them develop their sight, sound, touch and hearing, as well as to encourage independence, through engagement with activities that support both physical, as well as cognitive development.

#### **(2) Increase BAME participation in physical activity:**

The sensory room will be used as a means to provide a range of physical and mental stimulus including stimuli designed to encourage physical movement / activity for children from BAME backgrounds. Encourage children from disadvantaged or underrepresented communities to utilise interaction with sensory stimuli to explore physical, as well as cognitive development and to engage positively with, and think differently about, their physical and mental development in a fun, safe and exciting environment.



### **(3) Increase parents/carers participation in physical activity:**

Offer parents/carers of children with physical and/or mental impairment (including young carers looking after parents with physical and/or mental disabilities), the opportunity to engage in our extensive range of sports activities comprising archery, yoga, fitness training, volley ball and martial arts, in order to improve their physical and mental wellbeing, by providing much needed respite time for them, whilst in the case of the former – their children use the sensory room.

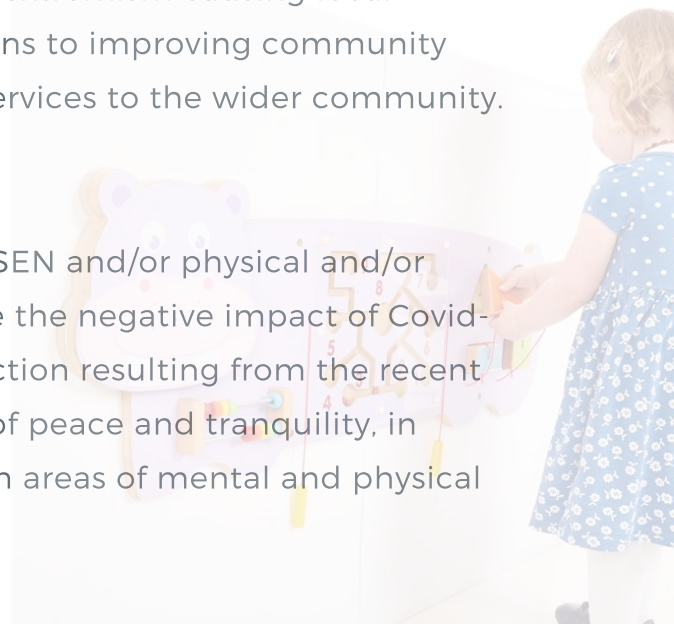
For the latter, we aim to include the parents in disability friendly sports activities from our menu of options, providing the opportunity for bonding with their children through physical activity.

### **(4) Increase community cohesion:**

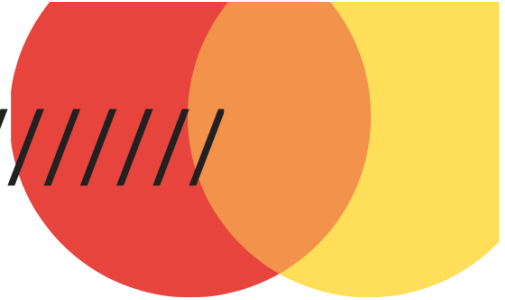
Use the sensory project as a catalyst to improving interaction between the Borough's diverse communities by opening access to the sensory room to all young children across the Borough. A Borough which has had a significant history of social/racial tensions as a result of far-right extremism and increasingly in modern time, politico-religious extremism causing local anxieties. The sensory project will act as a means to improving community relations by opening up the full range of our services to the wider community.

### **(5) Covid-19 response:**

Offer parents, carers and young children with SEN and/or physical and/or mental impairment, the opportunity to reverse the negative impact of Covid-19 and subsequent restrictions to social interaction resulting from the recent lockdown, by providing access to a sanctuary of peace and tranquility, in order to aid and support post-Covid recovery in areas of mental and physical wellbeing.



SENSORY HIVE



## THE SENSORY HIVE'S 7 STEP PATHWAY PROCESS

OBTAINING REFERRAL

TRIAGE PROCESS

STAY AND PLAY

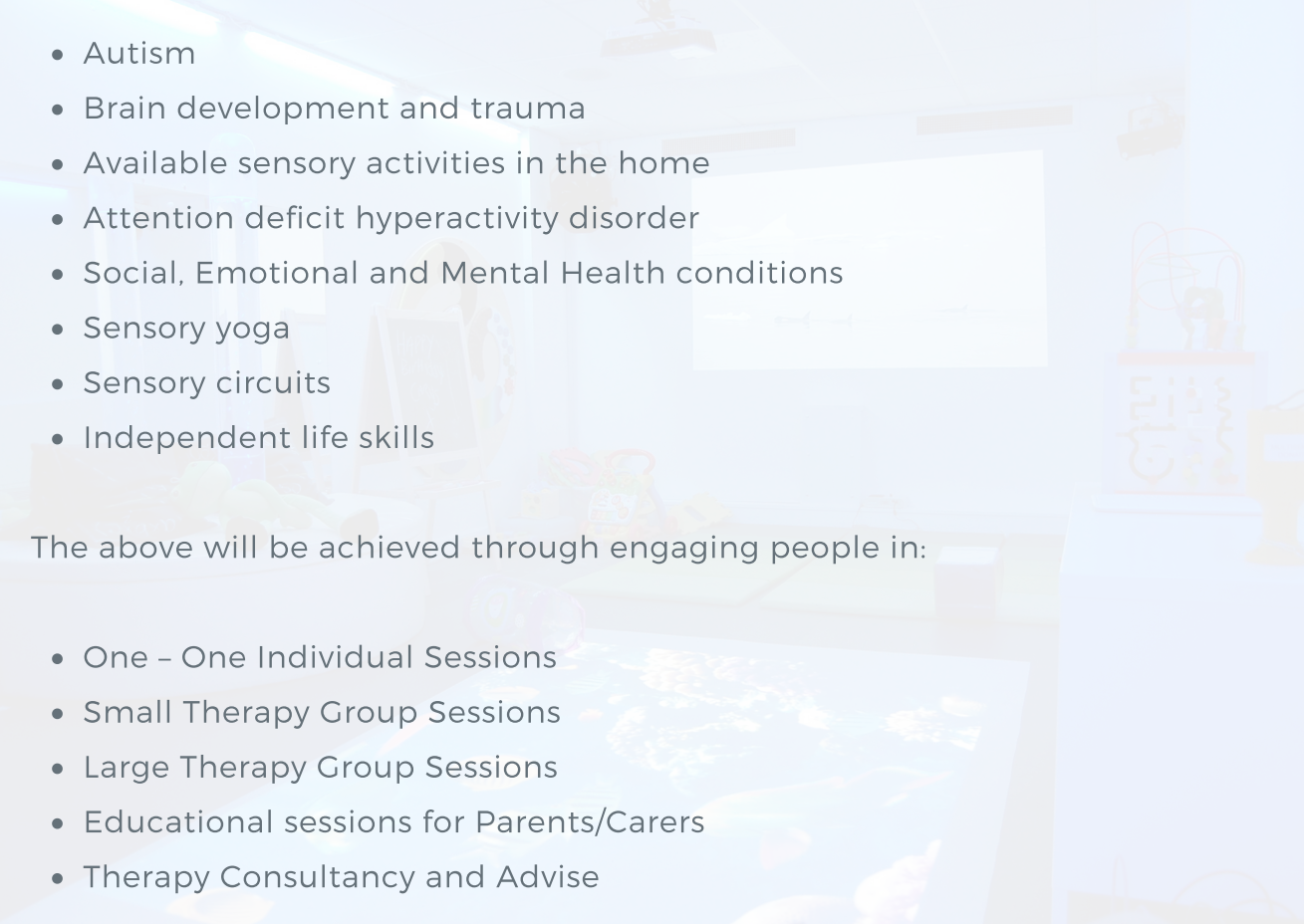
ASSESSMENT OF NEED/SCREENING

PROFILE OF NEEDS

TREATMENT PLAN

ADHERE TO THERAPY GOALS /  
INTERVENTIONS SUPPORT

We are currently partnered with a specialist service provider and are forging working relationship with the local authority. Our Key milestones will be to include a raising in awareness of:

- 
- Autism
  - Brain development and trauma
  - Available sensory activities in the home
  - Attention deficit hyperactivity disorder
  - Social, Emotional and Mental Health conditions
  - Sensory yoga
  - Sensory circuits
  - Independent life skills

The above will be achieved through engaging people in:

- One – One Individual Sessions
- Small Therapy Group Sessions
- Large Therapy Group Sessions
- Educational sessions for Parents/Carers
- Therapy Consultancy and Advise

The projected cost of the Sensory project is £32000 and the Hive has worked hard to raise funds and is close to achieving full funding.

The Sensory room will be an amazing opportunity for a Muslim organisation to be the principle lead in delivering specialist services at the heart of the community in what is often an arena which is incredibly hard to reach. This project alone evidences the progress made by The Hive in dealing with core community needs.

# HIVE COVID RESPONSE

A female member of The Hive has been promoted to the board for her dedicated commitment to her community spanning over a decade & in order to oversee and ensure female interests were properly represented beyond even the operation of The Hive.

Hive members have been quietly involved in continued service delivery since day one. They have done so because before the pandemic they had put in the work to establish their groups and delivery and were able to adapt it and be flexible in how they delivered it throughout the pandemic.

## **These members have been providing:**

An enormous amount of support to parents and specifically mothers and daughters. This support has been adapted to meet needs online, over the phone, in person, in groups and one to one

A great deal of counselling support has taken place to help with anxieties and insecurities which the pandemic has added and exposed. This support has been adapted to meet needs online, over the phone, in person, in groups and one to one.

Bereavement support has been provided to those who have lost loved ones to the pandemic and beyond. This support has been adapted to meet needs online, over the phone, in person, in groups and one to one

Hive members have been engaged in frontline delivery of food and medicine to the vulnerable and shielded (many hundreds of people) - in the process exposing themselves to danger for the sake of others.



Hive members have made themselves available from 8am to 9pm daily 7 days a week to this end, Hive members have delivered fresh hot meals and safe social interaction to the isolated & most vulnerable and have represented The Hive at numerous forums, which are operating at local and regional level to do with matters such as mental health support provision, continued support for the shielded and vulnerable and more.



On one day alone Hive members supported their communities by helping deliver food to 250 households.

On another day Hive members supported us deliver 500 Ramadan posters to 450 households in order that we retain connectivity with our people and provide re-assurance at a time of mental and spiritual difficulty.

Hive members participated greatly in the mosques provision of support across the Borough (Barking & Dagenham citizens Alliance network), which amounted to a contribution of 13.7% of the overall organised response and are involved still today as we continue this support provision.

Members of The Hive contributed in the creation of a video educational tool to help keep worshippers safe, which has been promoted nationally by Faith Associates. The legacy of which will be countless lives being protected from contracting the virus.

With the easing of lockdown conditions the Hive has introduced additional and regular Covid secure sports programmes to reintroduce residents to physical activity and socialisation.

Educational programmes have been reintroduced in Covid secure conditions to support youngsters who have suffered through lack of school and colleges.





The Hive has reintroduced and driven Covid secure spiritual programmes to address the mental anxieties and spiritual voids presented by the pandemic.

Every Friday Hive members play an integral role in marshalling the communities by providing a safe and secure environment for them to attend prayers at the mosque.

In preparedness for the next phase of the pandemic The Hive has worked closely with the Mosque in commissioning and developing a bespoke App which will provide the Hive its own communication channel with members and service users in order to better communicate, address concerns and support through the next phase.

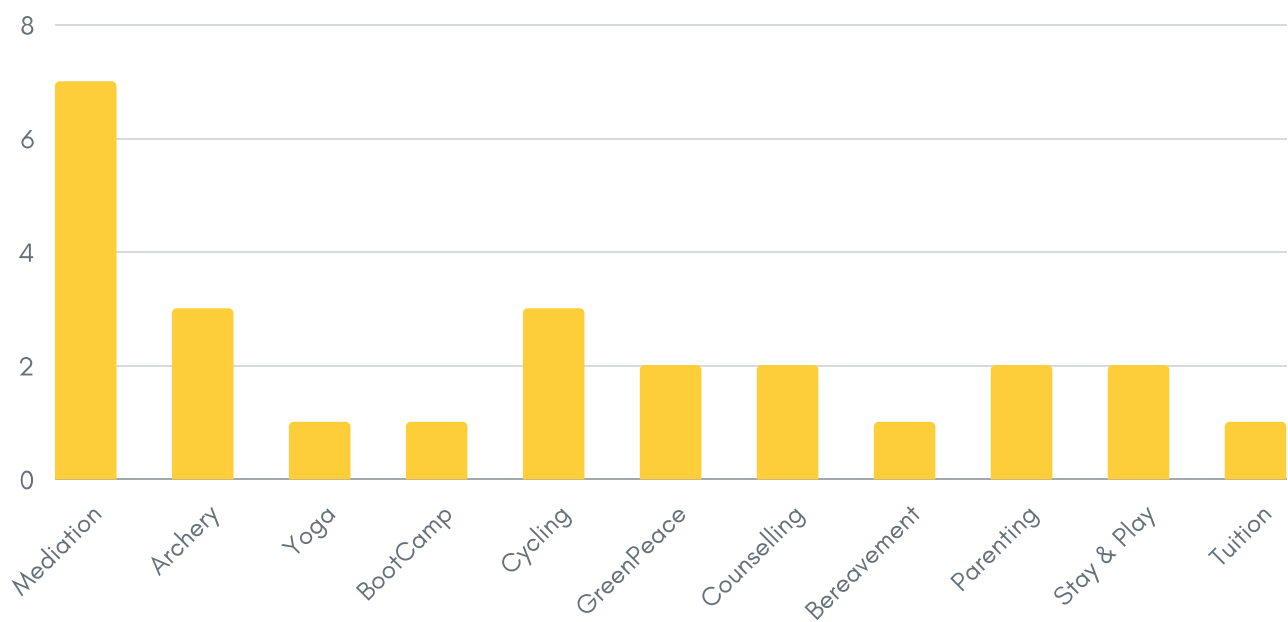


# ECONOMIC EMPOWERMENT OF LOCAL WOMEN

One of the principle aims of the Hive project has been to empower women to take matters into their own hands and participate more actively in their communities, thereby having a greater say in their lives and environments as well as creating economic opportunities to improve their lives and those of their loved ones in the process.

In one year alone multiple benefits have been secured in terms of upskilling and economic benefit. Dealing with economic opportunities alone the results are quite impressive.

Regular employment income has been secured for 25 individuals in the following fields:





# TESTIMONIALS

One of the most rewarding aspects of my work at The Hive has been the interaction with participants in my classes and witnessing their journey of growth. It has provided me with a sense of achievement as I have been able to ignite an enthusiasm in others on a subject I myself am passionate about. The Hive has given me the opportunity to work with people of a variety of ages and backgrounds and has allowed me to gain new skills and qualifications thus furthering my personal development and confidence.

Working with my colleagues at The Hive has provided me with a very realistic and humbling insight into community work and allowed me to develop a more thorough and informed understanding of the extent of social issues faced by members of our community. It has afforded me an opportunity for self reflection and allowed me the chance to try and give back in other areas of life.

Overall, The Hive has re-instated my belief in the power of community. In the words of Coretta Scott King; "the greatness of a community is most accurately measured by the compassionate actions of its members." With this in mind I have nothing but high hopes and aspirations for the future progression of the organisation.



**SALMA SIDDIQUE**

Body Blaze & Archery  
Instructor

Being part of The Hive has been such a rewarding experience. Not many places are open minded with the idea of Permaculture and living an eco/sustainable lifestyle. It's been such an honour to share my knowledge; from growing food to beekeeping with not only just the members of The Hive, but also the wider community. One of the main benefits of The Hive is being able to teach inspirational workshops to both adults and children and having the opportunity to collaborate with other teams who also share the same goals which is to protect nature. Through a series of in house training I definitely feel empowered to continue spreading the joys of Permaculture.

My hopes for the future are to set up a Green Therapy Programme where we can help those suffering with mental health especially in these tough times. The lockdown has really left people feeling isolated and more people turning to their gardens and nature as a form of therapy. I am hoping to work with individuals who may need that extra bit of help dealing with their anxiety, stress and depression.



### **MIDE ALLEN**

**Permaculture  
& Green Therapy**

Volunteering with The Hive since it's embryonic stage has been a rewarding journey for me. The Hive truly embodies its ethos of women empowerment; a centre which has invested in us and values our contribution.

The Hive has provided me access to courses to upskill both at a personal and professional level, courses such as Leadership Skills, Safeguarding and First Aid to name a few.

The Hive has also supported me to become an accredited Mediator. It has given me a platform and the confidence to invest back into our communities whereby I have co-facilitated workshops and training sessions to parents, mothers and young girls. These sessions are aimed at providing them a space and opportunity to gain knowledge, learn strategies, develop skills, network and build confidence.

I am eagerly looking forward to start working on our new mediation project, which will help me diversify my contribution to the community. I can honestly say that I feel lucky to be a part of The Hive.



**SAMREEN SIDDIQUE**  
Facilitator & Volunteer

The Hive has become my second home over the past year. It is a place where I have always felt safe and comfortable and is a place where I gain knowledge and share my knowledge. It's been a place where I've received a helping hand, as well as been given the opportunity to lend a helping hand to others. It has the title of being a women's centre but truly it is a safe home where anyone who comes through the door is treated with love and compassion. I have attended many services of The Hive myself, including Quran classes, counselling sessions and archery classes which collectively have helped me to build and enhance my personal, spiritual, mental, and physical abilities.

The Hive has strengthened my thoughts on social responsibility as we all have a responsibility towards members of society whether it is big or small. I believe we live in one diverse world, where we should offer help to anyone and everyone who is in need.

Through the Hive I have had the privilege to help individuals and even if I were not able to help them myself, I knew that someone from The Hive could. The Hive has helped me gain confidence and has given me a platform to do what I love to do the most, teach! I have been able to fulfil a dream that I have had since I was a teenager, of having my own classroom where I can tutor kids who are struggling or need extra support in their studies. A year ago, I never would have thought to host events or workshops but the support that I have received from the mosque and the sisters from The Hive has transformed that. The Hive has shown me the true meaning of empowerment, leadership, teamwork, and that women can make a real difference. I have developed many skills over this year through the various training programmes offered by The Hive including a leadership course, anti-terrorism and First Aid training which has also immensely supported me in my own career and work outside of The Hive.

For the future I hope The Hive can reach as many hearts as possible and help as many women across various communities. I hope women from all over can feel the same trust, love, compassion, and joy that I have experienced through The Hive. I hope The Hive becomes a place where we can educate women and children of our communities so that they can achieve their dreams and aspirations, excel in their fields and become independent and empower women to be the leaders of their communities. Also, to further implement the idea that The Hive does not belong to a group of women but has and always will belong to all women.



**FAHMIDA KHATUN**  
Tuition Teacher,  
Green Peace Facilitator,  
Ladies Week Co-ordinator



Having been with The Hive from the beginning and seeing it grow to such strength is truly amazing. The people are so wonderful and the activities and programmes available are so vast that they cater wonderfully for the larger wider community. Through The Hive I have been granted many opportunities to gain new skill sets which have given my confidence a real boost. Being able to gain knowledge, learn new skills and interact with such an array of diverse people is quite something and I feel very privileged to be apart of such a place. At The Hive I teach Archery and Quran studies and seeing participants progress and eventually grow in confidence in their own selves makes me feel so proud. The Hive is a safe place where you come but always leave empowered, confident and with raised self esteem.

I believe that The Hive can be franchised, so many others all over the U.K. and one day even Internationally can benefit from the array of opportunities it has to offer for the community. The success of the Hive is in how it is structured and delivered with equal stake and participation for all.



**AIMA MOHAMMAD**  
Archery Instructor

I qualified as a social worker in 2009 from Goldsmiths University. I started from humble beginnings as a mother and homemaker. Something I pride myself with are the skills needed to do this job effectively! Alhamdulillah I am now an Advanced Practitioner and over the years the knowledge, skills and understanding has not only developed me as a Practitioner but a better person as a whole. My work is empowering, rewarding and full of satisfaction. Therefore I have volunteered to be part of The Hive in order to benefit the community as a whole with my personal and professional experience.

I have a keen desire to deliver a project based on building fractured relationships between parents and teenagers; a very common thing in society and all communities. My aim is based on prevention is better than cure and I want to facilitate an environment where the parents and teenagers learn to listen, respect, to be empowered with knowledge and skills, and to have trust in their relationships.

My skills of listening, attuning to the person's need and equipping parents with tools such as appropriate language will empower parents to remain in control without feeling helpless and to develop an understanding of teenage development, emotional, physical and psychological which will empower parents with an appropriate approach in order to reach the best outcomes for the individuals.



**SHAISTAH AHMED**

Parenting Course Facilitator

The Hive to me represents community, love, empowerment and togetherness. I am a revert to Islam and at times you can feel so isolated but The Hive are always there to support. It has provided me with a sense of belonging. When I started a new career as a yoga/mindful movement teacher, the Mosque gave me the opportunity to teach and now nearly 3 years on I have been able to provide for many women a safe space to maintain their well-being.

Alongside this I have had the opportunity to serve the community in other projects and events such as teaching women and their children to cycle and through green peace workshops teaching people about the earth and environment.

The Hive has improved my confidence in so many ways such as public speaking and I have received training in areas such as leadership and self development. I'm so excited about The Hive's future, I see us reaching out to an even wider community so we can help and empower more women. I see us working in partnership with schools and local businesses, this is just the beginning!



**REBECCA GREEN**

**Yoga & Cycling Instructor**

My journey with The Barking Muslims Association started some 15 years ago and The Hive has been a natural outcome of where the organisation has been headed. I have always found the BMA receptive, supportive and inclusive and often found it difficult to understand why Muslim organisations came in for criticism when it came to female engagement because my personal experience has always been so positive. Today, I am a trustee of the organisation, lead the well established counselling and bereavement support programmes, teach cycling and play an integral part in Hive activities and events. Helping others who are experiencing crisis in their lives is a huge responsibility but enormously rewarding and I am fortunate enough to be involved in many ways. The whole process has been empowering and has positively shaped my life and who I am today. The Hive has achieved so much in such a short time frame and I have no doubt will go on to do much much more. If it continues to empower in the way it has in my life then all the hard work is worth the effort.



**CHRISTINA ROWE**

**Counsellor**

# EVALUATION; THE STATISTICS

**71%**

## OVERALL - EXCELLENT

71% of respondents chose  
Excellent for Knowledge gained  
through services at The Hive

**84%**

## OVERALL - PRESENTATION

84% of respondents chose  
Excellent for the presentation of  
the services at The Hive

**69%**

## OVERALL - CONTENT

69% of respondents chose  
Excellent for Content used  
through services at The Hive

**83%**

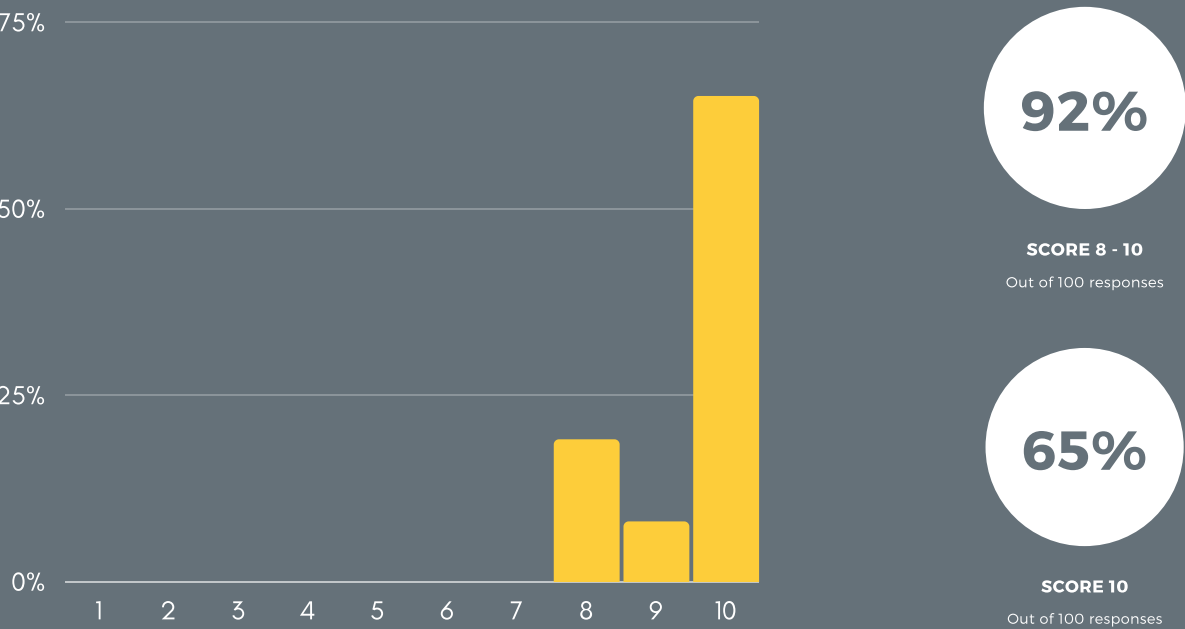
## OVERALL - ENGAGEMENT

83% of respondents chose  
Excellent for the engagement  
present in the services at The Hive



SECTION 2: LEARNING & DEVELOPMENT

1 - Not beneficial at all - 10 - Extremeley Beneficial



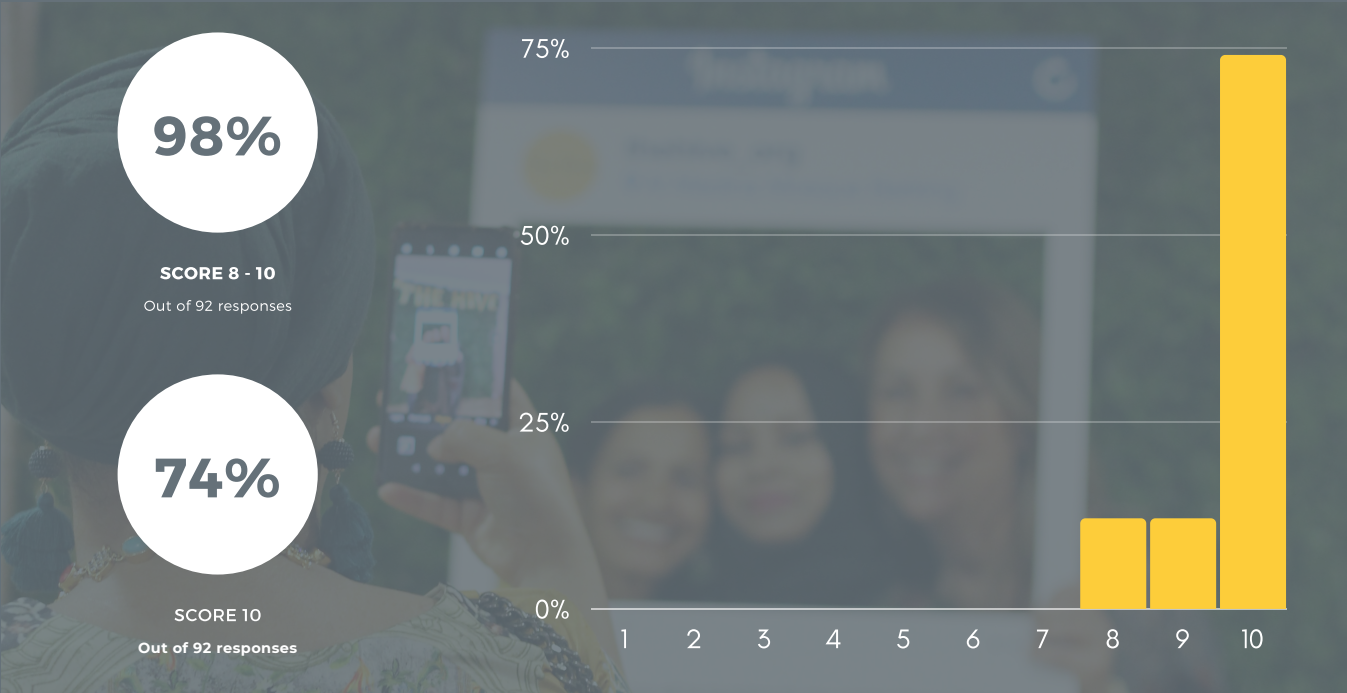
SECTION 2: CONFIDENCE

1 - Not beneficial at all - 10 - Extremeley Beneficial



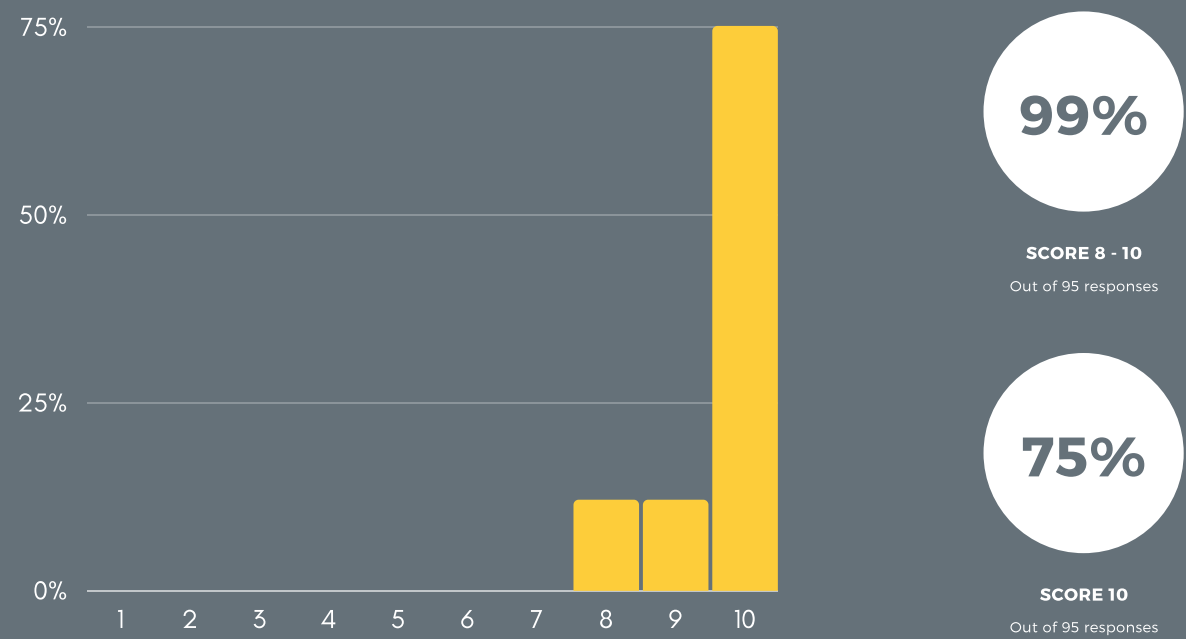
SECTION 2: SATISFACTION

1 - Not beneficial at all - 10 - Extremeley Beneficial



SECTION 2: RECOMMENDATION

1 - Not beneficial at all - 10 - Extremeley Beneficial



# CONCLUSION

In a climate of rising numbers of hate crimes, anti-immigrant sentiment and Islamophobia, in the midst of a global pandemic which has laid bare the structured and societal disadvantages faced by minority communities, in a world where what was once the norm has been replaced with ever increasing uncertainty and a world where right leaning global politics is gaining momentum, The Hive Women's centre has established itself as a trusted partner. Embedded amongst its communities, a schedule of evidenced based support services and acts as a trusted haven for women and children across many diverse communities.

The growing engagement in its core team and in its activities of non Muslims and the attraction it offers to all is ample evidence that its approach and service programme is achieving what it set out to do. The fact it has achieved so much in so little time is an impressive feat in itself.

The Hive is thriving and serving the community by dismantling misconceptions, challenging stereotypes, operating on the front line and serving humanity through the delivery of an impressive array of services whilst inspiring women through furnishing them with skills, education and knowledge that they use to better their lives, those of their families and their communities.









**BEACON MOSQUE AWARDS 2019**

**BEST WOMEN'S SERVICE**

**WOMEN'S EMPOWERMENT AWARDS 2020**

**BEST COMMUNITY GROUP**