



ANNUAL REVIEW 2021 - 2022

2021 - 2022

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CEO's Statement

Saj Ghafoor

Multicultural Cumbria

Coming out of lockdown and adjusting to 'normal' life again has been like starting all over again.

Covid-19 highlighted the health disparities for diasporas. However, the need to connect with people from their own communities has been more in focus than ever. Our work to use translated information shows that communication is essential to reach diasporas from migrant, refugee and asylum-seeking communities especially.

The Ukraine war and the Channel boat crossings have had a big impact on Cumbria. Donations came pouring in for Ukraine and the challenges of people seeking asylum in Carlisle hotels has touched home in a way that it never has before.

The two Digital Assistants, funded by the DWP Kickstart Scheme for six months, was a great boost for updating information on our website. Especially the translations and keeping abreast of activities being offered for people seeking asylum.

Our Asylum and Refugee Coordinator role was funded by Cumbria Community Foundation for six months. A vital role in connecting and supporting people who have experienced trauma, mental health with added language barriers.

These are people who are vulnerable, yet want to embrace the hope of freedom in a safe and compassionate country.

Delivering Health Activity and Food (HAF) Projects reached out to diaspora children. Many with poor English language, yet it didn't matter as they enjoyed the physical activities as much as the creative and cultural aspects, and making new friends

It has been a year with a diverse range of projects delivered and working in collaboration with individuals, groups and organisations and it has been an honour and a privilege to do so. There is always more that needs to be communicated, supported and to raise awareness of diaspora issues that are underrepresented .

To receive an OBE in the Platinum Jubilee New Year's Honour's List was very poignant. The Commonwealth is about working together and building friendships, longevity and respect as sovereign countries. It's what we at Multicultural Cumbria do on a local level and look forward to continuing to enable positive change.

Saj Ghafoor

Mission

To strive towards an equitable multicultural society in Cumbria that supports ethnic diversity and societal cohesion. To focus on sustaining and sharing the heritages, cultures, values, beliefs and perspectives of diaspora people that have origins from different cultural backgrounds and promote inclusion throughout the wider community.

Vision

To lead by working collaboratively with partners and organisations as we share our values of embracing multicultural integration and societal cohesion.

To focus on the needs of our ethnically diverse communities to enable them to develop a sense of belonging and ownership of their rich heritage and culture in Cumbria.

To work with individuals to develop community champions to inspire all diasporas to feel valued and to promote inclusion amongst the wider community.

Brief Overview



November 2021

The Indian Community organise the Diwali event and VIP guests included, The Lord-Lieutenant of Cumbria, Claire Hensman and Carlisle Mayor, Pam Birks



November 2021

Supporting the inaugural meeting of the Cumbrian African Forum in December 2021 at Pirelli's Social Club



November 2021

International Mens Day 2021 posters translated into 12 languages. Men met up at Calva Bar at University of Cumbria's Fusehill Street Campus in Carlisle

आओ और जुड़ें
पुरुषों के साथ
अन्य विरासत

चैट का आनंद लें
गर्म और के साथ
ठंडा जलपान

अपने साझा करें
कैसे पर विचार
बढ़ावा देना
आपकी विरासत

आओ हमारे साथ शामिल हो जाओ।



December 2021

REBRAND

It was time for a change and with a new website being created, it felt like the right time to freshen up our logo and profile too for 2022!



January 2022

AN OBE FOR OUR CEO!

2022 New Year's Honours Saj Ghafoor was recognised for her work with the honour of an OBE For Services to Cultural Awareness and Integration in Cumbria.



January 2022

KEEP DANCING

We were able to continue the success of the Dance Carousel dancing sessions. These classes were at University of Cumbria, Bampton Road Campus, where the space was made available in-kind.



January 2022

PANAH PROJECT

Multicultural Cumbria were one of the partners (PiNC). Engaging refugee women for health and wellbeing activities, from January to June. This group included over 30 women to make new friends and get active.



February 2022

UKRAINIAN DONATIONS

Krystian Klicki, owner of Polish Shop Dino, started to collect donations for the people of Ukraine. MCC shared Ukraine donation points in Cumbria on our website, helped with volunteers to pack and shared networks and information.



March 2022

UKRAINIAN APPEAL

The Ukrainian community came together to collect donations at Carlisle United Football Club with the support of Multicultural Cumbria and raised £2,318. Thank you to all the CUFC supporters that gave so generously!

Brief Overview

International Easter Club

HAF Project - Multicultural Cumbria & iCan Health & Fitness



April 2022

HOLIDAY ACTIVITY & FOOD (HAF) PROJECT

Activities were provided free-of-charge for children and included a nutritious meal.

32 children who attended spoke 6 languages, from 7 ethnic origins from 7 schools around Carlisle.



June 2022

MINI CULTURE BAZAAR

Held at Bitts Park as part of Carlisle City Council's Platinum Jubilee celebrations. We had dancing performances, henna and a multicultural flag parade! A wonderful opportunity to represent the Commonwealth.



August 2022

THE WELCOME EVENT

Held in Bitts Park we participated along with COWC, CRAG, City of Sanctuary, Rotary Club and other groups and organisations to welcome People Seeking Asylum and Refugees.

Polskie

Informacje dotyczące zdrowia publicznego o szczepionkach

Polish Vaccine Public Health Information

April 2022

NHS COVID DIGITAL CAMPAIGN 2021 -2022

Translated Covid-19 health info and shared through social media posts to reach ethnic minorities. Funded by North Cumbria Clinical Commissioning Group and Cumbria County Council's Public Health.



July 2022

SUMMER HAF PROJECT

With arts, crafts, music, dance, sports & fitness. With freshly prepared international meals. 46 children enjoyed the activities for free, with 41 free places.



September 2022

VOLUNTEERING

Our Asylum & Refugee Coordinator starting racking up travels with groups to various locations to volunteer for tasks from gardening to archaeology and dry stone wall building.

مرحبا بكم في كارلايل

May 2022

TRANSLATION SERVICE

Translated basic information into 12 languages for People Seeking Asylum.

Working in collaboration with a network of over 20 third-sector, statutory sector, NHS and educational organisations.



July 2022

An invitation for Saj Ghafoor to Buckingham Palace to collect her OBE from Prince William. Saj was accompanied by her very proud husband, Abdul. This was also the day Boris Johnson resigned!



October 2022

RACE 2B CONFERENCE

Supported by University of Cumbria, with funding from Cumbria County Council. Speakers on health, education and the lack of representation of diasporas in the mainstream.

UKRAINE

Ukraine War February 2022



**Krystian Klicki owner of Polish Shop Dino
with volunteer Laura Cooper**

Krystian owns a chain of Polish Shops, Dino and wanted to do something to help his Ukrainian neighbours. He began using his own businesses as drop-off points for donations. Multicultural Cumbria set up a page on our website with locations around the county to collect for Ukraine. MCC used their networks to help in many ways to connect to the right people behind the scenes.

Kingmoor Park

Multicultural Cumbria was very kindly given storage space by Kingmoor Park to store and sort donations for Ukraine.



DEC Appeal Fundraiser

Multicultural Cumbria connected with Ukrainians in Carlisle. We contacted Carlisle United and organised the Ukrainian community to go to a match in March 2022, and collect money for the Ukraine DEC appeal, raising £2,318.



Iceland storage

Krystian's landlord owned the old Iceland Store and offered its use to Krystian as a packing building. We helped get in volunteers for packing, who themselves as People Seeking Asylum, were only too happy to help others, despite their own circumstances.

One Thought.

At Culture Bazaar 2020 Richard O'Neill and Michelle Russell met for the first time and got on so well, they created a story during the Covid-19 pandemic. This story was inspired by Raj Kumari-Byford who founded One Thought Changes All (1TcA).

They wanted to support the Ukrainians and help to translate their book into Ukrainian, which is when we connected them to Alla Stoica, who had fundraised for her fellow Ukrainians at the CUFC football match in March."

An acknowledgements in the One Thought Book;
"We would like to thank Saj Ghafoor OBE, Multicultural Cumbria for their support and Alla Stoica for translating the original text into Ukrainian."



ASYLUM & REFUGEE

In April 2022 the Home Office decided to acquire hotels to house People Seeking Asylum in the UK. There was no funding or support to local authorities or third-sector organisations at the time. The hotels are managed by SERCO, contracted by the government, to provide accommodation and three meals a day. 150 men were transferred to a Carlisle hotel within days. The men were in need of basic essentials such as clothes, shoes, underwear, coats and personal hygiene products.



Refugee groups and other organisations were asked to step in and help. Weekly meetings organised by Cumbria County Council helped to coordinate a network to evaluate what was being done and what was still required, from health and well-being through to assessing living conditions and provisions for mental health. Migrant Help was to help in advising individuals on their asylum process. Very little information was shared by the Home Office and restrictions were in place on accessing residents.

Panah Project (PiNC)

Multicultural Cumbria were one of the partners with Pride in North Cumbria (PiNC). Working with refugee women for health and well-being activities. Many were isolated with English as a second language. This included over 30 women who experienced kindness and accepted into the wider community.
January 2022



Asylum & Refugee Coordinator



In partnership with Penrith and Eden Refugee Network and Carlisle Refugee Action Group we received 6 months funding for an Asylum & Refugee Coordinator, Laura Cooper, from Cumbria Community Foundation.
June 2022



IT Suite



There is a need for connecting online, as the asylum applications have to be completed electronically, as well as the need to improve key life skills, including Maths, English and IT. We were successful in our application to buy twelve laptops with accessories for use by Refugees and People Seeking Asylum
August 2022



Participation



Initially there were requests for board games, jigsaws and footballs, but it became apparent that needs were more diverse. They needed to make their own meals, to make friends, to be active and contribute to the community by volunteering. The Cornerstone Cafe and Tullie House have become safe places to socialise and partake in conversational English.
September 2022

HAF PROJECT

Health & Food Programme
April & July 2022



MENU

WEDNESDAY DAY 06TH APRIL

Day 2

Chinese chicken noodles or
vegetarian noodles, vegetarian
spring rolls accompanied by
salad.

Dessert

Frosted Cupcakes

All meal will be nut free.

There are vegetarian and
meat options

Meals will include dairy,
egg and gluten.

Health

- A daily, healthy meal was provided to each child at both the Easter and Summer clubs
- Both clubs ran for 4 days
- Fun outdoor activities were provided to learn about international cultures and to how to stay healthy and active

Food

- The meals provided were fresh and well balanced
- International food menus
- Exotic and local fruits were served as kebabs
- Meals were served in tiffin boxes
- The children were encouraged to try new types of foods

Activities

- Football, games board games
- Arts & crafts
- Team games
- Dragon making and parade
- Cultural presentations
- Learning about different types of foods and their origins

Friendships

- Feeling the same yet different
- Making new friends
- Sharing their own culture
- Experiencing cultures within their peer group
- Feeling accepted and confident

HAF PROJECT

Health & Food Programme

Leaflet were in ten languages, shared online, social media and WhatsApp.

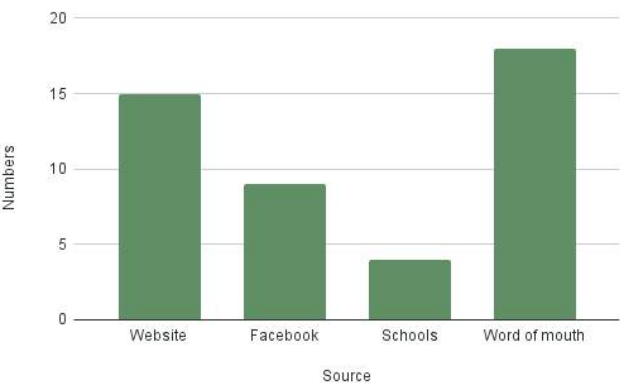
- Bengali
- Bulgarian
- Chinese
- Nepali
- Pashto
- Polish
- Romanian
- Russian
- Ukainian

April 2022

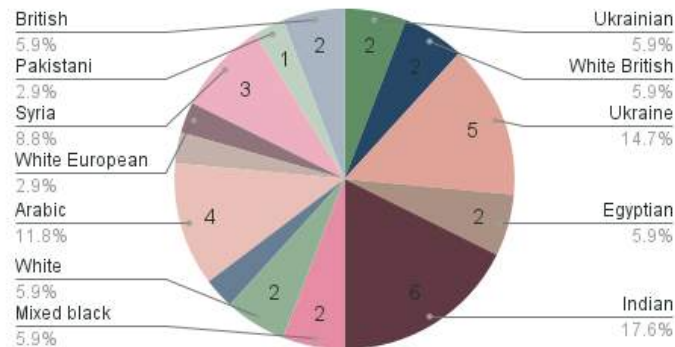


July 2022

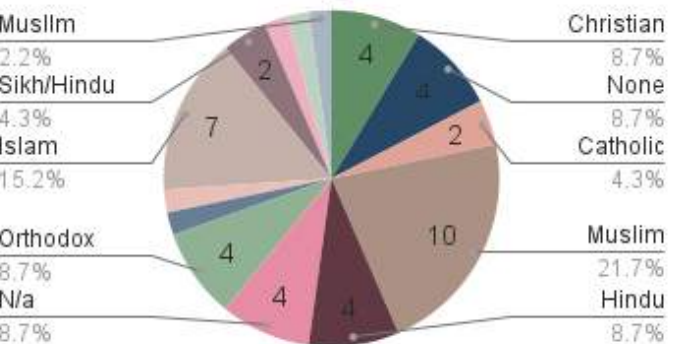
Numbers vs Source



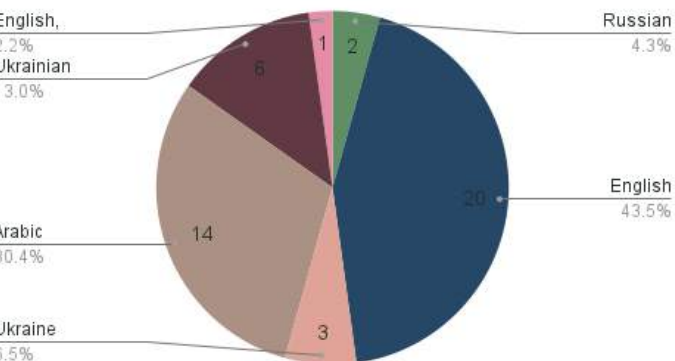
Count of Child's ethnic origin:



Count of Child's religion:



Count of Child's first language





Race 2B 2022 Conference

Our 4th Race 2B Conference was the first one back in person after the Covid-19 pandemic, hosted at the University of Cumbria's Learning Gateway on the Fusehill Street Campus in Carlisle.

Once again it was well received and this time explored representation within education, health, racism and the how to implement change to enable a more equitable platform for diasporas to thrive.

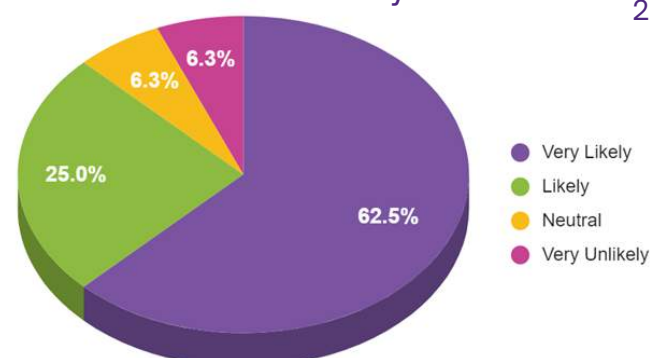
Speakers Workshops



 Julie Mennell Vice Chancellor University of Cumbria Title: Welcome	 Mo Colohan Multicultural Cumbria Title: Nowhere To Go - Myth Busting About Asylum Seekers
 Saj Ghafoor OBE CEO Multicultural Cumbria Title: What it is to be a Multicultural society?	 Shamsher Chohan Creative Director, Communities Inc Title: As a Bystander, How Can You Stand By Me?
 James Stevens Head of Library Services & University Librarian University of Cumbria Title: University of Sanctuary	 Lina Mookerjee PRAXIS - PPD Practitioner Title: Unconscious Bias - How to be aware of your own prejudice.
 Aldwin Samuel Social Care Worker Cumbria Youth Alliance Title: Youth Inclusion disparities for diasporas	<h2>Videos</h2>  Riz Ahmed British Actor, singer/songwriter Representation - In The Arts and It's unrecognised Potential. Best Actor Oscar Award in Short Film The Last Goodbye Optional during Lunch Break - 12.45pm Paid parking available on site Street Parking for 2 hours University eatery on site Sandwich Business 2 minute walk
 Matt Smith Senior Lecturer in Social Work University of Cumbria Title: Race Equality in Social Work: An Inclusive Curriculum Review	
 Kirit Mistry Chair - South Asian Health Action Charity Title: Health Disparities	

Comments

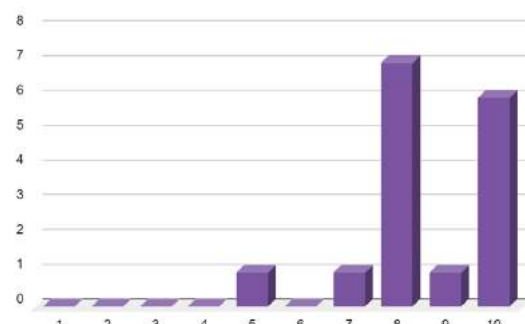
How likely is it that you would attend this event next year?



16 responses were received to our questionnaire, 14 digitally and 2 manually.

"The speakers were so passionate and informative and the staff/volunteers so helpful & friendly"

Overall, how would you rate this event?



"An excellent ground breaking event - here's to more please!"

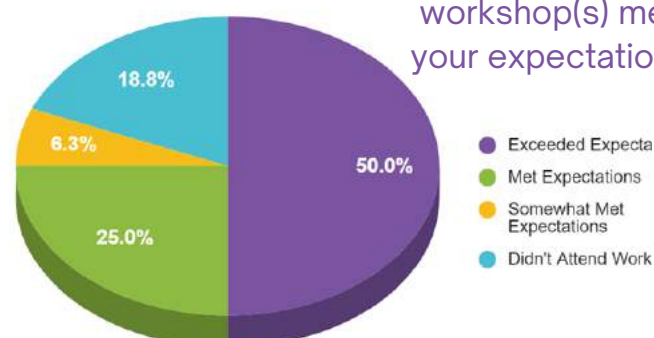
"This was a powerful and dynamic event we need to speak more about valuing and welcoming people to Cumbria."

"The variety of topics discussed was fantastic and the mix of attendees."

"I enjoyed the atmosphere, the speakers, the workshops and time to network"

"Well organised, great staff, interesting talks."

Did the content of the workshop(s) meet your expectations?



"The insight was incredible!"

"Speakers were informal and approachable"

"All talks were great, but the first one with Aldwin, whilst important and impactful, didn't have a race equality focus. Not all sections linked to the theme of 'representation'."

Trustees & Team



**Lesley
Horton**
Chair of Board



**Ruth
Harrison Palmer**
Trustee



**Marcia Reid
Fotheringham**
Trustee



**Claire
Hensman**
Lord-Lieutenant
of Cumbria

Patron

It has been a year of two halves and bringing new staff on board for specific, short-term projects and re-evaluating our capacity to adapt and change to new and developing areas of work, being led by the communities we engage with.

The Ukraine invasion by Russia in February 2022, had a significant impact on what we were doing to support the Ukrainian community. Shortly after, in April, came the appointed hotels for People Seeking Asylum with 150 men, of which 70% were under the age of 26. Countries of origin include Eritrea, Iran, Iraq, Afghanistan, Syria, and other countries where their life was in danger.

Our digital needs went up significantly and we were fortunate enough to have acquired two Digital Assistants for six months. With additional short term support for the CEO during an extremely busy time.



**Saj
Ghafoor OBE**
CEO



**Jo
Collin**
Finance Manager



**Laura
Cooper**
Asylum & Refugee
Coordinator

A Note of Thanks

We also wanted to say thank you to all members of our team and Trustees no longer with us who have contributed to the development of the organisation and the communities we work with. Wishing you all well.



Tina Borgia

Tina began as a volunteer from Day 1 in 2017 to become Creative Manager. Passionate about dance and creative arts, she was instrumental in delivering projects and engaging with diaspora women. Not only her but the Borgia family have been at the heart of Multicultural Cumbria. Thank you.



Sonia Jagota

Sonia started as a volunteer in 2020 to become admin assistant and later Digital Support Officer. In the time she was here, her love of storytelling and connecting to diasporas was integral to her desire to make change happen. Thank you.

Statement of Financial Activities

MULTICULTURAL CUMBRIA

Statement of Financial Activities

For Year Ended 31 October 2022

	Total Funds
Income	
Grants	£156,631
Donations	£ 645
Other income	£ 2,066
Total Income	£159,342
Expenditure	
Expenditure on charitable activities	£158,781
Total Expenditure	£158,781
Net Income and Net Movement in Funds	£ 561
Total Funds Brought Forward	£ 67,655
Total Funds Carried Forward to 2022/23	£ 68,216

The Statement of Financial Activities includes all gains and losses recognised in the year.

WHAT'S AHEAD



Multicultural Cultural and Community Events

- Delivering Culture Bazaar in Carlisle & Workington
- Supporting communities to celebrate festivals such as Eid and Holi



Health & Well-being

- Getting diasporas outdoors to explore our beautiful county
- Volunteering with other organisations to connect to nature and make new friends
- An inclusive multicultural choir



Education & Employability



- Facilitate short, basic courses in Maths, English and IT
- Provide Employability courses to assist diasporas in applying for jobs
- Introduce a range of IT & practical courses to fill missing gaps



Socials & Fundraisers

- Working in collaboration with local organisations and diasporas to create social integration through small local activities
- To engage businesses in the fun in fundraisers



Registered charity name
Multicultural Cumbria CIO

Charity registration number
1176060

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University Of Cumbria
Room 003, Homeacres
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2021 - 2022