

HEMMAH GB Annual Report

People Supported: Around 60 **Funds Used:** £120 in voluntary contributions met by trustees

Achievements:

- Promoted literacy and multi-faith harmony.
- Positively impacted users' mental health through socialization and exercise sessions via video.

Weekly Activities:

- Free Arabic alphabet and English conversation classes for both young adult and old, multi-ethnic users.
- Tea time chats with community members and on WhatsApp for those not ready to meet publicly, offering creative outlets with colors and paper.

User Feedback:

- Participants felt more relaxed, gained clarity, and felt heard and supported following tea sessions.

Pastoral Counseling Sessions:

- Provided specialized pastoral counseling sessions supporting individuals with dyslexia, ADHD, and learning motivation. Around 12 people received anxiety counseling, fostering an environment of understanding and encouragement. These sessions were instrumental in helping individuals mental health overall and improve their overall mental well-being.

Future Goals:

- Aim to impact 2000 people next year.
- Plan to hold a public event in partnership with local community groups at Broadgreen Street and Central Library, Swindon.

Strategic Initiatives:

- Promoting other causes targeting mental health, collaborating with Changing Suits community leaders.
- Promoted British Muslim activities such as badminton, art, intercultural dialogue, samosa making, and pancake day.

Upcoming Activities:

- Virtual cooking sessions for Easter 2025, focusing on healthy and safe recipes.

- Collaboration with a honey farm in Wiltshire for diabetic-friendly sugar alternatives and exploring a partnership with a maple syrup company in Wisconsin.
- Hosting educational sessions on the significance of Easter for multi-faith harmony.
- Introducing Jewish cultural cooking experiences, following successful hummus sessions in 2024.

Looking Forward:

- Inspire friendship and peace through diverse culinary and cultural activities.
- Planned sessions with scientists from Bath University and Oxford to discuss the scientific aspects of mental health and artwork.

Accounts summarised

120 income voluntary contributions by trustees

120 Expenditure

Items bought

Flour, sugar, milk, eggs.

Printing materials and signs

Colour, crafts, table.

Basic telecommunication bills and water.

(10-13 pound per month)