



Spoken Word



2018-2019 ANNUAL REPORT

MBS WELLBEING COMMUNITY

Local Places Connecting Local People



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DIRECTOR REPORT

2018 was a momentous year for the company filled with anticipation, excitement and challenges to achieve our goals.

The company started its operation in May 2018 combining parts of the Mobile service Friendship and Leisure, Fitness and Health, Creative and Learning with Cultural events. This approach was proven successful, as we continue promotion of the service.

During the financial year May 2018 to May 2019 ran several events with various components that benefited residents and community.

Focusing on:

- Strengthening social relationships and building community spirit
- Creating opportunities to transform lifestyle to achieve better outcomes in health.
- Continuing personal development through creativity and learning.
- Celebrating and valuing the diverse cultures that exist in Waltham Forest.

4/08/2018 Free event funded by Waltham Forest Council, Forest Community Ward Forum for residents of Forest Ward. An opportunity for neighbours and friends to meet, learn, share and celebrate the diversity of the borough. Encouraged to adopt self-care routines, to get moving and motivated with one-hour seated exercise, at least 20 people. Taster sessions, 15 minutes back and shoulder massage to relieve stress, 10 people. This was very popular, late arrivals were disappointed.

St John ambulance first aid and demos on Cardiopulmonary resuscitation (CPR), increased knowledge on how to assist in a emergency. Creative arts workshop maximising creativity for fun, personal development and maintain physical and mental ability (10 people).

Selection of Stalls to browse, sample and collect information adult training courses to grow skills and potential, six older people indicated interest in digital technology. Cocoa butter skin care products and ethnic wares, creative writing exercise and reading prescription books and mental health.

Evening Cultural Show, seven performances from renowned artistes and performers from Africa and the Caribbean using their craft to entertain and uplift the spirit of the audience, African drumming/dancing with audience participation, Caribbean folk songs, poetry, jazz and reggae with steel band playing in the interval. Refreshment and Cultural food during the day. Approximately 150 attended including two ward councillors.

5/12/2018 Senior Citizens had an enjoyable Christmas Lunch at local Indian restaurant with festive music, entertainment and raffle. Support from supermarket provided gifts for raffle (30 people attended).

18/5/2019 Two part event, creating a unique opportunity to increase greater awareness of African & Caribbean Culture in Waltham Forest the first London Borough of Culture 2019 year long celebrations. Part one 12-4pm free: well presented display of ethnic wares, adult learning training information, back and shoulder massage. Visual arts presentation local artist, Workshop for local African and Caribbean Creatives discussion and questionnaire on legacy after 2019 (17 creatives took part), Spoken word performances of original work by two young emerging poets.

Part two 7-10pm: a series of expressions of Afrikan and Caribbean Culture displaying the artistry of artistes and performers some live in the borough and work internationally. Performances Kora and Djembe drum, Caribbean folk songs, African storytelling, Caribbean exercise movement, roots and classical Reggae with Steel band playing during interval. The audience thoroughly enjoyed the evening, it was a resounding success. The expected return did not fully materialise.

We thank Waltham Forest London Borough of Culture 2019 for use of their hub One Hoe Street and support for workshop facilitator. Approximately 115 people attended.

How we work, during planning stages, speak directly with key collaborative partners to establish level of involvement. This ensures that we can deliver a comprehensive professional service that meet residents needs and expectations. In order to improve our service delivery we encourage residents to give written and/or verbal feedback at the end of events or activities, their comments has been very positive.

We did experience some challenges, this is due to the resources we have at our disposal, could not engage a professional photographer to document the events, hence some of the photographs are not of a good quality, this an important issue and need to be addressed.

A team of eight volunteers supported the event on 4th August, for the following event we had three (they coped exceptionally well) due to illness, hospital appointments and other circumstances.

The process of setting up online tickets on Eventbrite took a little time but easier to manage saving time and resources, not everyone was willing to use it. Drawbacks, 29 individuals booked free tickets there is no guarantee they will turn up and gives a inflated perspective. High percentage of older people were not familiar with online booking, we made alternative arrangements.

Joined the Waltham Forest Connecting Community Network for Leyton a useful medium to keep up to date with new strategies, funding and developing links with other organisations and groups working in the borough. There is potential for joint working collaborations.

Also attended the Over 50's Network meetings in Leyton, gave a short talk, ten residents indicated an interest in our activities collected contact details. This is a ongoing exercise and will be repeated in other areas.

Our efforts in the new financial year will focus on running a series of pilots promoting the mobile service in the four areas of the borough to increase customer base.

Director Norbert Edward left the company in December 2018, due to unforeseen circumstances but will support in another capacity. We thank him for his hard work, he was instrumental in engaging artistes and performers, raising funds from local businesses and individuals over the last 12 months.

We thank our Funder Waltham Forest Council, Collaborative partners, Volunteers, Artistes and Performers, Business and Individual Supporters, Stallholders and most importantly residents of Waltham Forest for making our first year a tremendous success.

I look forward to the continued development and growth of the company in the coming years.

Joan Elaine Nicholson
Director

ABOUT US

Background

Prior to the formation of the company, as community Volunteers we organised free events for the benefit of the community for a number of years, some through Leytonstone Festival 2015 and 2016. Joan Nicholson until redundancy in 2011 managed a user led disability charity in Waltham Forest, working with a number of stakeholders. Running successful projects, workshops, seminars and cultural events.

In the later part of 2017 started the process to set up a formal structure to continue to work with local residents and the community in a more constructive way.

MBS WELLBEING was set up in May 2018 as a Community Interest Company this means that any income generated from our activities is reinvested in the company for the benefit of local residents and the community.

Our Aim

Our aim is to provide services and activities that support local residents over the age of forty and their communities across Waltham Forest and surrounding areas to lead happier healthier lives.

- Connecting friends and neighbours to increase the important social aspects of community life and building on community spirit through sharing, learning and celebrating cultural heritage.
- Transforming lifestyles to protect and prolong future health in later life.
- Ensuring older residents have opportunities to meet regularly and participate in different activities to eliminate loneliness and social isolation.
- Creating opportunities for continued active involvement, productivity and personal development.

Who We Support

We support local residents 40plus, older people and their communities in Waltham Forest and surrounding areas.

Mission Statement:

Local Places Connecting Local People

WHAT WE OFFER

Mobile Service for Forty Plus

The Mobile Service will visit local places presenting a range of active lifestyle options, Friendship and Leisure, Fitness and Health, Creative and Learning with free support and information to access local and national services. Supporting individuals to manage different aspects of personal life in accessible, relaxing and informal environments.

Offering practical and therapeutic ways to achieve lifestyle balance. Putting residents forty plus in control of decisions to get moving and motivated, focus on personal health. Connect with people in the community, join in creative and learning activities to keep mentally active. Share cultural heritage and enjoyment of life. To use the service, free registration is required. For more information or to register contact Joan on 07436 583 288.



FRIENDSHIP AND LEISURE

Regular events in local areas that bring neighbours and friends together for relaxation, conversation and entertainment. Themed and Cultural events with live Guest performers or activity to suit each cultural group.

FITNESS AND HEALTH

Armchair Exercise

All around body toning to improve movement, balance and strength. Ideal for older people, wheelchair users and those wishing to improve fitness with qualified Trainer.

Health @ Forty Plus

Informal workshops highlighting health risks for the over forty and how to avoid the onset of health conditions like diabetes, stroke, hypertension.

Self-Care Management

Support for Older people coping with single or multiple health conditions to live well in later life. Develop daily practical self-care routines to reduce risks of hospital visits. Group sessions, e.g. medication, diet, guidance from health professionals.

CREATIVE AND LEARNING

Creative Elders

Explore different Arts and Crafts techniques, develop new skills, start a hobby to keep mentally active and alert. Have fun, make friends to alleviate loneliness and isolation. For older people and others, volunteers welcome.

Learning Xchange

A place for residents looking for employment or retired to explore possibilities and opportunities for personal and working life development to rebuild confidence and self esteem. Speakers invited periodically from Training providers.

FREE SUPPORT AND INFORMATION

Free support for registered users of one or more of our Active Lifestyle Options to access London wide and National services. We offer one to one sessions to identify needs, practical advice and information, signposting or referral for in-depth advice and information. Group sessions with invited speakers London based or national organisations periodically.

OTHER ACTIVITIES

Cultural Events And Project Based Activities-Organise cultural and fundraising events to benefit individuals and the community. Community led projects and workshops when possible.

Design Service-we offer affordable personalised product design for individuals and businesses on a small budget. To celebrate or send special greetings and promotional materials for businesses. Working to a brief call for an appointment.

ACTIVITIES 2018-2019

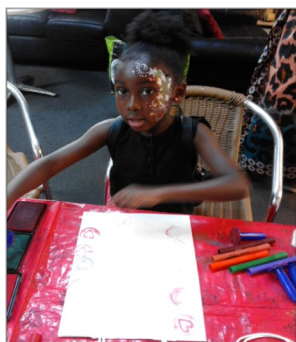
Community Health & Cultural Event

The free event for residents of Forest Ward was held on Saturday 4 August 2018 at The Cornerstone, 149 Canterbury Road, Leyton E10 6EH, from 3.30pm-10pm, funded by Forest Community Ward Forum.

Afternoon Activities

We fully utilised the venue's capacity, attendees were able to explore seated exercise to keep fit and fun creative activities, browsed a selection of stalls with cultural entertainment in the evening.

In the Foyer Welcome desk volunteers, registration and information also registered individuals interested in free learning course Digital Technology for older learners' total of six. A well-presented Creative arts workshop decorating paper gift bags with African Adinkra symbols and translations or Masks with coloured jewels and Face painting.



Stallholders in the Lounge were Waltham Forest Adult Learning Service leaflets on training courses including back and shoulder massage, this was a tremendous success over 10 people participated late arrivals were disappointed. Harrow Green Community library range of self-help prescription books and writing exercises mostly conversation with new and old friends. Waltham Forest Crest, mental health information. R Consultancy had samples to try of natural Cocoa butter skin care products which aims to improve skin texture, elasticity and display of ethnic clothes.



Main Hall, one hour seated exercise with fitness instructor Walter Browne, a range of techniques to improve fitness for all around body toning at least 20 people took part. St John's Ambulance provided first aid, information and demonstrations on CPR. Councillors Gerry Lyons and Shabana Dhedhi dropped in during the afternoon one took part in the exercise session. Light refreshment and Caribbean food were available. Approximately 40 attended.

Evening Activities Cultural Show



The Cultural show was very successful attracting a larger audience. We were able to deliver the full programme of seven performances by renowned artistes and performers from Africa and the Caribbean using their craft to entertain and uplift the spirit of the audience.

The show opened with an impressive display of African drumming and dancing by Mbilla Arts C.I.C demonstrating the energy, colour and style of African culture, at least five people took part in audience participation session. Jane Grell poet, sang popular folk songs from the Caribbean handed down through the generations. Priscilla Joseph recited some of her original Poetry one dedicated to her Mother's Windrush experience.

Patsy Lee, delightful sound of Jazz singing, Yvonne Curtis reggae artiste had the audience singing and dancing to some of her popular songs. Whittington Steel band played in the interval whilst everyone

was eating the atmosphere was buzzing and lively. Closing the show was Caribbean recording artiste Deloris Francis who gave an excellent performance of her songs followed by raffle and thank you from the organisers.

The event involved a number of organisations, volunteers and individuals working collaborative to make the event a success. Signed registration forms 68, overall approximately 150 attended on the day. Comment: beautiful evening well organised look forward to next year.



Mbilla Arts C.I.C
African Dancing



Seneke Sillah
African Drumming



Yvonne Curtis
Reggae Artiste



Deloris Francis
Caribbean Singer

Senior Citizen Christmas Lunch

A group of thirty Senior citizens had an enjoyable Christmas Lunch at the Star of India Restaurant in Leytonstone on the 5 December 2018 with festive music and entertained by Caribbean singer Deloris Francis plus raffle. Support from Tesco supermarket in Leytonstone provided gifts for raffle. Donated cupcakes were distributed to each person at the end of the lunch.

Afrikan & Caribbean Cultural Expressions

A Series of Performances and more...

The concept for the Afrikan & Caribbean Cultural Expressions came out of a Information meeting held on the 3 December 2018 by Waltham Forest London Borough of Culture 2019 at their hub One Hoe Street. Established that they were committed to working with local Organisations and Creatives to fully utilise the space at One Hoe Street to host a variety of performances, exhibit artwork, film screenings amongst other activities. It was an unique opportunity to get involved during the year long celebrations.

Through this connection we developed the structure and content for a two part event with our collaborative partners to preserve the heritage of Caribbean people from the Windrush generation who migrated to England in 1948 onwards at the request of the Mother country.

Acknowledging the influence of Caribbean Culture in the community and society both creative and performing arts, art, poetry, folksongs, steelpan, and the positive influence of reggae music, that sustained the existence of Caribbean people away from the islands. In a wider context to create greater awareness and appreciation of African Heritage.

The two-part event was held on Saturday 18 May 2019, from 12-10pm at One Hoe Street, E17 5SD. Tickets were available through links at Waltham Forest London Borough of Culture 2019 and Eventbrite websites but this was a problem for some of the older people who didn't have or couldn't use digital technology, alternative arrangements were made to make sure they were included.

Afrikan & Caribbean Cultural Expressions Part One free from 12-4pm

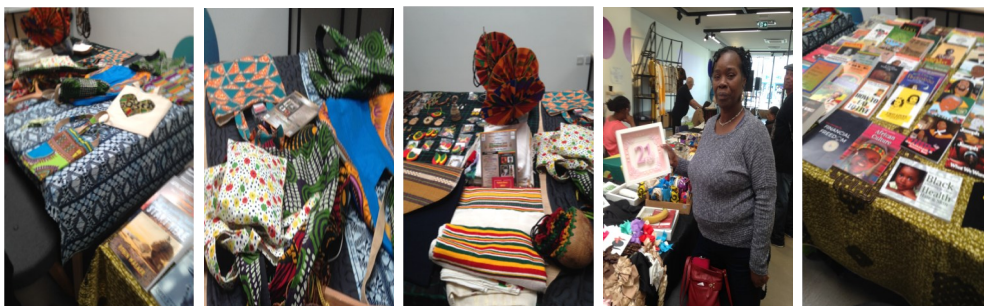
The event was free with light refreshment, local residents and others dropped in to explore the well developed aspects of African & Caribbean culture. Programme of activities consisted of a range of Ethnic Stalls displaying the work of artists, designers, educators for sale: ethnic wares, clothes, poetry, black history and educational books for adults and children, handmade 2d and 3d art designs. Waltham Forest Adult Learning Service leaflets on training courses including back and shoulder massage, demonstrating the benefits of alternative therapy to manage every day stress.

From 1.45-3.30pm attendees took part in viewing a very interesting and informative Visual arts presentation 'Rooted' created by local visual artist and animator Victor Opeyokun that included animations, artwork, designs developed for businesses and documentaries, which was well received.

Jo Sealy from "We Are Here" photography project gave a short talk about recording the history of African and Caribbean experience living in Waltham Forest from the 40's-70's also assisted the company to set up a temporary website and promotion for the two part event.

Followed by 1 hour Workshop "Have Your Say" for local African and Caribbean Creatives facilitated by Beverley Davis from Black Women in the Arts. To document their experience and involvement in Waltham Forest London Borough of Culture 2019 and creating a lasting legacy for the future. Seventeen creatives took part and completed questionnaires. Due to time and resources there is a delay in compiling data collected from the questionnaires.

The afternoon was closed with Spoken Word, two excellent performances of original work by emerging young Poets, Sharnika Power and Tanaka. Comment: a very enjoyable event.





ROOTED Visual arts presentation

Victor Opeyokun
Artist, Illustrator and Animator

Drew Sinclair
Fine Artist, Illustrator, Graphic Designer, and
Animator



WORKSHOP “Have Your Say” Afrikan & Caribbean Creatives




Spoken Word

Sharnika Power
TANAKA



Afrikan & Caribbean Cultural Expressions Part Two 7-10pm



CULTURE

Afrikan & Caribbean



A series of expressions displaying the different aspects of African & Caribbean performing arts. Highlighting the talented artistes and performers who live in Waltham Forest with a global impact. Who use their craft to inspire, entertain and most importantly preserve their African & Caribbean heritage.

Acknowledging the original spiritual consciousness of Reggae its music and lyrics that many young people from the 70's onwards could identify with. Protecting African oral traditions and music ensuring this is passed onto the next and future generations.

The evening of cultural entertainment opened with Moussa Dembele on Kora and Seneke Sillah Djembe drum welcoming the audience as they arrived and performed a second set. It was a beautiful sound, for many it was the first time they had listened too the West African Harp. Jane Grell poet, musician sang folk songs in Caribbean dialect everyone joined in. Griot Chinyere African storytelling she had the audience chanting Afrikan call and response, Sheba Montserrat, exercise movement, Ras Joseph, roots reggae for the finale we had the outstanding Joy Mack international recording/performing reggae artiste singing in acapella for her entire performance because of an error with her backing track. It was the special highlight of the evening, the audience was captivated by her performance.

In the interval the audience had Jerk chicken or Vegan meal prepared by Gary Tomlin Jerk and Juice Restaurant in Leytonstone with Whittington steel band playing in the background. Must not forget our MC: Ray Wood and The Sound Mechanic who coordinated the artistes, performers and music they did a fantastic job.

The audience was very appreciative and thoroughly enjoyed the evening. The expected return did not fully materialise but overall the two-part event was a resounding success, approximately 115 attended. Comment: more events like this please.





CULTURE

We believe that Culture is the spirit of our Community; it encourages stronger integrated local communities, transforms relationships and bond between people. Build on community spirit and sense of belonging through sharing, learning and celebrating the vibrant and diverse cultures in Waltham Forest and a lasting legacy for its people.



TRIBUTE TO JOY MACK



Joy Mack R.I.P

It was sad to hear of the passing of Joy Mack in September 2019. She was an exceptional talented Recording Reggae Artiste and Actor with a global impact. Lived in Walthamstow Village for many years. We were delighted to have Joy headline the Afrikan and Caribbean Cultural Expressions Part Two on the 18 May 2019 at One Hoe Street as one of our Local Creative Stars. The audience experienced a rare treat, her entire performance

was in acapella, due to an error with her backing track. It was a wonderful performance. Joy had a gentle manner and was always willing to help her Community. She had a strong belief in her Spirituality and Cultural heritage, we will always remember her for her kindness and love. Our thoughts and prayers go to her family who are learning to cope with bereavement.



FUNDERS

Forest Community Ward Forum
Waltham Forest London Borough of Culture 2019



Collaborative Partners

Waltham Forest Adult Learning Service (WFALS), Harrow Green Community Library
Jacqueline McFarlane Artist/Illustrator, Sharon Foster Artist/Illustrator (Alicia Dean Artworks),
Walter Browne Fitness Trainer



Business Supporters

Tesco Superstore Leyton, Tesco Superstore Leytonstone, S S Builders Merchants Ltd,
The Dispensary, Hansib Publications, Star Of India Restaurant, A Hipp Service,
Maryland Car Repairs, Mulberry Day Nursery, MP's Home-Style Caribbean Takeaway
R Consultancy, Jerk & Juice Caribbean Takeaway, West Indies Direct, Grace Foods UK



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