



MCON have had a busy and successful 2015, and are looking forward to the challenges and opportunities that will present themselves in 2016.

IN 2015, MCON members at their Annual General Meeting decided to open their membership to non-Muslims, and dialogue is now taking place with the Charity Commission to enable this change to take place.

MCON's have in 2015 made changes to their Honorary Officers, following the decision made by Zahoor Mir and Mohammed Akram to stand down as Chair and Treasurers respectfully. Zahoor and Akram continued as Board Members. Due to other commitments Akram now has resigned from the Board.

Board Members and staff would like to thank both of them for their contributions to the development of MCON as a community Organisation.

**MCON's new honorary officers are:**

Yasser Farook - Chair  
 Riasat Ali - Vice Chair  
 Iram Nazir - Secretary  
 Rabia Raza - Assistant Secretary  
 Liaqat Ali - Treasurer

Honorary Officers can be contacted through the MCO Centre by email on: [info@mcon.org.uk](mailto:info@mcon.org.uk)

MCO's Annual General Meeting will take place on Monday 25th July 2016. Members will receive an invitation by early July.

Services for Children and Young People have been developed during 2015 and future plans are in place to provide activities up to 24 years of age in 2016.

**MCON Children and Young People's staff Team is:**

Mohammed Bashir - Youth Development Worker  
 Evadney Jalloh - Deputy Leader In Charge  
 Idris Cummins - Deputy Leader in Charge  
 Kiran Jangir - Youth Worker

Loneliness and isolation is a major challenge faced by older people. MCON working in partnership with Age UK, launched a Visiting Service for socially isolated older people living in The Dales Ward. In 2016 it is envisaged that further services will be developed for older people at the MCO Centre.

2015 saw a successful women's interfaith pampering sessions project. From this project, MCON have set up two new groups with activities for women.

On Monday between 10am - 12pm there is a mothers and toddlers group which provides opportunities for mothers to meet up and for their children to play, grow and learn in a fun, safe and creative environment.

On Tuesday between 9.30am - 11.30am there is a Women's Coffee Morning. During the coffee morning, women will be able to take part in other activities e.g. My Memories of Sneinton, Reading Buddy Scheme and between 12th July 13th - September Cardio Tennis (10.30am - 11.30am) for Mums and Daughters (aged 12+).

Arts and Heritage 2015 saw the successful delivery of three pilot holiday projects which are part of MCON's Muslim Heritage Education Programme (MHEP).

As a non-religious and non-political initiative, MHEP uses the arts and creativity as a vehicle to raise awareness of the achievements during the Islamic Golden Age with a view of empowering individuals and communities to create a positive change through their contribution to society. The project's long term goal is to establish an Islamic garden and an interactive educational visitor centre

MCON are to apply for funding to further develop the Education Programme and deliver a range of projects and workshops at the MCO Centre and in other community facilities and schools.

## SHARING FOOD WITH HOMELESS FAMILIES AND FRIENDS

MCON in December 2015 held the Sharing Food with Homeless families and Friends Event.

This event aimed to bring about friendship with our neighbours and reflected our belief that activities should be provided for the whole community at either free or at affordable prices. 150 portions of hot cooked meals were delivered to two hostels in the area. The event was supported by the local Ward Councillors.



## ST ANNS SNEINTON FOOD STORE

You can now donate food items for the St Anns Sneinton Food Store at MCO Centre Jinnah Building, Beaumont Street, Nottingham NG2 4PJ

St Anns Advice Group & other community agencies/volunteers are setting up a food store to distribute food parcels for people in need within St Anns & Sneinton area.

We have directly witnessed a huge increase in the amount of people that come to us that have no food or funds. They are either experiencing a crisis &/or have no means of support in place. These include families with young children, pensioners, disabled persons as well as those who are homeless or in a period of transition in their life.

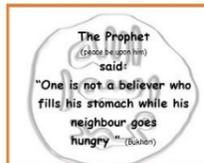
We are asking for food donations to be made on a regular basis to help support this venture.

### DONATIONS URGENTLY NEEDED OF NON PERISHABLES

#### Suggestions/Examples of Non Perishable Items

Rice	Long Life Milk
Pasta	Sugar
Couscous	Tea Bags
Flour	Cereals
Lentils	Salt/Pepper
Baked Beans	Packet Soups
Tinned Foods	Packet Noodles
Chick Peas	Cooking Oil
Kidney Beans	Sauce/Spices
Shampoo	Soap
Toilet Rolls	Fabric Softener

Please donations generously



Female Hygiene Products  
Washing Up Liquid  
Washing Powder

Donations can be delivered at MCO Centre Mon to Thurs. between 9am to 2pm for more information call: 0115 9417865 or email: info@mcon.org.uk

## UNIVERSAL CREDITS

Universal Credit is a means tested benefit for people of working age.

It is intended to be simpler than the current system of benefits and Tax Credits as it is not specifically an 'in work' or 'out of work' benefit it is one benefit for people whatever their employment status.

It should ease the transition into and out of work as people won't need to transfer to a different benefit as their situation changes.

Universal Credit will replace the following benefits:

INCOME SUPPORT

INCOME BASED JOBSEEKERS ALLOWANCE

INCOME RELATED EMPLOYMENT SUPPORT ALLOWANCE

HOUSING BENEFIT

TAX CREDITS

For more information on Universal Credits can be obtained from: <https://www.gov.uk/universal>

In order to qualify for Universal Credit you must:

- Be 18 or over
- Be under Pension Credit age
- Be in Great Britain
- Not be in education
- Have accepted a claimant commitment

Because of the number of people affected by Universal Credit the Government has decided to phase in the introduction between 2013 and 2017, with some groups expected to take longer than this. When you claim Universal Credit will depend on where you live and whether you are making a new claim or you are being transferred from a benefit that is being replaced.

The government has announced that roll out of Universal Credit for Nottingham will begin from 15 February 2016 for single claimants only and those covered by the Parliament Street and Bulwell Job Centres.

## **VICTIM SUPPORT**

**Victim Support** is a charity that provides free, independent and confidential support for anyone affected by crime. Support is available to all residents of Nottingham and Nottinghamshire, even if their stay is not permanent.

Victim Support offers a variety of services for victims of all crimes, anti-social behaviour and hate incidents.

This can range from listening to their worries and anxieties, linking victims with other agencies or services, to practical solutions like providing personal alarms and other security items or assisting with Criminal Injuries Compensation forms.

Support is tailored to individual needs, taking into account victim's cultural or religious background, age, language and communication barriers, disabilities, vulnerabilities etc.

The aim is to provide victim centred support to empower victims and survivors to cope and recover from crime and anti-social behaviour; help prevent

repeat victimisation and to protect victims from further harm. Victim Support works in partnership with the Office of the Nottinghamshire Police Crime Commissioner. Victim Support receives referrals from Police, Action Fraud and other agencies and organisations and any victim can self-refer.

**Accessing support is easy** and open to any victim, even if the person affected does not wish to report the incident to police. Just call or email **Nottinghamshire Integrated Victim Support Services** on:

**0300 303 1967**

Monday to Friday 9am to 7pm

Saturday 10am to 1pm

For Text Relay service add 18001 before the phone no.



Email: [Notts.vcu@victimsupport.org.uk](mailto:Notts.vcu@victimsupport.org.uk)

Website: [www.victimsupport.org.uk](http://www.victimsupport.org.uk)

Twitter: [www.twitter.com/vsnotts](http://www.twitter.com/vsnotts)

## **The Young Witness Service**

**The Young Witness Service**, run by Victim Support's You&Co in Nottingham and Nottinghamshire has won the Queen's Award for Voluntary Service.

The service supports and prepares children and young people aged 5 to 17 who have to give evidence in Nottinghamshire courts. Service also supports young adults with learning difficulties up to age of 21.

These young witnesses have often experienced very traumatic events and often need help to enable them to give the best evidence they can. This support is free and confidential.

Service provides explanation about court processes that is age appropriate, court visit before the trial so the young person can get familiar with the settings and is design to ensure

that witness has the right information and support before, during and after the trial.

**Accessing support is easy** and open to anyone involved with the young witness as well as the victim/witness directly. Just call or email **The Young Witness Service** on:

**0115 985 9312**

Monday to Friday during court opening hours

Email: [ywnotts@victimsupport.org.uk](mailto:ywnotts@victimsupport.org.uk)

Website: [www.youandco.org.uk](http://www.youandco.org.uk)



**MCO MUM & TOTS**

Every Monday from  
10am-12pm  
**£1 per family**



Singalong, storytelling, art & craft & refreshments. See you there!

Join other mums and their tots under 5 years for fun, learning and play in a safe and friendly environment.

For more information, please contact: Alison on: 0115 9417865 or 0740041401 email: [alison.vaughan@mcon.org.uk](mailto:alison.vaughan@mcon.org.uk)

**Women's  
Coffee Morning** 

Every Tuesday 10.00am-12.00am

Following on from the very successful pamper sessions at MCO Centre, we would like to keep the momentum going by inviting you to our women's coffee mornings every Tuesday.

We welcome women from all backgrounds to come together to share understanding and friendships and find amazing ways to build a better community. We look forward to seeing you on Tuesdays.

For more information, please contact: Alison on: 0115 9417865 or 0740041401 email: [alison.vaughan@mcon.org.uk](mailto:alison.vaughan@mcon.org.uk)

**TUESDAYS 5:30-7:30 PM**

**GIRLS GROUP**

FOOTBALL

DO YOU LIKE:  
**5-17 GAMES**

Gardening

COOKING

At MCO Beaumont street Sneinton NG2 4PJ TELEPHONE:0115 941 7865

### MCO Room Hire

We would like to remind our readers that MCO Centre as well as offering activities also offers rooms for hire. We have an excellent sports hall as well as a large room with kitchen facilities. Suitable for all functions and also all facilities offer disabled access.

The Centre also offers free car parking facilities to its users. We offer special rates to organisations who affiliate to us. For more information on rates of hire or to make a booking please contact us at MCO Centre.

To find out more about MCON or any of these activities please contact us:

By phone: (0115) 9417865 or email: [info@mcon.org.uk](mailto:info@mcon.org.uk) - [www.mcon.org.uk](http://www.mcon.org.uk)

Visit us: MCO Centre, Jinnah Building, Beaumont Street, Sneinton, Nottingham, NG2 4PJ  
(We are near the Sneinton Health Centre and formerly known as Project Pehchan)

 Sneinton Nottingham Mco