

Muslim Community Organisation

Empowering The Local Community For A Brighter Future



Staff and Board members at MCO would like to wish you all a very peaceful, happy and prosperous 2013.



Education/Skills Gap Research Project

As an organisation MCO has ambitions to develop and deliver services that truly reflect the needs of the local community in the Dales Ward of Nottingham.

To take this forward MCO are applying for funding to undertake a detailed research project to identify specific education/skills gaps in The Dales Ward, which are preventing people effectively participating in the local

labour market.

This ambitious project will include a range of partners including; Business School and Economic Research Team, Trent University Social Research Team at Trent University, The Renewal Trust, Central College and the local primary schools.

The Research project aims to produce a set of options which will

provide people who live in the Dales with the opportunity to overcome their education/skills gaps through further education and to be able to more effectively participate in the labour market.

As with all of our projects, MCO are very keen to involve the local community.

We are particularly interested in hearing from people who would

like to volunteer and help with the research which will include face-to-face questionnaires and structured group interviews.

MCO will organise professional training in the above research methods. To find out more about this please contact: Nadeem Haider at 0115 9417865 or n.haidermco1@aol.com

Area-based Grant Aid

Nottingham City Council is changing the way in which it provides grant aid to voluntary and community organisations such as the MCO.

In the past, MCO has received funding for services to the wider community including some centre costs and for services for young people.

This funding has been through the city-wide

Voluntary Sector Investment Programme.

In the future, Nottingham City Council plan to invest in Nottingham's communities through Area Based Grant Aid. Voluntary and community organisations in each area will work together in local partnerships to deliver services. In each area there will be a lead organisation.

MCO will be a service provider within the East Area Partnership.

The time-table for the introduction of these changes is as follows. Area-based funding for Children and Young People will begin from 1st July 2013, and subject to a further review of funding to Communities of Identity, funding for the wider community activity will commence from 1st April 2014.

MCO are currently working on their programmes for the first year of funding through the Area-based grant aid arrangements, and information will be provided in future newsletters on activities that are available for Children and Young People between 8-17 years of age.

حضرت عبداللہ بن عباس ؓ سے روایت ہے کہ رسول اللہ ﷺ نے فرمایا: ”تندرستی اور فارغ البالی دوا میسی نعمتیں

ہیں جن کی لوگ قدر نہیں کرتے بلکہ اکثر نقصان اٹھاتے ہیں۔“ (Narrated Ibn 'Abbas (Radi Allah Anhu): The Prophet (pbuh) said, "There are two blessings which many people lose: (They are) Health and free time for doing good."

Men's Keep Fit & Healthy Sessions

MCO recently undertook a health & wellbeing survey involving Taxi Drivers and Restaurant Workers in Nottingham; the results indicate a need for provision of empowering culturally sensitive activities to improve health and reduce the risk of developing heart disease or diabetes amongst the local community, particularly but not exclusively, taxi drivers and restaurant workers in Nottingham.

Healthy living is part and parcel of Islam, for Muslims health should

be seen as one of the greatest blessings that God has bestowed on mankind. So every Muslim should do all they can to safeguard this blessing by taking good care of our health.

Coronary heart disease (CHD) is the UK's single biggest killer. "South Asians are 50% more likely to die prematurely from coronary heart disease than the general population." (heart Disease and South Asians –NHS 2004)

To address this very serious issue MCO are in the process of applying for funding to deliver

men only keep Fit & Healthy Sessions at our Beaumont Street Centre.

The overall aim of the sessions are to improve health and reduce the risk of developing heart disease or diabetes amongst the local community, particularly but not exclusively, taxi drivers and restaurant workers in Nottingham.

Each session will be an hour long and run twice weekly on Monday and Tuesday afternoon. The core of the sessions will be a focus on increasing

levels of physical activity, however, special visits and presentations by health professionals will be programmed in to inform the participants on issues around CHD, healthy eating and positive mental health and wellbeing.

We hope to start the sessions in May 2013, places will be limited so please contact MCO on **0115 9417865** or **n.haidermco1@aol.com** as soon as possible to book your place,

Community Organising

Community Organising in Sneinton

by Tom Hughes, Sneinton Alchemy Community Interest Company

Community Organising is a way of helping people play an active role in their communities, doing projects that improve their area, streets and lives.

Organising works by listening to people's concerns, hopes, and ideas, and it has a proven track record in improving neighbourhoods and empowering people. Along the way it builds strong

connections between neighbours and local groups.

About a year ago, Sneinton Alchemy applied to become a "Host" for the Community Organisers Programme. We now have team of 5 trainee Organisers who study the techniques involved and use that learning in Sneinton. They have already held in-depth 'listenings' with hundreds of local residents, and they will go on to listen to hundreds more.

Common themes are

emerging, with concerns around our dirty streets, anti-social behaviour and crime. However, many people love Sneinton for the diversity and community spirit, closeness to the city centre and range of shops and facilities. Project ideas are also being developed to tackle the problems, building on what people love about Sneinton and the strengths of local people.

The group of Sneinton Volunteer Community Organisers has also started to grow. These volunteers can spread the

listening process even wider through the community, sometimes through holding house meetings of their neighbours and friends.

This whole process is aimed at encouraging Sneinton to come together, work through the challenges we face and get positive change happening.

To find out more, please visit the Sneinton Alchemy website: www.sneintonalchemy.com and follow the Community Organiser links.

Important Changes to Housing Benefit from April

Housing Benefit Under Occupancy

From April 2013 Housing Benefit will be reduced for people living in Local Authority or Housing Association homes if they have one or more spare bedrooms.

Bedroom allocation:

Claimants will be allowed as part of their claim, one bedroom for:

- Each adult couple
- Each person aged 16 or over
- Two children of the same sex under 16
- Two children under the age of 10 regardless of their sex
- Any other child
- A carer (who does not normally live with you) if you or your partner need overnight care
- Severely disabled children may be entitled to their own bedroom if they cannot share with another child.

Reduction in Housing Benefit for spare bedrooms

- For One spare bedroom Housing Benefit will be reduced by 14% of the total rent paid each week.
- For Two or more spare bedrooms Housing benefit will be reduced by 25% of the total rent paid each week.

Eligible rent				
Per week	£75	£100	£125	£150
Amount lost with 1 spare bedroom (14%)				
Per week	£10.50	£14	£17.50	£21
Per month	£45.50	£60.67	£75.83	£91
Per year	£546	£728	£910	£1092
Amount lost with 2 or more spare bedrooms (25%)				
Per week	£18.75	£25	£31.25	£37.50
Per month	£81.25	£108.33	£135.42	£162.50
Per year	£975	£1,300	£1,625	£1,950

Not everyone will be affected

The new rules do not apply if the claimant *or* their partner is of Pension Credit age; which will be 61 when the new rules take effect April 2013. However, from October 2013 when Universal Credit is introduced, if either member of the couple is under the qualifying age for Pension Credit, and they are not receiving Pension Credit, then the couple will be treated as of working age and will be subject to the under-occupancy rules.

For further information on any of the above or if you need advice, help and representation with Benefits/ Tax Credits and Debt Matters then please contact Nottingham City Council's Welfare Rights Service who provide free, Confidential and Impartial Advocacy & Advise with the aim of improving the income and living standards of the people of Nottingham. **You can access the service by:**

Tel: 0115 915 1355 from 8.30am—4.50pm,
Monday to Friday to help you resolve your query or to arrange an appointment visit:
www.mynottingham.gov.uk/welfare-rights Email: welfare-rights@nottinghamcity.gov.uk

This information is produced as a result of the ongoing partnership between MCO and the Welfare Rights Team at Nottingham City Council who will be updating and informing you about the major changes to Welfare Benefits including Housing Benefit, Council Tax Benefit and other Social Security Benefits. In the next newsletter we will publish new Council Tax Support Scheme to replace Council Tax Benefit.

ESOL Classes

MCO in partnership with Central College Nottingham, will shortly be running ESOL classes (English For Speakers Of Other Languages) at MCO Centre.

Places will be limited, so please register your interest as soon as possible, please contact us at

Tel: 0115 9417865

MCO Play scheme 2013

For children aged 5-11 years old.
Monday 18 and Tuesday 19 February 2013
10am to 2.30pm
£2 per child per day

There will be arts and crafts activities as well as multi sports activities coached by former Nottingham Forest player Craig Armstrong.

For more information Tel: 0115 9417865

MCON AGM — SUNDAY 24 March 2013

MCO is a member organisation who attempt to provide an opportunity for its members to engage in decision making and make a positive contribution towards the development of the community and improvement of the local environment. Each year MCO hold an Annual General Meeting at which the Board presents a report on the organisation's work during the year, and the organisation's accounts for approval by members.

This year's Annual General Meeting will take place at the Beaumont Street MCO Centre, commencing at 3.00 pm, on Sunday 24 March 2013. This year marks the tenth anniversary of MCO, and following the Annual General Meeting there will be a presentation of MCO's work over this ten year period. The Annual General Meeting and Anniversary Celebration should be completed by around 5.00 pm. All members of MCO are invited to attend the AGM and Celebration of MCO's work.

We are looking forward to seeing you. Please RSVP on 0115 9417865

MCO Women Only Aerobics Classes starting soon in Dunkirk!

All women will be welcome!

Starting from 26th February 2013, Muslim Community Organisation will be starting a women only aerobics class at Dunkirk and Old Lenton Community Association, Montpelier Road, Dunkirk, Nottingham, NG7 2JW.

These sessions will be from 9:30 - 10:30am every Tuesday during the school term time ending in early July 2013. All women will be welcome! To register please contact us at: 0115 9417865 .

Sneinton Youth Cricket Club Coaching Sessions

An action-packed programme of exclusive skills, drills and coaching by professional ECB Coaches. Are you aged 8-13 years and are interested in cricket?

We would love to welcome you onto our coaching sessions. The sessions are on every Thursday at MCO Centre from 6.45 to 8.30pm.

For further information please contact Yasser Farook on 07792205638.

MCO Room Hire

We would like to remind our readers that MCO Centre as well as offering activities also offer's 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 disable 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 MCO or any of these activities please contact us:

By phone: (0115) 9417865

Visit us: MCO Centre, Jinnah Building, Beaumont Street, Sneinton, Nottingham, NG2 4PJ