

Muslim Community Organisation

Empowering The Local Community For A Brighter Future



Skills Gaps Research in the local area.

During first weeks June 2013, MCO in partnership with local organisations and residents from the area will be undertaking a research to identify education, employment and training skills gaps in the Dales (Sneinton, Colwick and Bakerfield).

Through this research we aim to:

Help provide better services, delivered locally and targeted to be effective in improving lives.

Assist the local community in getting ahead in the jobs market, further education as well as self-employment.

The research will be in the form of Face to Face completion of questionnaire in public locations such as libraries, shopping areas and outside school gates (1st June to 15th June).

Further more, via Focus Group Sessions (1st July to 12th July), all local residents will also have the opportunity to provide more in depth feedback, perceptions, opinions, beliefs and attitudes at various settings including; Community Centres, Schools and Youth Centres.

All MCO members are welcome to volunteer with this project.

We are especially interested in hearing from people who:

Have the ability to talk to people in a confident way, listen effectively, carefully and with patience, write clearly and to record accurately what people say. We want to make sure that all communities are part of this research, so volunteers with skills and knowledge in different community languages will also be welcomed.

If you are interested in giving up some of your time to this valuable piece of work then please contact Nadeem on 0115 941 7865 or email on n.haidermco1@aol.com.

Sneinton Festival

This years Sneinton Festival will be going ahead as usual and the organising committee wants to involve the Muslim Community. Events start during the week beginning 8th July including a party on King Edwards Park, International Food Evening which will offer participants the chance to share a meal from an array of international food and a Gala Day.

The Main Day will be on Saturday 13th July on Tricketts Park

behind the Greenway Centre on Trent Lane in Sneinton. There will be a talent competition, a fashion show, lots of musical performances, games, a parade and a football match. There will also be music in the SEND tent, a prayer tent, food, information and craft stalls and children's activities.

We wish to invite the Muslim Community to attend and also, if anyone wishes, to have stalls or be volunteers. To book a stall

please contact Jacqui Haughton at Jacqueine.haughton@sky.com or call 0777375 7607.

To be a volunteer or to get involved with the festival contact the festival Chair, Anna Marshall at annafredamarshall@gmail.com. or contact Louise McKenna, Vice Chair at mizzrednotts@live.co.uk

MCO Women Only Aerobics - All women welcome!

MCO Women Aerobic Classes: All women are welcome to this session organised every Tuesday morning from 9:30am to 10:30am during school term time. This is an excellent opportunity for any woman who would like to shed a few pounds, get fit, make new friends and boost up her confidence while the kids are at school!

The classes are held at: Dunkirk and Old Lenton Community Association, The Old School, Montpelier Road, Dunkirk, Nottingham, NG7 2JW. To book your place please contact MCO on 0115 941 7865 or email; nagahimco1@aol.com

Men only Keep Fit Sessions - The sessions welcome ALL men.

Starting in June 2013 MCO will be running Circuit Training sessions for men only. The keep fit sessions will be one hour long and run twice weekly (days and times will be confirmed shortly).

A circuit class provide a means of enabling people to work at their own level and is a proven method to increase and improve fitness.

The sessions, particularly aimed at men who have not exercised before and will be delivered by a professionally trained fitness instructor here at the Sports Hall in MCO

Centre. All participants will be requested to make a £1 contribution towards the cost of these sessions. **Places will be limited, so please book your place NOW!**

The sessions aim to improve health & wellbeing 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, participants from the wider community are also encouraged to participate and benefit.

We are also keen to involve volunteers who are interested in possibly becoming professional trainers/fitness instructors; to work alongside the keep fit instructor and other health professionals.

As part of their involvement, where possible, the volunteers will be offered to undertake professional training in fitness instruction. To book a place or to find out more about the volunteering opportunity please contact Nadeem on 0115 941 7865 or email at: n.haidermco1@aol.com

Action for Blind People

"Would you like to help other people from your community to look after their eye health?"

Do you want to learn new skills and gain new knowledge on health? If yes then Action for Blind People's BME Volunteering Project may be of interest.

The project recruits,

trains people from Black and Minority Ethnic communities (BME) in eye care issues so that people with sight loss are able to access services and get the help they need to carry on living their lives despite having sight loss.

You do not need any previous experience of working with people who have sight loss.

We are interested in recruiting people who speak a community language, have an interest in health and helping others.

Training and ongoing support will be

provided and we reimburse travel expenses of our volunteers".

If you would like any further information, please contact Haleema Aslam on: 07909927459 or email at: haleema.aslam@actionforblindpeople.org.uk

Welfare Rights Update

Changes to Council Tax Benefit

From April 2013 Council Tax Benefit has been abolished and this has been replaced by the **Council Tax Support Scheme**. People of working age who were claiming Council Tax Benefit will see the amount they receive towards their Council Tax bill reduced. The reason this has happened is because the government have reduced the amount of money they give Councils to help citizens to pay their Council Tax.

The new Council Tax Support Scheme (CTSS)

In Nottingham all people of working age will now have to make a contribution towards Council Tax. Low income pensioners will see no change. The maximum limit on the amount of council tax support that can be paid is 91.5% so all working age households will have to pay at least 8.5% of their total Council Tax bill, this applies to those that have not had to pay anything before because they received 100% Council Tax Benefit. The Council Tax Support Scheme has some additional features:

It is still possible to request backdated claims in certain circumstances.

The minimum amount of CTS that can be awarded is 50p per week. For example: A couple in a Band A property and in receipt of Income Support will pay the minimum level which is approx.£1.75 per week under the 2013/14 CTSS. If you need any further information about this issue please contact the Welfare Rights Service, contact details below.

Disability Living Allowance

Disability Living Allowance (DLA) is changing, this is a benefit for people aged under 65 years and is claimed where they have a disability which severely affects their mobility and/or their ability to care for themselves. In April 2013 this benefit will start to be replaced by the **Personal Independence Payment (PIP)**, in Nottingham we will see this change from June 2013. At the moment there are **no** plans to replace Disability Living Allowance for children under 16 years or people aged 65 years or over and who are already in receipt of DLA.

Personal Independence Payment (PIP)

What are they ? PIP are based on an assessment of need they will focus on an individual's ability to carry out a range of key activities necessary to everyday life. Information will be gathered from the claimant, healthcare professionals and other professionals who work with and support the individual.

Personal Independence Payment assessments will involve an activity test and applicants will have to score a certain number of points in relation to certain activities for daily living and mobility.

People in receipt of DLA will not automatically be transferred to PIP. Between October 2013 and March 2016 the Government will write to claimants already getting DLA and invite them to make a claim for PIP. They will then be assessed using the new entitlement criteria. Please contact our service when you receive any notifications regarding PIP and we will provide you with information about the new criteria. The government plan to contact all DLA claimants, aged 16 to 65, by March 2016.

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 & Advice 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/welfarerights Email:welfarerights@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.

MCON AGM - TUESDAY 28 May 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, on

Tuesday 28 May 2013 at 6.30pm.
We are looking forward to seeing you. **Please RSVP on 0115 9417865**

Caudwell Children's Family Support Programme

Caudwell Children's Family Support Programme offers families with a disabled or seriously ill child (0-18) the support they need. The free service works around the needs of families, using skilled volunteers to help with practical necessities like applying for grants, finding local support groups and information about medical conditions.

The service will support families to gain access to:

- Therapy, Treatment, Support Groups & Equipment
- Help identifying grants and sources of funding
- Information relating to medical conditions
- Signposting to specialist sources of advice

For more information call Elle Dring
East Midlands Regional Co-ordinator Family Services
Mobile: 07812988285
<http://www.caudwellchildren.com>

MCO Play Scheme 2013

For children aged 5-11 years old.

28, 29 and 30 May 2013

10am to 2.30pm

£2 per child per day

There will be arts and crafts activities as well as multi sports.

For more information Tel: 0115 9417865

Girls United

All girls welcome aged between (9-13yrs)

Wednesday evenings from 3pm to 5pm

Cost per session 50p per session.

The sessions will include:

Dance - Sports - Arts - Karaoke - Cooking
Tables Tennis - Socialising

For more information call Mal/Kiran on
0115 9417865

Life Coaching - Exclusively for Women

Win 6 Life Coaching sessions for FREE!! (usually worth £270)

Would you like to:

improve your relationship, health or career? - Create a better work/life balance?
Feel less stressed? - Feel more confident? - Make an exciting new change in your life?
Fulfil a long-life burning ambition or goal?

To find out more about Life Coaching and your chance to win FREE coaching sessions contact Alison on 07794663005 or email; aliyavaughan@gmail.com

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 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
(We are near the Sneinton Health Centre and formerly known as Project Pehchan)