

ANNUAL REPORT 2004 - 2005



Life Plus

Charity registration: 1107845

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LIFE PLUS UK

Life Plus is a non-profit making and non-political charitable organisation set up to serve humanity and to promote human values; it is open to people of all walks of life regardless of race, creed and colour. It is intended to serve two main areas:

1. **UK**
2. **Bangladesh.**

It is relatively a new organization set up in the summer of 2003. Already progress has been made in various areas.

A Registered Charity

Life Plus is a Registered charity organisation with the Charity Commission of England and Wales registration number: **1107845**

Staff

Currently there are no paid staff, all volunteers working in their spare time. The charity is in the process of applying for funds from various benevolent funds and organizations supporting the Objects of the charity.

LIFE PLUS – THE HISTORY

It started when one of the founding member went to Bangladesh to do some charitable macro projects for the poor and deprived people back in 1998 on his 'gap year' from university. These macro projects were based on the savings, collection of university grants and student loans, part-time work and help from friends and family.

On return he realized that the people of this community in UK also faced a number of issues and challenges which meant that they were either under-performing and or facing discrimination in various areas sometimes due to lack of Language skills and at other lack of integration. It was with these in mind that a truly structured charity was formed

with the help of the local people of Longsight Manchester, this is the area which the charity will focus on.

BANGLADESHI POPULATION IN MANCHESTER – AN OVERVIEW

Low Income

People from minority ethnic groups were more likely than White people to live in low-income households in 2000/01. There was considerable variation among the different minority ethnic groups.

People of Bangladeshi background were much more likely than other groups to be living on low incomes. <http://www.statistics.gov.uk/cci/nugget.asp?id=269>

Minority ethnic groups have lower levels of household income than the White population. This pattern reflects considerable variation in the main sources of income.

Pakistani and Bangladeshi households were heavily reliant on social security benefits – which made up nearly a fifth (19 per cent) of their income. Benefits were also a considerable source of income for the Black group (15percent).

Pakistani and Bangladeshi households were the least likely to obtain income from earnings, reflecting their higher unemployment rates. Wages and salaries made up only around a third (36 per cent) of their total household income, whereas for other groups this proportion was around two-thirds.

Pakistani and Bangladeshi households were much more reliant on earnings from self-employment than other groups. Over a third of their total income came from this source compared with 13 per cent for Indians and around a tenth or less for other groups.

Pensions accounted for around 5 per cent of household income for each of the minority ethnic groups compared with 13 per cent for White people. This reflects the older age structure of the White population. <http://www.statistics.gov.uk/cci/nugget.asp?id=274>

Size of ethnic population

Total of 7.9% from a minority ethnic group from a total population of UK which is 58789194

The size of the minority ethnic population was 4.6 million in 2001 or 7.9 per cent of the total population of the United Kingdom.

Indians were the largest minority group, followed by Pakistanis, those of Mixed ethnic backgrounds, Black Caribbeans, Black Africans and Bangladeshis. The remaining minority ethnic groups each accounted for less than 0.5 per cent but together accounted for a further 1.4 per cent of the UK population.

Bangladeshi population in Manchester Local Authority:

0.009 (% of Bengali Population in Manchester) * 392819 (Total population of Manchester)
= **3535**

<http://neighbourhood.statistics.gov.uk/AreaProfileFrames.asp?TID=13&AREA=Manchester&AID=175529>

LIFE PLUS – THE MISSION:

The mission of Life Plus is to carry out the following OBJECTS:

- Education
- Youth, Family and OAP activities
- Social welfare and
- Health

1. Education

The advancement of education in particular but not by way of limitation in Manchester among the Bangladeshi community by provision of education and training courses, literacy and English classes and out of class support and training for students which will improve their prospect for gaining employment

Homework study circles

We would like to set up out of hour classes for the students to help them with their homework and general knowledge. Encourage adults to participate in English classes e.g. ESOL. Provide help and guidance to GCSE and A level students, help with career guidance, CV preparation etc.

2. Advice workshop

The relief of poverty sickness and distress in particular but not by way of limitation in Manchester among the Bangladeshi community by provision of a translation and interpretation service, health, welfare rights, education and training and employment issues

Women's Network

Create a platform for women where they can get together. Participate in activities that suits women, where they can express and share their experiences and help each other

3. Youth, Family and AGP activities

The preservation and protection of good health in particular but not by way of limitation in Manchester among the Bangladeshi community by provision of information and advice in particular but not exclusively on such matters as drugs among the young people”

OAP group

We would like to arrange activities for the OAPs in a place where they can meet up may just for a chit chat over a cup-a-tea, arrange day trips to garden centres etc.

Youth and Families

Trips

In the UK we have organised a number of successful outdoor trips for the local community where men, women young and old were able to go out and enjoy together with their families. We have been to many places including Blackpool Pleasure Beach, Alton Towers, Buxton (Peak District National Park) Lime Park...by hiring out our large coaches

Sports

We organise a number of sporting activities such as Football, Badminton (male and female), Swimming classes (male and female)

Going to the movies

On a monthly basis we try to go out together with the members to watch a movie at the cinemas and to enjoy an evening out

4. Social Welfare

The provision of recreation facilities in the interest of social welfare with object of improving the conditions of life of the members of the Bangladeshi community in Manchester

Help and Advice

Where possible we try to give as much detail and information as possible to people in need of for example housing, unemployment benefits, income support etc often referring them to organisations that are set up specifically for that.

We also try providing as much support possible for the new immigrants who have just come to the UK from Bangladesh as visitors, students or on permanent stay for example showing people what is available where to get help, how and where to find accommodation, health and safety issues.

5. Health

The relief of poverty sickness and distress in Bangladesh by the provision of such things, but not exclusively, as clean drinking water and sanitation

Help and Advice

We provide confidential advice to different age groups on many health related matters for example:

- To teenage girls/boys, and adults on sensitive issues such as the impact of using drugs and awareness for STD.
- Awareness of disease common to people of Bangladeshi communities such as Mouth Ulcer and Heart disease and the need for sports and exercise and that the need for women to participate in outdoor activities so that their mental health is looked after.

SUMMER PROGRAMS IN MANCHESTER

Family Trip to Blackpool

Life Plus hired a 53 seater coach for its first major family trip to Blackpool. It was such a success that we had to turn people away as some did not book tickets in advance.

Some pictures:





At the Beach



A Bumpy Ride

Family Trip to Alton Towers

Trip to Alton Towers was yet another successful trip, a staggering 43 people went with us from Longsight, and the rain did not prevent the youngsters from enjoying the rides: **Some pictures:**



On the way to Alton Towers



Still in the coach...



After the Nemesis



A Pose...

Mountain Climbing to Buxton

A team of 14 youngsters went to the trek during the school holidays to Buxton and a few dared to go into the Caves!

Dinner parties

A number of food events was held in 2004 one stood out from the rest which was the Ramadan Iftar Program.

For Next Year - 2005

Manchester – UK

We want to have our own office so that we can be a efficient and effective charity organisation working for the betterment of all communities in particular the Bangladeshi community.

Without a proper office and using very limited resources we have already achieved a great deal and have planned many activities for 2005-2006 for the people of Manchester such as:

- Trips to Chester Zoo, Blackpool, Lake District...Museums and Art Galleries
- Life Plus North West Badminton Tournament for the summer of 2005
- Stage/Drama show on a topical issue facing the Bangladeshi community in UK
- Fundraising Gala – evening packed with entertainment, presentation & speeches from Life Plus and guests, Songs and other performances from local and national performers with Food served in the end.

For the future

Transport

We want to have our own Mini bus so that we can arrange trips as and when it is convenient for the community without having to hire a coach every-time which is also very expensive.

Social and Cultural Events

From Bangladesh

We want to arrange large social and cultural events and gatherings for the Bangladeshi community for example by inviting professional guests from Bangladesh for dramas, stage shows and variety shows etc.

To Bangladesh

We want to at some point arrange an organised trip to Bangladesh for those British Bangladeshis who are interested to go this will be a trip with a difference. Typically when people go from UK to Bangladesh they go to their parents' village from the airport and few weeks later come back from the village to the airport and return to UK. We want people to go out and about, to see the country of their origin and let their spirit free for once! This trip will involve visiting as many different places as possible foot, road, river and more real mode of transport to bring out the true nature of Bangladesh away from typical news headlines.

British-Bangladeshis

We also to promote and encourage home grown talents (British Bengalis) particularly the younger generation into Film, Radio and Television.

Proactively provide guidance and encouragement into higher education and how to do well once in the job industry for example by holding workshops on issues that affects ethnic minorities in education and the industry

Public Relation

Put a positive image of the British Bangladeshi communities in UK, highlight the contribution made by this group to society and the UKs economy.

FINANCIAL STATEMENT

Life Plus Report of Accounts 30th June 2004 to 29th March 2005

INCOME from 30/06/04 to 29/04/05

Three thousand seven hundred and ninety two & 10p (£3792.10)

Break down:

• Surplus From Year One	£926.02
• Members Contribution	£499.31
• Box Collection	£100.00
• Donations from Appeal	£1161.77
• Blackpool Pleasure Beach Ticket sale	£250.00
• Alton Towers Ticket sale	£855.00
Total	£3792.10

EXPENDITURE from 30/06/04 to 29/04/05

One thousand one hundred & ninety four pounds (£3309.00)

Break down:

• Family trip to Blackpool Coach hire	£250.00
• Raffle Ticket prizes	£035.00
• Refreshments	£020.00
• Family trip to Alton Towers Coach hire	£280.00
• Towers Tickets	£594.00
• Refreshments	£020.00
• Iftar party	£040.00
• Flood Relief for Bangladesh	£070.00
• Initial Projects for Bangladesh including organisational set up (see breakdown below)	£2000.00
Total	£3309.00

BALANCE

total income - total expenditure/outgoing

£3792.10 - £3309.00 = £483.10

Grand Balance for year 2 = £483.10

Breakdown of projects in Bangladesh

January 2005 – February 2005

SR was given £2000.00 for the entire programme from Life Plus account

(This excludes any expenses for example air tickets £550, accommodation, travel and living for 4 weeks around £1000.00 this was donated by Shafiur Rahman for the charity)

About £200 was given in donation by SR's relative that makes a total of **£2200 net.**

Project	Action/Activities	Amount/Taka	Equivalent in £
Agriculture	Ploughing Machine - Tractor	87,000	870
Flood Aid	Cash Distribution	60,000	600
Education	Sponsorships	50,000	500
Business	Setting up of small businesses	50,000	500
Health	Basic medication and basic surgery	30,000	300
Weddings 15,000	Dowry Gifts for Women	15,000	150
Training	Staff/Volunteers	10,000	100
Miscellaneous Stationary, IT works, Admin etc 20,000	Stationary, IT works, Admin	10,000	100
Total		312,000	3120

Exchange rate at that time was about £1 to 100T

£2200 * 100 = 220,000 taka

Total Taka spent was 312,000 this leave in negative of 92,000 Taka this money came from SR's own pocket

End of Report