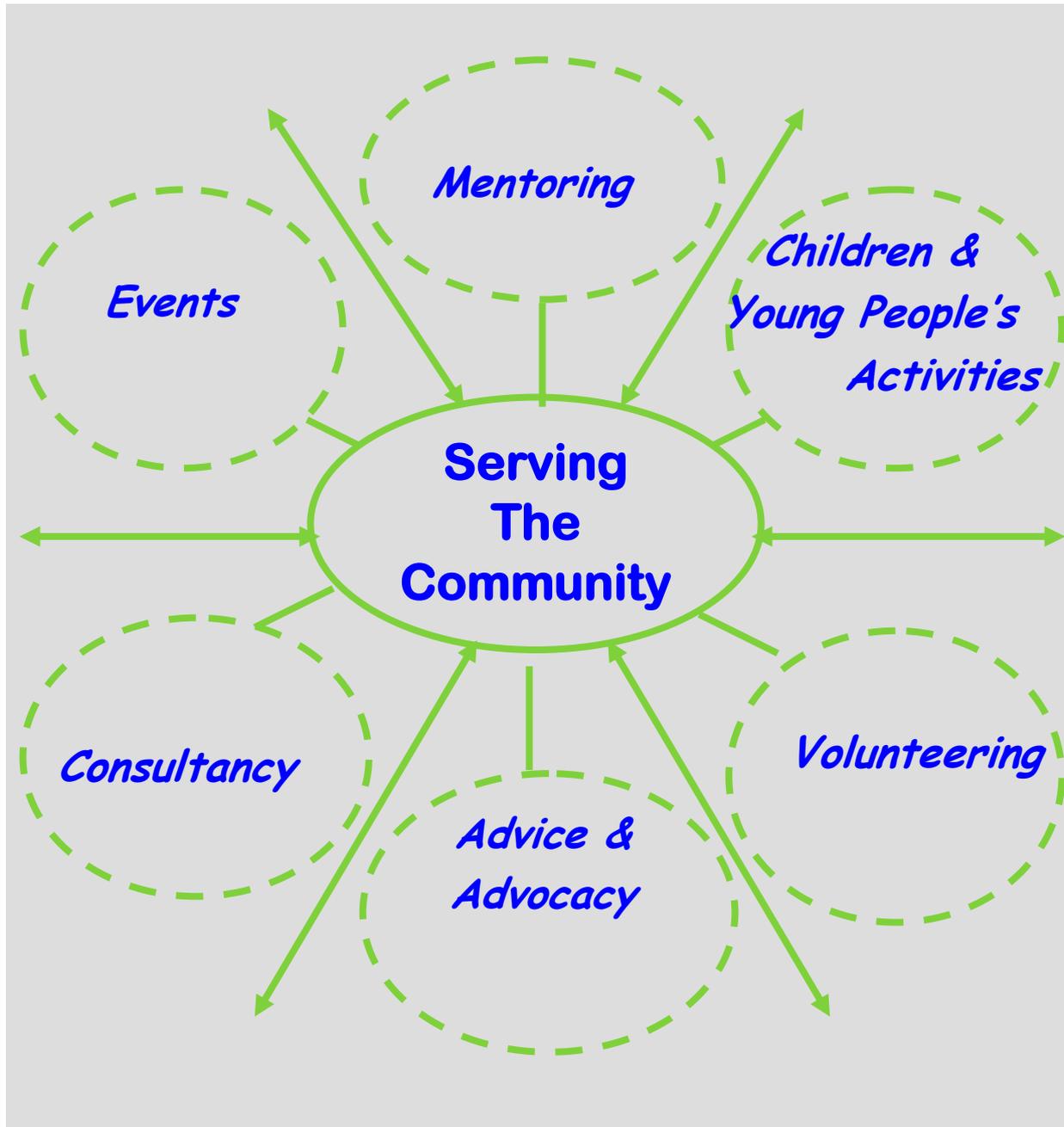


- W**elfare
- H**ealth
- E**mployment
- A**ccess to further/higher education
- T**raining



## Annual Update 2013-14



*It is all about making a difference!*

**VISION**

Strong and cohesive communities fighting and defeating poverty.

**MISSION**

WHEAT MST strives for a quality life of disadvantaged Black and Asian Minority Ethnic and Refugee (BAMER) groups

**VALUES**

Commitment, Optimism, Passion and Ethnic Diversity (COPED)

**OVERALL AIM**

To enable BAMER and other vulnerable groups from mainstream society achieve their goals and aspirations through one-to-one mentor support and volunteering opportunities.

**SPECIFIC AIMS**

- ◆ To enable BAMER and other vulnerable groups and individuals with less experience to develop their skills and confidence and make them employable.
- ◆ To improve welfare and health among refugees, migrants, asylum seekers and other vulnerable people.
- ◆ To cascade the best practice of mentoring by assisting other agencies to set up their own mentoring schemes.
- ◆ To enhance community cohesion by bringing families together.

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Established: 1996

Restructured under current name: 2004

Charity Number: 1059386

## FOREWORD

Once again, it gives us great pleasure and satisfaction to be able to report that WHEAT MST has continued over the past year to implement unabated most of its innovative programmes aimed at supporting individuals and community groups residing in the London Borough of Newham.

The management of the funds the charity receives from donors has been consistently sound and we continue to attract new financial partners in addition to our old ones.

Our desire to reach out and work with other like-minded organisations is starting to be realized and we are anticipating even closer working relationships with other organisations in the coming year.

We would not be able to achieve what we have achieved so far without the generous support not only of our funders but also of our staff, the local authorities, volunteers and their families. For this we are very grateful.

We shall continue to be committed to our founding principles and be driven by the needs of the communities we serve, only changing in tactics but never on our focus.

We are facing the future with expectancy and vibrant optimism.

Thank you

David Robinson, B.A. (Hons)

Chairperson

Joseph Nyakaira, MSc

Treasurer

## Serving The Community

Last year was a difficult year. I would like to stress that WHEAT MST was still able to run its projects smoothly with a deficit of £10,494 thanks to the small savings from the pre-vious years. WHEAT MST has continued to bring about impressive results in spite of its financial constraints. All the six programmes: one-to-one mentoring; children and young people's activities; volunteering; advice and advocacy; consultancy service and all our events have been running at a full scale.

A total of 22 mentors received mentor and safeguarding training for the Mayor's Mentor Programme subcontracted with Hackney Council Volunteer Service. That puts the total of trained mentors so far to over 160. About **293?** children and young people attended our activities last year with a weekly average of 9 children which brings the total number of children and young people supported to date to 324. WHEAT MST created volunteering opportunities to 25 volunteers. That raises the total number of volunteers supported by WHEAT MST to 155. Over 40 people in a crisis situation received advice and advocacy support last year which brings the total beneficiaries of our advice and advocacy service to 110. About 20 young people aged 16-24 years who were referred from the job centre through the Career Development Group (CDG) have moved on into employment, education, training and volunteering. Many other volunteers including our volunteer mentors have moved on in the same direction.

WHEAT MST organised 3 community events with the aim of bringing people of different cultural, social and professional background together for mutual cultural learning and experience sharing which brings the total number of events hosted so far close to 20. During the last financial year, WHEAT MST delivered OCN accredited event planning course to 30 participants in two rounds through our long time partner, Beyond the Will Smith Challenge (BTWSC).

WHEAT MST has provided consultancy services for two newly established groups in London and will continue to share its best mentoring practice both in the UK and Africa. The prospect of our consultancy services in Africa is increasing with a successful public meeting on 23rd January 2014 under the theme of 'Educate a Girl, Educate a Society' with small grants from Africa UK. In this meeting where over 50 guests from the Diaspora professionals, community organisations and funders attended, the potential of formal mentor programmes for closing the gender gap in higher learning institutions in Ethiopia was discussed in four workshops and the plenary session. This will be followed by a similar public meeting in Ethiopia pending to availability of funding or sponsorship. The public meeting will hopefully lead to a pilot programme in one of the public universities in Ethiopia. If the pilot project is successful, formal mentoring will then be cascaded across higher learning institutions in Africa with active involvement of local policy makers, funders, the Diaspora and other stakeholders.

Lack of sufficient funds, inadequate office space, too many young and talented people chasing too few jobs are still big challenges of WHEAT MST. Finally, I must express my gratitude to our funders, sponsors, trustees, staff and volunteers for your support. With your support, we will maintain our reputation of good mentoring practice by setting higher goals ahead.

Thank you.

Hailu Hagos (PhD) - Executive Director

## WHEAT MST PROGRAMMES

### 1. Mentoring

Last year, The Mayor's Mentoring Programme was launched with the aim of improving the life chances of young black men across seven London boroughs significantly affected by youth crime. The objective of the programme was to provide a 12-month mentoring relationships to 1.000 boys enabling them to make positive choices with regards to their education, employment and training.

The Mayor's Mentoring Programme is currently operating in Hackney and 6 other London Boroughs: Brent, Croydon, Haringey, Lambeth, Southwark and Waltham Forest.

The scheme in Hackney in which WHEAT MST is involved works with 250 black boys aged 10 to 16 years old who have been indentified by their parents, schools, youth workers and/or social workers to be in the need of extra support. The mentees are selected on the basis of the following criteria:

- Exclusion from school
- Low school attendance
- Low academic attainment
- Looked after young person
- A teenage parent
- At risk of becoming NEET (Not in Education, Training and Employment)
- Known to the criminal justice system

At present, of the 22 WHEAT MST mentors who received mentoring and safeguarding training, 17 are selected for the one-to-one matching. The mentors were vetted based on the programme's criteria:

- at least 18 years of age
- Ability to communicate and empathise with young people
- Ability to Inspire
- Commitment - to be there for the young person for the duration of 12-month mentoring relationship, meeting at least once a month and sometimes more.

Todate, 4 mentors are matched with 6 mentees as two of the mentors were willing to work with two mentees each.

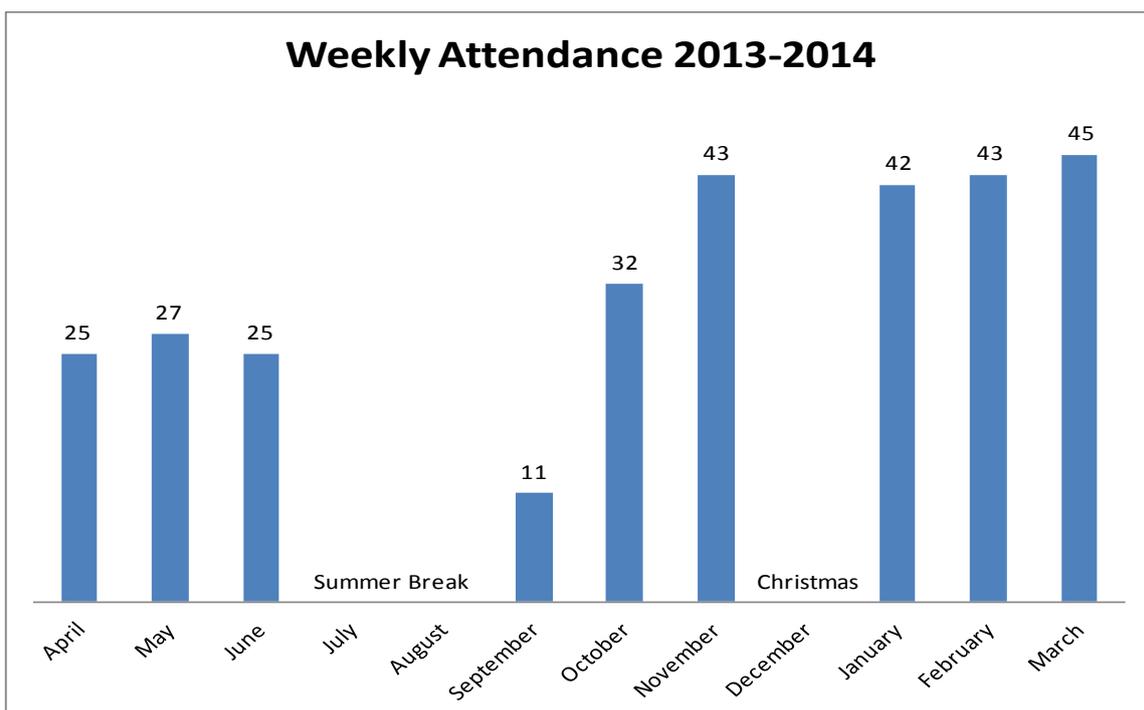
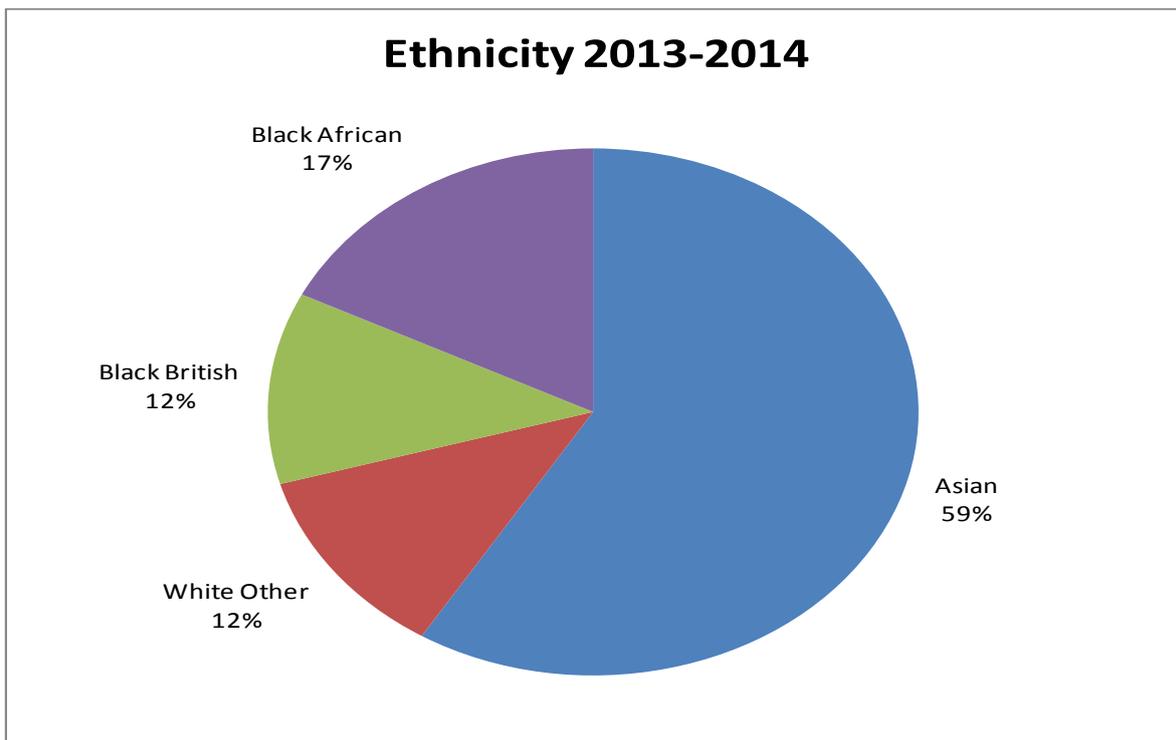
The mentoring programme will be completed by December 2014.

Ethnicity	Number of Mentors	%
Caribbean	7	41.2
Black African	3	17.6
Asian	4	23.5
White Other	2	11.7
Mixed	1	5.9
Total	17	99.9



## 2. Children and Young People’s Activities

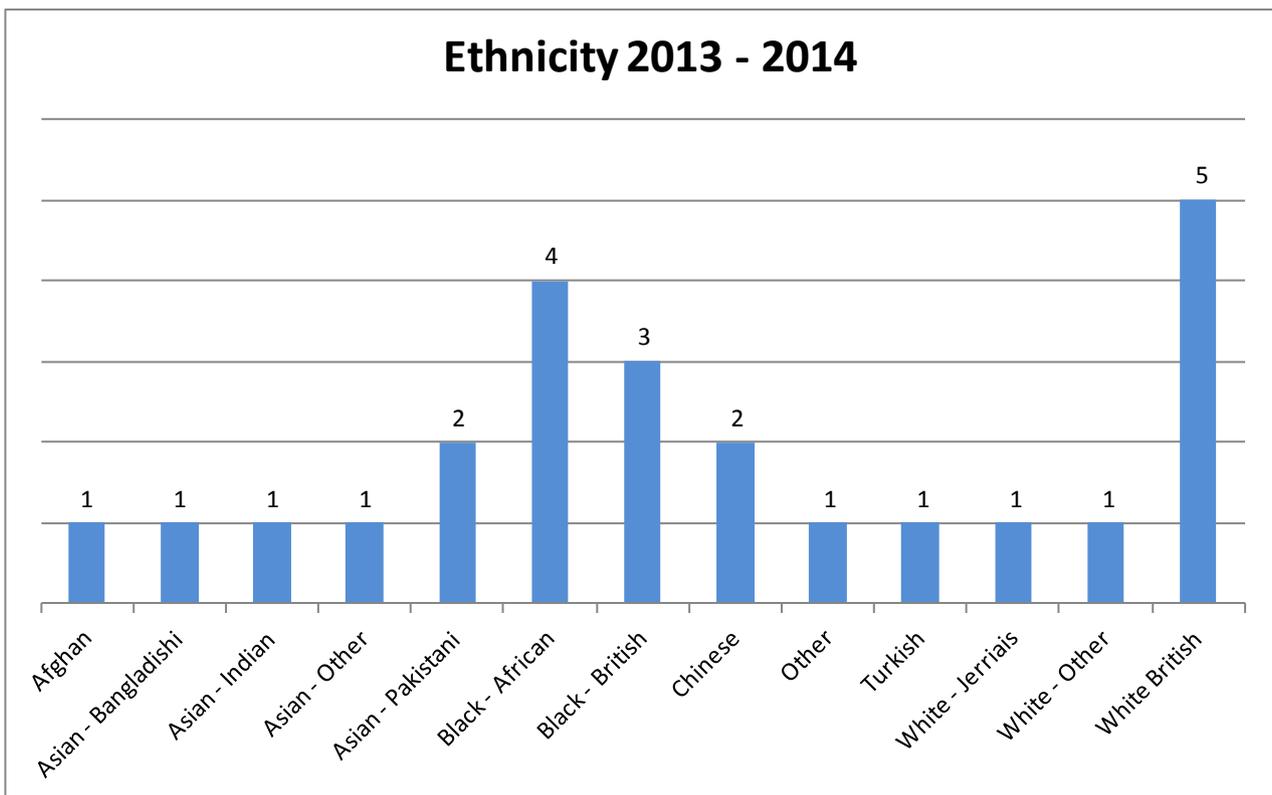
Many children from various ethnic and cultural background continue to attend the children’s activities which is held every Wednesday at Durning Hall. Some of the outcomes of attending the activities include skills enhancement, networking, personal self development and marked improvement in speaking and learning the English language. Even the networking among parents and the intergenerational communications between parents and children have shown vast improvement. Kids were able to express their artistic skills through the Art sessions by their drawings and the messages indicated on those drawings as can be seen on the next page.

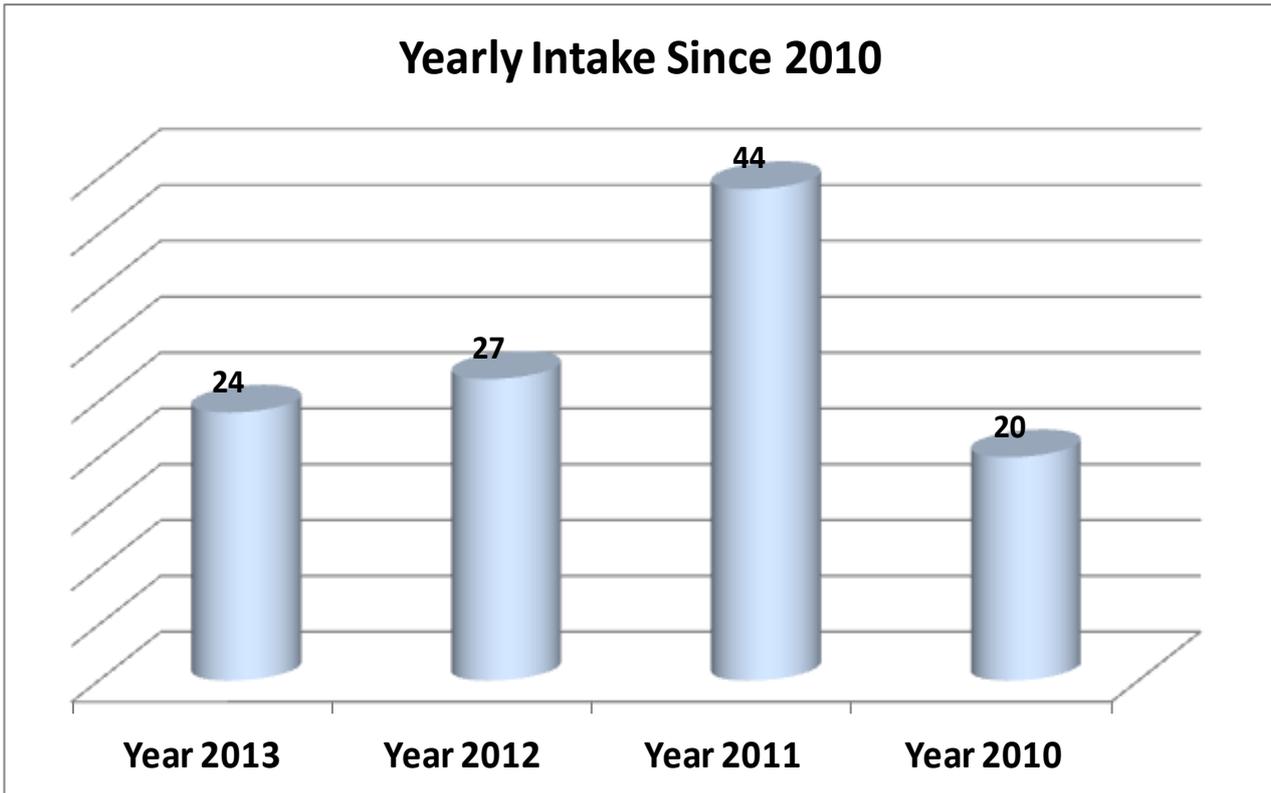




### 3. Volunteering

Recruitment of volunteers continued at WHEAT during 2013-14. Volunteers are involved in Administration, IT and Finance at the office and also assist in the weekly Children’s activities. Some volunteers used their skills in arts and music teaching and basketball coaching to help the young people develop their own skills. Those volunteers who left WHEAT have moved into part-time and full time work. Six of them have moved into employment; seven are volunteering and 1 is in college. The high level of employment is evidenced by the number of requests for references received by WHEAT for those volunteers. During the period under review 24 volunteers were recruited and 30 reference requests were received from potential employers and recruitment agencies.





One of WHEAT MST's volunteer professional accountants



## 4. Advice and Advocacy

41 people received advice and advocacy support of whom 22 are female clients, 19 are male clients, and 5 with a disability. The clients have come to the office on a regular basis and are offered one to one support with their issues. They came to see the Social Worker for emotional and practical help. Clients needed assistance with benefits and form filling. Our work entails advocacy for the GP and other professionals who they have to communicate with. We have undertaken home visits on a weekly basis and tutoring with English classes due to the client's disability. The Social Worker has also been involved in group work with children and parents on Wednesdays for two hours. She has signposted clients where appropriate and offered support and advice when required. Clients have been given support with IT and career advice and job search.

The clients recorded in our database are from a wide range of ethnic backgrounds and cultures including Pakistani, Afro-Caribbean, Irish, Bengali, English, Malaysian, Ethiopian, Afghan. Regular clients who are in contact with the office attend for regular one-to-one meetings. We also make contacts with clients over the telephone for enquiry and one-off advice sessions.

The Social Worker has helped young unemployed people referred by the Career Development Group (CDG) to gain confidence in the office environment. Three of the young people went on to participate in teaching assistant courses, three others have moved to employment. We trained six volunteers that come from Plaistow job centre and now work as volunteers. We enabled clients to become independent and become aware of their rights to information regarding benefits, health and housing. Here some examples of the support we provided to individual clients.

A disabled lady had several letters from the council telling her she was in debt with her council tax. This had caused her great stress. With our support it was sorted and she continued to come to the office every week for advice. With that support she was enrolled on a weekly class at a nearby adult learning centre.

A homeless man needed support with housing forms. He had no money at all and was helped to register his claim and complete his paperwork. He needed assistance to open an account with the Post Office. He also needed food and clothing urgently. We signposted him to a food bank for food and to a church in Canning Town for clothing.

A lady who was so emotional and unable to continue with Jobseekers needed support to apply for ESA. She also needed support with a GP and access to counselling. She continued to come to us, and is now a volunteer in the children's programme. Her life has now become more manageable with less stress.



An elderly lady comes to the office with requests of pension credits and housing support. We supported her with form filling and contacting her housing association for repair concerns. As she was diabetic, this led to support with finding free exercise classes at the local area. She needed an advocate to speak to GP and got referral to OT (Occupational Therapist) for house adaptations.

No of Clients	Subject/Issue	Actual Outcomes
4	Applying for Housing Benefits and Council Tax	Secured and receiving housing benefits and council tax after several telephone calls and visits to the appropriate departments.
2	Advice needed about Pension Credits	Advised clients to Age UK. One client was informed that Pension credit was not available until pension age. The other client received a top-up to her pension.
4	Advice for, and how to apply Income Support Benefits	Secured and receiving benefits after correspondences with various agencies.
7	Education Training (IT, ESOL, Social Work and Teacher Training)	Secured places on appropriate courses and completed with certificates. One client on Social Work course is ongoing. One client attending English ESOL training.
2	Advice on Housing Repairs	Repairs completed satisfactory to the client's wishes.
1	Applying for Maternity Grant	Received grant after completing the appropriate form.
6	Volunteers enquiring about placements at Wheat MST and other organisations	Placed some volunteers within Wheat MST and sent other volunteers to various organisations and supported volunteers to apply for DBS.
3	Advice on Teacher Training Assistant courses	Client's complete Teachers Assistant courses and one is now gained full-time employment within the primary school education.
1	Personal Independence Payment form to be completed	Referred to own social worker due to Mental Health issues.
2	Homeless persons in need of food and clothing	Referred to the Food Bank where they received food. One was then referred onto a clothing charity.
1	Tax Returns Issue	After contact with Inland Revenue this issue was settled.
3	In need of registering with GPs	Registered with local Doctor's surgery and now accessing health care.
1	Legal Advice (Indefinite Leave)	Advised to contact local solicitor.
1	Occupational Therapy Referral	Received adaption's for accommodation and suitable equipment was fitted into her flat. The client is now more independent.
6	Completing appropriate forms for clients	Secured ESA after completing forms and all the clients now receiving the benefits. Completed jury service for client and was dismissed from service as he requested.
6	Offered employability skills	Access to computers and support with job searches and interview skills.
6	Presented CV support	Created and/or updated CV.
4	Advised on gaining employment	Gained permanent work, three in office work as administrators. One as a waitress.
1	Recommended specialised course	Secured a place on a specialised 'nail art course' and is now working as a nail technician.
6	Offered counselling	Emotional support to deal with various issues to four clients and two went to GP for referral for cognitive behavioural therapy and received treatment for their conditions. One client continues to attend weekly support sessions at Wheat MST.
1	Home visits	The client is house bound and she receives regular visits to give basic English lessons and emotional support.

## 5. Consultancy Service

As funding for direct delivery of the mentoring service is dwindling, WHEAT MST has made a change of emphasis. Most of the year was spent on assisting other agencies as part of its long time mission of cascading the best practice of mentoring both in the UK and Africa.

WHEAT MST support two newly established agencies in a variety of ways:

1. Hamer Helpless Elders Support Organisation: HHESO was registered in March 2014 by the Charities and Societies Agency in Ethiopia with a mission of providing comprehensive care and support for helpless elders by improving their living conditions and creating a safe haven for the elders. WHEAT MST assisted the UK support committee of HHESO through one-to-one consultancy on areas of good governance and fundraising strategies.

2. ABUGIDA Community Languages Service: A small group of families who were interested in teaching mother tongue languages to their children approached WHEAT MST for assistance in December 2013. They set up this organisation the following main objectives:

- Running mother tongue classes for children of Ethiopian refugee and migrant families aged 4 to 14 years
- Running other activities such as art, music, dance and sport for the children to promote their physical and mental wellbeing

At the same time,

- Encouraging parents/carers to participate in ESOL classes and career development programmes
- Creating volunteering opportunities to the parents/carers that will enhance their employability

WHEAT MST assisted ABUGIDA in formulating its Bylaws, electing the board of trustees and in its funding applications. WHEAT MST has enabled ABUGIDA successfully to obtain seed grants from Aston-Mansfield.

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## 6. Events

We hosted four major events during the last financial year. The first was our annual certificated awards ceremony in which mentors, mentees and children received certificates and prizes from the hand of the Honourable Stephen Timms, the MP for Eastham. It is his second time to come over to WHEAT MST to encourage us with his eloquent speeches. Margaret Baxter, MBE (Margo) was also present with her DJ group to grace the event as always. The mentoring programme was funded by Trust for London.

There were two events organised by the first and second batches of Event Planning Course which were held on 1st July and 23rd September 2013 respectively. The course participants on each cycle were given the opportunity to put knowledge and skills acquired from the course into practice by organising end of project events. Both groups received certificates from Cllr. Joy Laguda of Plaistow former Newham Civic Ambassador, and Superintendent Leroy Logan M (retired). The event was graced with rappers Kemba and Paradise; Folk tales from Yishibah and poem reading by her daughter and loads of speeches! . The two event planning courses were funded by Award for All of the Big Lottery. The final event was a public meeting held on 23rd January 2014 with the banner of 'Educate a Girl Educate a Society' funded by Africa-UK Grants. Three panelists spoke on the importance of mentoring, remittances, skills transfer, policy implementation and funding to narrow down the gender gap further in higher education in Ethiopia followed by question and answer session and four workshops. This event was successful which paved the way for a future similar meeting in Ethiopia to engage local policy makers, funders, the Diaspora and other stakeholders. This event was organized by WHEAT MST and its long time Partner, Beyond the Will Smith Challenge (BTWSC), as part of our consultancy programme.

Certificate Award Ceremony: 29th June 2013



Event Planning Course Participants Receiving Certificates: 1st July and 23rd September 2013



Celebrating the end of Event Planning Course with First Batch Graduates: 1st July 2013



Educate a Girl Educate a Society Public Meeting : 23rd January 2014



**WHEAT MENTOR SUPPORT TRUST Year ended 31 March 2014 Income and expenditure account**

	Year ended 31/03/2014	Year ended 31/03/13
	£	£
<b><u>INCOME</u></b>		
Comic Relief	1,600.00	17,393.00
Grass Roots Grants	9,992.00	-
Student placements	2,445.00	4,949.00
Woodward Charitable Trust	352.00	1,000.00
L B N – Go For Its Grants		250.00
Trust for London	15,000.00	12,000.00
The Yapp Charitable Trust		1,500.00
Harrow Council for BHM event		1,500.00
Membership fees	12.00	12.00
Other income	970.00	820.00
Funding events	2,184.00	89.93
<b>Total</b>	<b>32,555</b>	<b>39,514</b>
<b><u>Expenditure</u></b>		
Staff costs	19,810	20,231
Office rent / Hall hire	9,901	9,108
Postage, Printing and stationery	1,745	488
Insurance	212	212
Events and activities	4,385	1,244
Telephone, internet and fax	851	861
Payroll and consultancy expenses	79	75
Tutor fees	1,389	-
Repairs and Maintenance	50	535
Depreciation of Fixed assets	628	349
Subscriptions and membership fees	986	100
<i>Volunteer expenses:</i>		
Travel expenses	1,090	1,002
Refreshment	978	268
Accountancy fees		200
Staff training expenses		118
Material/Equipments	40	
<b>Total</b>	<b>42,288</b>	<b>34,791</b>
Net income/(expenditure)	<b>-9,733</b>	<b>4,723</b>
Funds brought forward	17,162	12,439
Funds carried forward	<b><u>7,428</u></b>	<b><u>17,162</u></b>

**WHEAT MENTOR SUPPORT TRUST****Balance sheet****As at 31/03/2014**

	NOTE	31/03/14	31/03/13
			£
<u>Tangible assets</u>			
Fixed assets	1	1,068	347
 <u>Current Assets</u>			
Stock		900	900
Debtors and prepayments			0
Cash at bank and in hand		5,922	16,058
		6,822	16,958
 Creditors: Amounts falling due within			
one year	2	-462	-144
Net current assets		6,360	16,814
		<b>7,428</b>	<b>17,161</b>

**ACCUMULATED FUNDS**

Accumulated funds b/d		17,162	12,439
Net deficit for the period/year		-9,733	4,723
Accumulated funds carried down		<b>7,428</b>	<b>17,162</b>

## List of External training and workshops/conferences

Date	Event	Organiser	Venue
04.04.2013	Leadership in Communities	London Metropolitan University	Holloway University Campus
08.04.2013	Monitoring & Evaluation	Trust for London	TfL Office
22.04.2013	NSPCC Safeguarding Training	Hackney CVS	84 Springfield House, E8
08.05.2013	Monitoring & Evaluation	Trust for London	TfL Office
30.05.2013	Rob Armstrong Evershed LLP	Peninsula	1 Wood Str. EC2
19.06.2013	TfL Summer Reception	Trust for London	OX O2 South Bank
20.06.2013	IF Diaspora Engagement	Comic Relief	89 Albert Sq. London
29.06.2013	Certificate Award Ceremony	WHEAT	Durning Hall, E7
01.07.2013	Event Planning Course	WHEAT	Durning Hall, E7
04.07.2013	Alliance Conference	Centre for Social Justice	Microsoft Office, London
25.07.2013	Future of European Funding In London	LCVA	Amnesty Int. Human Rights Centre, London
26.07.2013	HCVS Assist Expert	Hackney CVS	84 Springfield House E8
03.08.2013	Family Event	Newham Council	Queen Elizabeth Olympic Park
10.08.2013	Discover the Power of Social Enterprise		The Broadway, E15
13.08.2013	Comic Relief Grants Launch	Comic Relief	108 Stamford, SE1
05.09.2013	Focus Group Event	Peninsula	Kamp Little
16.09.2013	Steering C'ttee Meeting	Hackney CVS	84 Springfield House, EC8
20.09.2013	New Stage in Comic Relief	Comic Relief	108 Stamford, SE1
28.09.2013	Talk on Exploitation of South Asian Women	Sikh Womens Alliance	Ilford Town Hall
30.09.2013	Africa-UK Grants Induction	Africa Grant	S.O.A.S WC1B
04.10.2013	Africa-UK Training	Africa Grant	S.O.A.S WC1B
05.10.2013	Africa-UK Training	Africa Grant	S.O.A.S. WC1B
10.10.2013	Africa-UK Training	Africa Grant	S.O.A.S WC1B
11.10.2013	Africa-UK Training	Africa Grant	S.O.A.S WC1B
25.10.2013	Networking Event-Skills Support for unemployed	London Volunteering Service Council	356 Holloway Road
05.11.2013	LVSC AGM	LVSC	The Queens Walk SE1
11.11.2013	NVSC Annual gathering	NVSC	Durning Hall E7
12.11.2013	Workshop on Social Enterprise	LVSC	139 Tooley St. SE1
13.11.2013	Tackling Poverty conference	CUF	Stratford Town Hall
13.11.2013	M&BF end of year celebration	M&BF	Friends Meeting House
14.11.2013	YAPP Briefing	YAPP	Int'l Student House
20.11.2013	Law Workshop-Data Protection		
27.11.2013	London Poverty Profile	TFL	356 Holborn Road
04.12.2013	Community Games	WHEAT	Durning Hall, E7
06.12.2013	BOND Meeting	BOND	8 All Saints Street
06.12.2013	Governance Training	AFFORD	Rich Mix Bldg. E1
14.01.2014	City & East Partnership Agenda	LCVA	Toby Lane Council Office
11.02.2014	CSJ Lecture	CSJ	
12.02.2014	Meet the Funders	Aston-Mansfield	Durning Hall
17.02.2014	Youth Group Networking		Old Town Hall, Stratford
03.03.2014	Africa Rising	Africa UK	Brunel Gallery, SOAS
07.03.2014	Employment Law H&S Brief	Peninsula	Holiday Inn, Stratford
08.03.2014	Inspirational Woman Awards	Women Mentoring Wom.	Discover School 21
18.03.2014	Women & Girls Econ. Empowerment Overseas Dev't Inst.		203 Blackfairs Rd
20.03.2014	Discussion to get young people into work BTEG		TfL Office
21.03.2014	Bond Workshop: Change the Record For the new ways to talk about poverty Bond		8 All Saints Street

## Feedbacks from Service Users of our Advice and Advocacy Service

Mary has helped me so much with my problems, when I came to see her I was so stressed and worried about my jobseekers allowance, it was stopped because I was not well and did not do my jobs search. She sorted it all out and got me to the GP and then got my benefit changed so I don't have to go to the job centre. This has helped me so much and now with Mary support I have changed GP and I receive talking therapies. Mary has also encouraged me to be a Volunteer in the children's project, and I feel involved and supported. I call Mary regularly for advice and I go into the office she always is there to offer guidance and support to me, it has changed my life and I now have my own goals and plans in place, she has seen me through all my tearful times.

Sharda Patel

My son Emal was very reluctant to join in the children's activities on Wednesday afternoon, he just stood and watched but never engaged with the other children. Mary was very supportive and understanding, she motivated Emal to participate in the basketball and slowly with her support he started to join in and play with the other children. Now six months on he loves joining in and, thanks to Mary he is happy to engage in school sports also which he had stopped and he loves playing basketball now. As a family we are grateful to Mary for all her encouragement and support.

Gulshan Oriakhel

Mary is a wonderful person, a people person, helpful and efficient person. My first day in this borough I was a little bit lost and I was looking for someone to listen to my problems about job, about housing and I found Mary opening her arms to me, listen carefully to my situation, sometimes you just need that. So I'm thankful about all advice on looking for jobs, on tenants rights scheme and all mental support. Now I'm stabilized, and working part-time and looking to study in the future about social work. Im Blessed Mary, all the best to you, because you are good in what you do.

Catia Andrade

## **List of Trustees, Staff, Volunteers and Mentors**

### **Trustees**

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**Amreen Raza - Human Resources and Finance Manager**

**Mary Draper - Social Worker, Advice and Advocacy**

### **Volunteers**

**Charlie Ileomoh - 15/10/2013 - todate**

**Alexandra Calugaru - 25/11/2013 - todate**

**Amjad Ali - 12/07/2013 - todate**

**Gillian Wells - 31/07/2013 - todate**

**Gulshan Oriakhel - 27/11/2013 - todate**

**Aslam Miah - 20/12/2013 - todate**

**Lisa Thompson - 16/01/2014 - todate**

**Mark Nicholas - 11/02/2014 - todate**

**Kulasingam Thilak - 06/01/2014 - todate**

**Sharda Patel - 15/01/2014 - todate**

**Lei Feng - 15/07/2013 - 10/10/2013**

**Ashley mark francis - 01/07/2013 - 05/09/2013**

**Eray Yildiz - 18/06/2013 - 12/09/2013**

**Jade E. Stevens - 02/05/2013 - 08/08/2013**

**Catia Regina - 27/09/2013 - 17/10/13**

**Lida Kohistani - 13/05/2013 - 14/04/13**

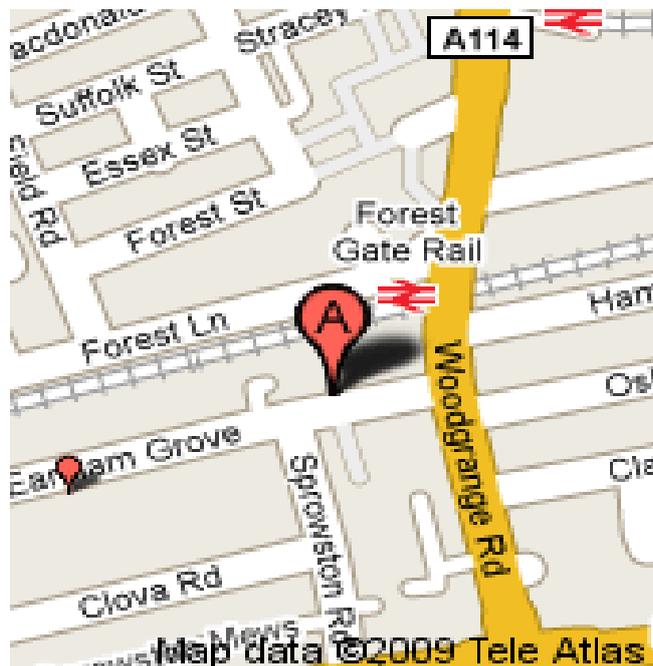
**Mentors involved in the Mayor's Mentoring Programme (2013/14)****Zhenreenah Muhxinga****Salma Skunder****Sharmaine Francique****Selina Vuddamalay****Gladys Ola****Grace Akunyire****Patrick Mahbeer****Michael Burcham****Mukhiess Chowdhury****Hien Nguyen****Marlene Walker****Mary Draper****Joan Ferguson****Agnes Adonis-Athanaze****Eray Yitdiz****Danton Irakiza****Mark Nicholas**

We would like to thank all our funders and sponsors for their generous support. WHEAT MST could not have reached where it is today without their help.



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Train: Less than 2 minutes walk from Forest Gate Train Station  
Buses: 330, 308, 58, 86, 25

**‘What counts in life is not the mere fact that we have lived. It is what difference we have made to the lives of others that will determine the significance of the life we lead’**

**Nelson Mandela**

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