



ANNUAL REPORT 2009/2010

The Shane Project

Charity for African/Caribbean and Ethnic Minority
people living with Multiple Sclerosis (MS)

The Chair's Foreword

The Shane Project has consolidated its position as a strong provider of services to African/Caribbean and Ethnic Minority people living with Multiple Sclerosis (MS). The services it brings to its clients help to reduce isolation, improve social resilience, as well as the quality of life and independence for people living with Multiple Sclerosis, their families and carers.

The last 12 months to 31 March 2010 has been once again a very successful year for The Shane Project particularly in meeting all its charitable objects and in the recruitment of a new Project Coordinator. While focusing on the project's core activities and highly demanded services including the monthly network club, health and wellbeing workshops, the nutritional club and the telephone information and support helpline, we also developed new initiatives such as our IT classes for carers which have grown in popularity and importance. This project has been made possible thanks to the funding received from Lloyds TSB Foundation Trust for England & Wales. This project will continue till June 2010.

In the face of difficult times, The Shane Project and its operations is due to the generosity of funders who have identified with the charity's work and its positive impact on the lives of people affected by Multiple Sclerosis. We were fortunate in the last to have received funding from **Trust for London (TFL), YAPP Charitable Trust, Grassroots Grants, and Lloyds TSB Foundations for England & Wales** to deliver different services and activities.

In the last year over 200 people benefited directly from one or more of the project activities. Funds received from Grassroots Grants was particularly important in helping the charity increased its awareness raising campaigns through its nutrition club. Trust for London funded the project coordinator post and their funding was also instrumental in helping us to support more new callers (75%) more through our telephone information and support helpline as compared to the previous year. Funds from The YAPP Charitable Trust which has been rolling for 3 years has been vital in ensuring we continued with our ever popular monthly Network Club.

In order to broaden our scopes and create more options for our service users and clients we established a number of new partnerships while maintaining relationships with old ones. The needs of our clients are increasing, which also increases demand for our services and the need for more resources. Though resources have been limited to match demands, the Board of Trustees, staff and volunteers have worked tirelessly in meeting these demands as best they can.

We continue to stay focused in delivering services to our clients, reaching out to new members and taking our awareness programme to neighbouring boroughs. The project currently has a strong client base from Haringey as well. As the project looks ahead in the

coming years, it will continue its expansion drive to benefit clients from other boroughs including Waltham Forest, Hackney, and Tower Hamlets among others.

Though the organisation has generally been successful in the last year, it however, had challenges with regards to staff. No organisation can grow without having the right staffs in place. We have recruited Martina Agho (Project Coordinator) who has been instrumental in helping us secure a three years funding from Big Lottery.

We also have on board an MS nurse who is available to answer questions and keep us up dated on research and the availability of new drugs. A fundraising sub-group have emerged from our network club and had a successful Quiz night.

Overall we had a good year and I hope The Shane Project will continue to grow.



Norma McFarlane

Telephone Advice and Support Helpline

Over the last year, the project provided telephone support, advice and information to a total of 77 new callers, the majority of who were newly diagnosed. This service is opened to anyone diagnosed with MS or who cares for someone with MS and is available both locally and nationally.

Over the years this service has grown in importance and popularity and many more people are benefiting from it. The provision of this service in the last year has been made possible by funds received from **Trust for London**. This service will continue to be a core and vital service of this project. Another service that has developed during this time and has proven to be in demand is the emailing information and support particularly for those who cannot attend our monthly network club.

Network Club

Our support Network Club is an on-going service and is held monthly on the last Friday of each month. It is service users-led and they decide the theme for each network club. Once the theme for each network club have been decided, relevant professionals are booked to come and deliver on these topics. Our speakers are drawn from a diversity of professions



to bring variety and empower our clients to take control of their lives and live independently.

Topics covered in the last year included self-care management, Healthy living, welfare benefits; floating support, physiotherapy, insurance and disability, housing, 'Equality, Culture and Mental Health' among others.

This network club also provides service users, their families and carers the opportunity to receive and evaluate relevant information and advice, relate personal experiences, listen

to and accept the experiences of others while establishing social network. Information leaflets and other support resources are made available at each of these sessions.

We depend on our users to keep us informed on activities and services that are important to them, keep them interested and bring other people along.

The network club is unique in that service users have the opportunity to talk and discuss

discuss personal issues with practitioners at the end of their sessions and be referred to other services if the need arises.

The network club has been made possible thanks to **Yapp Charitable Trust** for providing the much needed funding to continue with this service in the last year.



Nutrition Club

With a higher rate of diet related conditions such as obesity, diabetes, hypertension, stroke and heart diseases among Black and Minority Ethnic residents and socially disadvantaged groups in Enfield; promoting the health and wellbeing agenda is therefore, a priority for all. Diet and nutrition play a very significant role in the management and prevention of chronic



and cardiovascular diseases including stroke and heart disease. For BME people with MS, this is particularly important in reducing their risks of developing further health problems and complications and improving their health and wellbeing thereby reducing hospital admissions and bed days. It is against this background that our Nutrition club continues to be one of our core and vital services.

Over the last year, a total of seven (7) Nutritional workshops were delivered to 64

participants who were equipped with the tools needed to make small but effective changes in simple steps to their lifestyle. Topics covered included 'a healthy balance'- The eat-well plate, food hygiene and safety, 'healthier options'-food labelling, diet; chronic disease management and prevention, and weight management among others. Each workshop is complimented with hot nutritious meals in line with the theme of the day.

All nutritional workshops are delivered by trained and registered Nutritionists who know how to interact with the users, and keep them interested. As this service grows in popularity, we have produced a leaflet called The Nutrition Club

The nutrition club and all activities associated to it has been made possible in the last year thanks to funds received from **Grassroots Grants**

Awareness Raising Campaigns

We continue to raise awareness about MS among African/Caribbean's and Ethnic Minority communities through community events and schools outreach. Ignorance and stigmatisation often leads to isolation of those living with MS, their families and carers. These campaigns are therefore important in bringing communities together to improve their knowledge about MS and the support they can give to those affected by MS. One of the many ways in which we raise



awareness is through our yearly quiz night. This is organised by our fundraising sub-committee and creates a perfect opportunity for members of the public to join our service users in a time of fun and sharing.

Our awareness programmes and other activities are brought to the knowledge of the local community, London wide and nationally through our publicity mechanism which include our website, newsletters, events, leaflets and other publicity

information materials, as well as through partner organisations. We continue to fulfil our charitable objectives through these activities. Our quiz nights are mostly sponsored by local organisations and individuals.

Other Services- IT for Carers Training

Information technology is a useful tool in everyday life particularly as the world moves towards e –communication. Secondly with increases in home learning, internet banking, home business, on-line shopping and even job searches and application, gaining knowledge and skills in IT presents a competitive advantage. The need for this project was drawn from a survey conducted by The Shane Project during carers week of last year.



Twenty five (25) carers were randomly interviewed regarding services to help them access the outside world and the lack of IT skills was cited as one of the priority areas for them.

Of the 25 carers interviewed, none had IT skills and lack the confidence to pursue college education. It is against this backdrop that The IT for Carers' Training project was undertaken. The training started in February 2010 and will continue till June 2010. These training will help

equip carers with confidence to adapt to technological changes and use the tools available to them to improve their day to day lives as well as increase their ability to use the internet for research, advice, information and support as well as access to home learning courses to gain new skills and knowledge outside their caring roles.

Thanks to **Lloyds TSB Foundations for England & Wales** for making this training a reality

Volunteering

Our volunteering scheme also provides an opportunity for both placement and volunteering. The scheme supports individuals to gain skills and knowledge to improve employability, personal development and self-awareness. Our volunteers typically help with publicity, marketing, research, counselling, general administration and at the monthly network club



interacting and supporting service users. We continue to recruit volunteers throughout the year and in the forthcoming year we are aiming to have four volunteers to support us as the service grows.

Our volunteers provide a very valuable service to both the organisation and service users. Our volunteer Mandy has been very committed in ensuring service users are well looked after

Trustees

Our trustees meet quarterly to review project outcomes and make recommendations where necessary. Because the management committee include users as well, this quarterly meeting provides an avenue for trustees to receive feedback from users with firsthand experience of project activities.

With the support of our trustees we continue to identify and work in partnership with other organisations both voluntary and statutory in sharing experiences and good care practices.

Treasurer's Report

Financially last year has been a difficult one for small charitable organisations; however at The Shane Project we were once again fortunate to have different funders supporting different aspect of our work. We had funding from Trust for London, The Yapp Charitable Trust, Grassroots Grant and Lloyds TSB Foundation for England & Wales.

Here is a self evaluation of changes in our income & expenditure for last year compared to the previous year and the table below shows areas with significance changes.

<u>Area</u>	<u>% Change</u>	<u>Reason</u>
Income	33%	
Income + Interest Receivable		
Expenditure		
Staffing	600%	Expansion of project team
Equipment	-71%	Most of our equipments were bought last year under the Grassroots grant
Rent and Hall Hire	19%	Increase in fees
Website and Internet Service	-77%	Website maintenance and updates only
Computer and IT Expenses	181%	Expansion of services through IT
Stationery/Postage	-46%	A move to paperless office and increased in electronic correspondences
Conference and Training	-28%	More local conferences attended
Phone Expenses	15%	Higher office activity and new clients correspondence
Photocopy and printing	-86%	Less printing work carried out due to excess stock from previous year
Consultant and Trainer Fees	420%	New Lloyds TSB Foundation for England & Wales funded IT training for carers project

Almondo Parry

Acknowledgement

Finally we say a big thank you to our trustees, staff, volunteers, members, partner organisations (Sickle Cell Support Group, Enfield Lupus Group, The MS Society, The Rotary club of Enfield Chase, Enfield Voluntary Action, EAPP, our Funders) and the local community for their commitment to us.

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