

2020 PROJECT REVIEW



"For The Community, By The Community"

CONFIDENT • COMPETENT • INDEPENDENT • PROUD





C O N T E N T S :

- **ABOUT US**
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- **FREE ONLINE SUMMER SCHOOL**
- **CONFIDENCE AND WELLBEING**
- **FUN AND CREATIVE ONLINE**
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ABOUT US

Znaniye Foundation was established in 2003 to deliver services and projects to families with Eastern European backgrounds, and served refugees, asylum seekers and people from low-income backgrounds.

Now, we work with a much vaster community of children/youth who are seeking extra support or involvement in their London boroughs.

All our work has always been to benefit the wider community and advocate integration, bringing the community together - primarily focusing on social inclusion and integration of children/youth.



We work to deliver services, a wide range of projects and educational programmes to children, youth and families in the various boroughs of London.

We recognise the importance of supporting these children and young people to reach their potential, to encourage their self-expression, and to build social interaction and community integration in safe, friendly and stimulating environments.



GLOBAL WARMING

BE PART OF THE SOLUTION

MAKE IT A BETTER PLACE

STOP GLOBAL WARMING

POLAR ICE CAPS
SEA LEVEL RISE
WILDFIRES
DROUGHTS
HURRICANES
MELTING ICE SHEETS

Assertiveness

What's more useful, a word or a kick?

Words are more useful than kicks because you can use them to communicate.

No body language and tone of voice are important and make any statement. Without the help of your body language, your words are not as powerful.

Being assertive about what you say and do is a good thing to do.

Verbal	Body Language	Tone of Voice
7%	55%	38%
What you say	How you say it	How you say it

By Alexander Sandhu

WE STAYED AT WORK FOR YOU
YOU STAY AT HOME FOR US.

COVID-19

English

Three clause sentences

Appeal to Emotion

Rule of three

Metaphor

Rory Hodgson

Student	Student	Student	Student
Student	Student	Student	Student

Q W E R T Y U I O P 1 2
A S D F G H J K L Z 3 4
X C V B N M SPACE 5 6

Ealing Borough FREE ONLINE SCHOOL

Znaniye Foundation

BIOLOGY

ZNANIYE FOUNDATION

FREE ONLINE SUMMER SCHOOL!

OPEN TO ALL EALING STUDENTS AGE 9-18

SAVE EARTH!

CLIMATE CHANGE

THERE IS NO PLANET B

Humans are destroying Earth. Stop this! Cycle or walk to your destinations where possible, don't litter and stop deforestation. We can fix this TOGETHER.

SAVE NATURE. SAVE EARTH. (GLOBAL WARMING).

Cystic Fibrosis

Epithelial cell

isotonic - fluid has same salt concentration as cell it surrounds.
hypertonic - fluid has more salt concentration as cell.
hypotonic - fluid has less salt concentration as cell.

mucus too thick

Sodium is pumped out of mucus into the cell.

Chloride ions follow the sodium down.

Water follows sodium down too.

Water from the mucus goes into the cell continuously.

Cystic fibrosis is a genetic disease. It's a problem with the coding of the protein CFTR.

Chromosome mutation

Cystic fibrosis also creates problems in other areas of the body such as:

- pancreas
- nourishment
- reproduction
- sweat

Consequences

- the bacteria gets stuck in the mucus in the lungs
- this causes inflammation
- white blood cells come to stop the inflammation and also get stuck
- they die in the mucus and release DNA
- this makes the mucus even thicker
- it continues in a cycle

Treating symptoms

- Physiotherapy - loosens mucus
- Antibiotics - target bacteria
- Steroids - anti-inflammatory drugs
- DNase - enzyme breaks down DNA
- Broncho dilators - makes it easy to breathe

anti biotics

DNase

CREATING CARTS

A collage is where you get different things, rip them up and stick it on a paper and you can also overlap them. It can also give effect for example cut it out in shapes! I had fun, try it out! Its fun! You'll love it.

Y=5
G. Vinusha



OUR AIMS

One of our principal aims is to assist children and young people from BAME families, living in income and socially deprived areas of London to break language, income, and social deprivation barriers, to foster a sense of inclusion and to develop the necessary self-confidence to grow into responsible adults in a diverse society.

We offer a range of social services, as well as educational and recreational activities, including social performances, and hands-on training, through which we promote community cohesion, inculcate life skills and self-confidence into children and young people, as well as providing social and employment information, parenting support and training to adults.

We are very proud to offer **safe, friendly and stimulating atmospheres, where children, young people, and adults can engage in various projects and expanded their possibilities.**

All our work has always been with the intention of benefiting the wider community and advocating integration to bring together as many people in the community as possible.





EALING MATHS PROJECT



In 2019, Znaniye Foundation was awarded the Young Ealing Foundations Supplementary School Grants Programme. The grants programme is designed to raise the attainment levels of children and young people in Ealing by providing learning opportunities in core curriculum subjects such as Maths, English, Science and IT. Through this, Znaniye Foundation launched accessible, low cost drop in Maths Tuition Sessions in the Ealing Borough for students aged 3 - 15.



Our aim was to provide Maths drop-in sessions that are affordable and give children access to opportunities and support in a safe environment so they can truly fulfil their potential. Research proves that especially students from low-income backgrounds who do not receive access to additional learning support later struggle more with GCSE/ A-Levels and admissions to Universities. We want to equip students with the knowledge their schools require so that they can later in life have the choice of various opportunities.



In March 2020, when Covid-19 Pandemic hit the UK, and in turn the lockdown began meaning all schools and sessions had to be shut, we knew we had two options; 1 - to stop running our sessions and restart once we were able to, or 2 - move the entire operation online and continue.

We chose to continue, and expand. We were incredibly pleased to have local teachers come on board, including SEND Practitioners, Preschool Specialists, and Secondary School Maths teachers to help us to continue to bring Maths to Students, in a time when it was needed more than ever - with schools closed and students having no access to help and tuition for a undefined amount of time.

Following the success of this project, we have been awarded a following year of funding for 2021 - which will allow us to continue the maths lessons, as well as to expand into other core subjects, Enabling us to bring low cost, accessible tuition for all ages in our local area.

EALING BOROUGH FREE ONLINE SUMMER SCHOOL 2020



We know that as a result of the Covid-19 pandemic, millions of families in the UK have fallen into poverty and this means resources for additional, non-essential education (Supplementary Education) are more needed than ever. We have worked with over 5000 people with lived experience of educational poverty, and we have seen just how vastly these low cost, safe spaces and open opportunities make an impact - both for social inclusion and community integration, as well as for personal development for students (mentally and academically).

We spoke to local teachers, parents and tutors and found that many parents felt that their students were losing touch with the national curriculum, and that the options available for tuition and help were not sufficient, or far too expensive for the people who need them most. Following the success and demand of our Maths project, we were confident that we could contribute to having an impact on children's educational success and wellbeing in the Borough, with those at the forefront of the charity having lived experience of the issues we are trying to address.

And so launched the Ealing Borough Free Online Summer School. The project was open to absolutely any and all students, however we knew that we could particularly help low-income and low-access families, as well as BAME communities, that in the UK traditionally have less opportunities to educational services and out of school help. Our goal was to be able to provide a wide range of accessible and enjoyable subjects to students of Nursery, Reception, Primary and Secondary School Age over a 6 week time frame from July 27th 2020; To supplement some education lost due to the Covid-19 Lockdown with Core Subjects such as Maths, Science, English, History, and Geography, Creative Subjects such Music, Art and Drama, and Wellbeing programmes. Alongside the lessons, we worked to raise funds and gather donations from the local community to hand deliver 'learning packs' to children on Free School Meals accessing the lessons - including targeted revision books, stationery and equipment, to enable them to reap as much from the lessons as possible.

Over 38
teachers
on board

Over 146
sessions
online

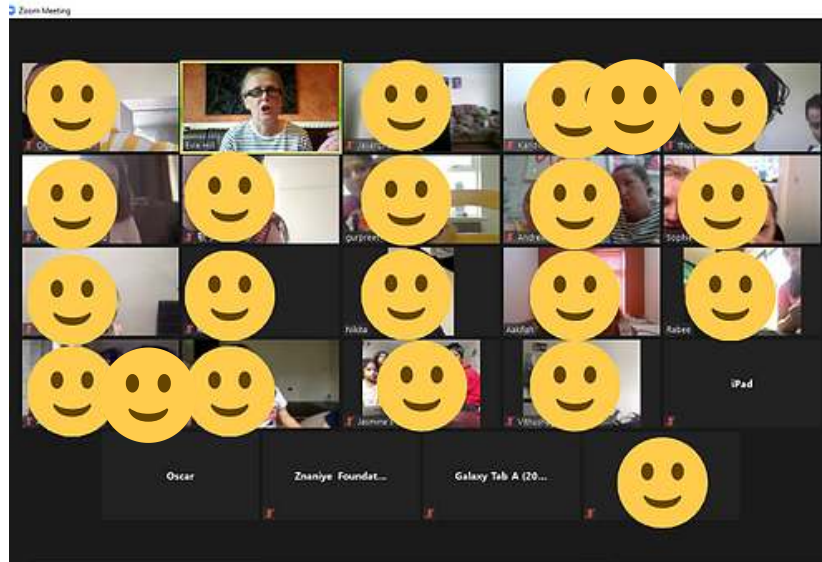
Over 2085
lesson sign
ups!

Over 100
books
donated

Over 200
posters
put up

6 weeks of
free lessons

Over the 6 weeks, we had an incredible turn out - from both teachers and students. All teachers and volunteers worked entirely for free to plan and run their sessions, from full time school teachers, early years teachers, Special Needs educators, charity workers and professionals; And students logging on each day to catch up on school subjects, learn brand new topics and expanding their interest.



How have average temperatures changed over the Quaternary period?

- The blue line indicates fluctuating temperatures over the Quaternary period (up and down)
- A trend of gradual cooling has taken place over the past 2.6 million years

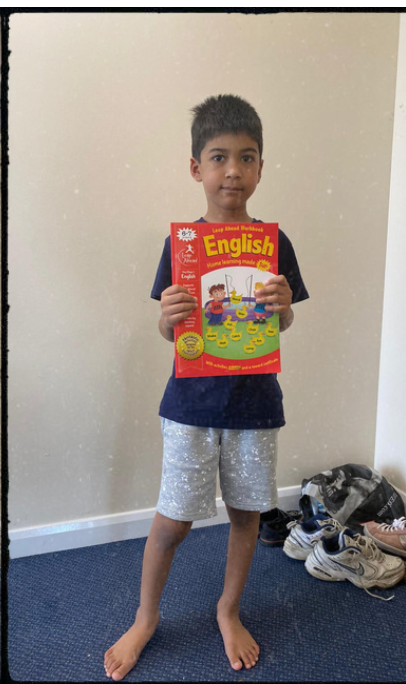
Equivalant global change in temperature (°C) relative to today's average

Today's average temperature

Quaternary period (2.6 million years - 0 (present day))

Millions of years ago

Average global temperatures for the last 5.5 million years using information from sediment cores



CONFIDENCE AND WELLBEING

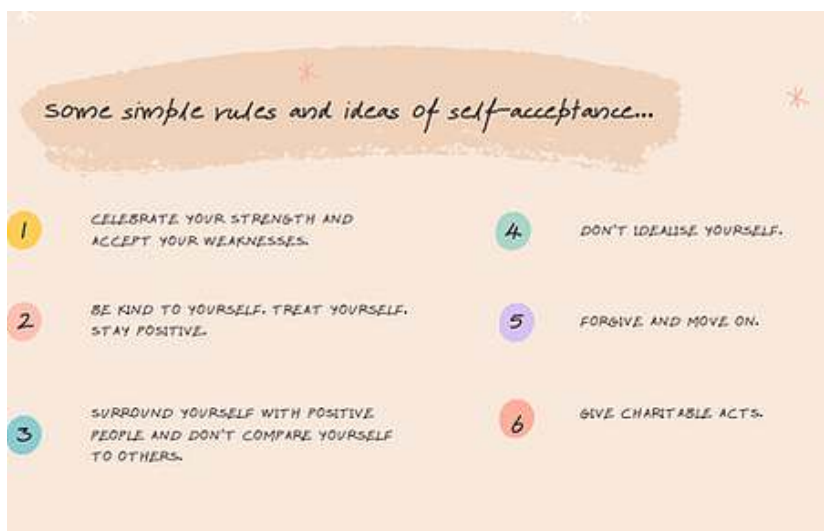


Znaniye Foundation is incredibly proud to have received the National Lottery's Awards For All, Community Fund in 2019. Through this, we created weekly sessions to give youth support and encouragement, so they can develop soft and transferable skills that will help aid them with various areas of life, in and outside of school, such as **leadership, communication, self-motivation, teamwork** and more.

Young people will have the opportunity to fulfil their potential by exploring new avenues or working to develop areas they already enjoy. **The project fundamentally puts young people in the lead.**

Our Confidence and Well-Being project also aims to support children and youth's Mental Health. Mental Well-Being is as important as their physical health, and paramount in supporting their mind for the capacity to learn, succeed and stay healthy. We hope that by providing workshops and resources to educate young people on different mental illnesses, coping strategies and proven ways to support themselves and their friends, they can become more aware and more able to balance their well-being and learning.

Due to the importance of this project, and our goal to continue helping students develop - we decided to continue these projects during the Covid-19 Lockdown, and thus transitioned initially with running online regular and free training for teachers in E-Safety, and How to Effectively Run Online Classes. From techniques to keeping students engaged, how to keep children stimulated remotely and more, all taught by teachers with expertise in the area. From the success of this, we began to transition more of our work online, choosing to focus on elements of Confidence and Wellbeing that we were being negatively exacerbated by Covid-19 and the national lockdown. Whilst continuing to provide formal education to students online with our Summer School project, we ensured that students had other forms of support, using funding to provide support groups online and sessions for all ages on topics such as:



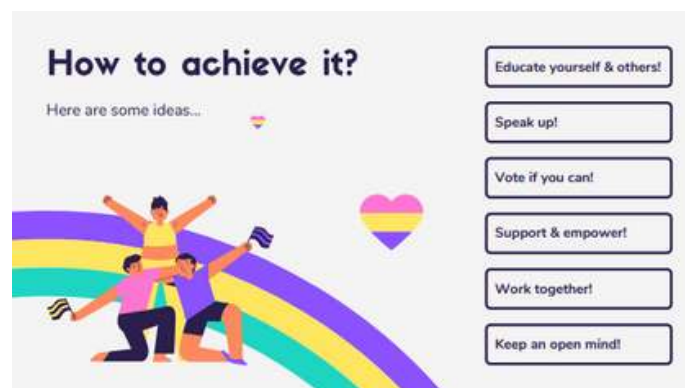
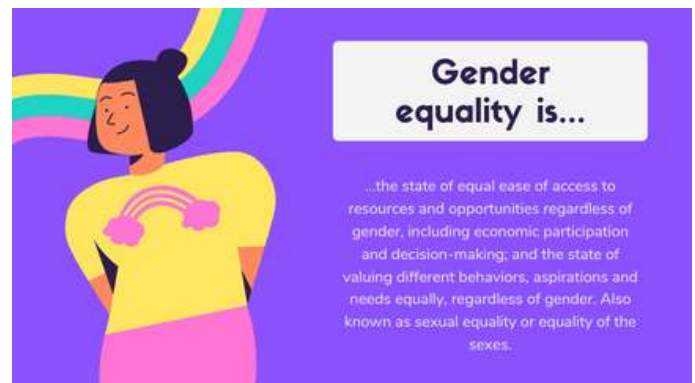
CONFIDENCE AND WELLBEING



To celebrate World Mental Health Day 2020 on the 10th October we at Znaniye Foundation hosted a Digital Conference, through our Confidence and Wellbeing Project and Funding. This year's theme set by the World Federation of Mental Health was Suicide Prevention. This online conference was open to Parents, Adults, Young Adults and Children from 10+. It is vitally important to highlight to all young people the power that a conversation could have. A short conversation with another person could make the difference between life and death to someone who is suffering from suicidal thoughts and ideation.

During this incredibly engaging conference, not only did we cover discussing and understanding what mental health is, but we also touched upon subjects of Depression & Anxiety, Psychosis Introduction, Fighting the Stigma that Surrounds these Illnesses, Suicide Awareness & Prevention, Active Listening with 5 tips to Help, and Learning Coping Strategies.

Alongside Alexis and the Znaniye Foundation Team, we were joined by esteemed guests such as James Murray, Ealing MP; CEO of Young Ealing Foundation, Elly Heaton-Virgo, a panel of young speakers; and even a Music Performance!



FUN AND CREATIVE ONLINE SESSIONS



JOHN LYON'S CHARITY

A few weeks into our Free Online Summer School Project, we could see that the demand for supplementary education was skyrocketing, with our academic sessions reaching sign up numbers of up to 90. We were however also becoming very aware of our more creative sessions, like Art, Well Being and Singing/Storytime, gaining sign-ups of up to 50.

This rise of creativity in the student's communicated the effect the pandemic was having on the children's mental wellbeing and their need for creative subjects; which allow them to express themselves and encourages their imagination to flourish and flow, which is vital in a time when our physical opportunities are being limited and restricted.

The effects of the Covid-19 Pandemic have already placed an immense halt on children's attainment in education, however, the effects do not end there. Considerably, one of the most dangerous effects that the pandemic has had is on the mental wellbeing of the children in all our communities. We know that mental wellness plays such an important role in all aspects of a persons life, and to support educational attainment, we need to remedy the emotional setbacks that the pandemic has created. **The Free Fun and Creative Online Sessions ensured that students creativity and imagination could flourish, which would support their learning and development when they were back at school.**

With the underpinnings of the Summer School Project, we already had some resources and teachers in place and onboard to provide the Fun and Creative Sessions. We began reaching out to volunteers and curating the sessions which would be taught. After applying for many grants to make this project possible, we were delighted to be selected to receive the John Lyons COVID-19 SCHOOL HOLIDAY ACTIVITY FUND. After this massive step, the consolidation of this project only continued to grow. Sourcing volunteers from, companies such as Union Tuition; members within our community; and members of our already fantastic team, we were able to curate and host the creative sessions listed below:



Photography



Art



Music



Drama/Theatre



Creative Writing



Singing



All Around the World



Illustration



Remaining Meeting Time

Zoom Group Chat

From [Name] to Everyone:
 hi can you repeat
 my internet disconnected

From [Name] to Everyone:
 wow
 lots going on some things are creepy
 fantasy-like

From [Name] to Everyone:
 its not natural
 the first one

From [Name] to Everyone:
 you weird and creative (part of fun)
 i like the empty set it emphasizes the characters

Mer Night's Dream and The Tightrope

back

Nigeria

Click to hear an example!

Like much African music, Nigerian music is often created for a specific purpose. Therefore, there are **songs for births, marriages and funerals among other things.**

The music of the Yoruba people of Nigeria focuses on **drumming, especially using a drum called a dundun.** The dundun mimics the sound of the Yoruba language. One drum takes the lead and the other drums respond.

Nigeria also developed these styles of music that are popular around the world.

- Fuji – the origins of fuji are in the special songs used to wake Muslims up before sunrise during Ramadan
- Juju – comes from a combination of Yoruba drumming and Christian group singing
- Afrobeat – this is a combination of traditional West African drumming with American funk and jazz music

Zoom Meeting: [Name] (Audio) [Name] (Video) [Name] (Video) [Name] (Video)

Zhuanyue Foundation

NET NIEBLANKES.
NONEUROPEANS ONLY.

NET BLANKES.
EUROPEANS ONLY.

Zoom Group Chat

From [Name] to Everyone:
 wow this photo captures love and joy
 you can see the little girl looking at another girl as if
 she wants to be friends with her

From [Name] to Everyone:
 i like his photographs because he shows that
 everything going on is really bad but he also shows
 how people are finding some light in it which is so
 inspiring

From [Name] to Everyone:
 yes

To: Everyone

Type message here...



BLACK HISTORY MONTH



Black History Month is a yearly observance and celebration, which commemorates and gives recognition to the history, achievements and contributions of people of African and Caribbean backgrounds.

Black History Month, which originated from the US in the early 20th Century, takes place in the UK every October. Carter Godwin Woodson, a historian and co-founder of the "Association for the Study of Negro Life and History" is credited with giving rise to this important month. Woodson believed that education about black history was vital in the study of race within society, stating:

"If a race has no history, it has no worthwhile tradition, it becomes a negligible factor in the thought of the world, and it stands in danger of being exterminated."

Because the inclusion of Black History and Culture is, and should be, of such importance in today's society, we ran many diversified lessons and discussions. These sessions - **free online and safe in-person workshops** - helped to create a vaster knowledge of the history, heritage and culture of Black Communities, alongside Black History Month classes at school, by highlighting and giving recognition to topics and histories that may not be equally represented in main educational settings. We aimed for these sessions to assist students in learning; to be able to create a deeper and richer knowledge of the history and culture of Black communities.

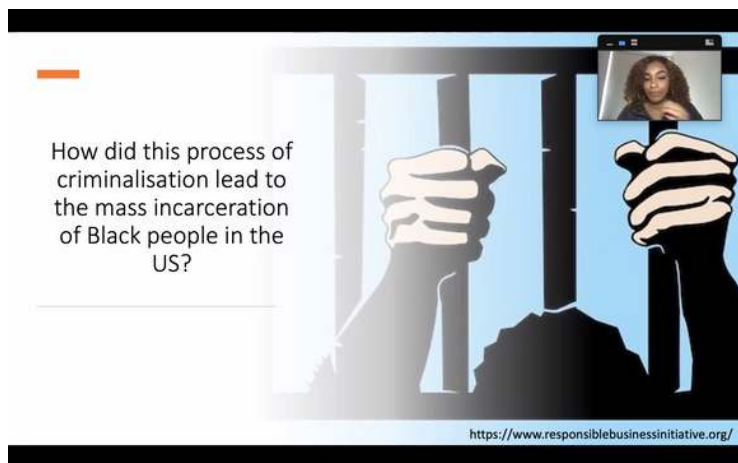
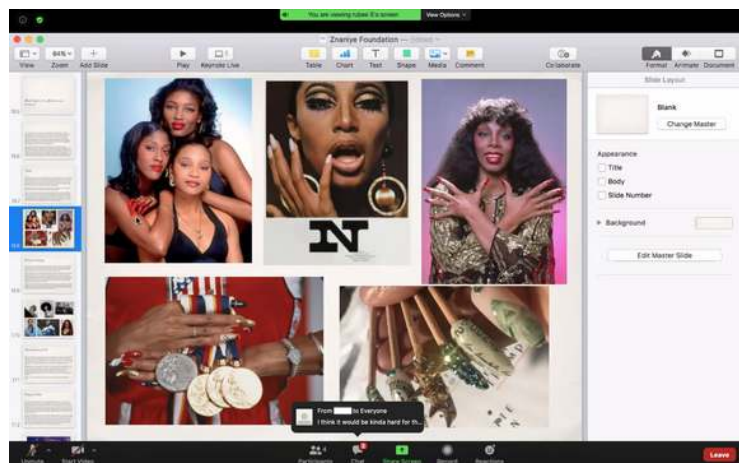


We also held an exciting competition, in partnership with Young Ealing Foundation. We felt that the students' creative outlet needed more freedom to flourish; and what better time than Black History Month. We have tried to give the students a vast range of options for their piece of creative work, so their expression and artistic skills can thrive, whilst having fun and enjoying creating a piece of work of their choice



We know how important it is for children to have a social, in-person, outlet for their creativity, and with Covid-19 there have not been many chances for this outside of school time. Once Covid-19 restrictions softened, we were able to (with socially distanced restrictions and safety precautions) provide 2 workshop's for the children of the Ealing and Newham Communities. These workshops will be brought creative, fun and educational activities related to Notting Hill Carnival, alongside Black History Month Wise Education Workshop Resource packs, covering topics such as civil rights, slavery and activism brought by Youth Charter who have partnered with us for this project.

The first workshop was held in Newham, and we were delighted to be joined by over 100 children aged from 4 upwards. The children were incredibly excited to hear Geoff Thompson MBE, 5-time world karate champion and founder of the Youth Charter, speak with them to begin the session. Geoff spoke to the students about their heroes, their life ambitions and goals, and how many of these wouldn't be possible without the inventions and barriers broken by black males and females in the past. The students learnt about Geoff's journey to success, how sporting can push us both physically and mentally in life - and importantly about how they as young people need to work towards becoming informed and active members of society, to create a better future for all.



COMMUNITY CATCH-UP SCHEME



In partnership with
**THE NATIONAL LOTTERY
COMMUNITY FUND**

The long endured closure of schools, courtesy of COVID-19, has had a detrimental effect on pupils' education.

Discussions with local parents, teachers, and community members regarding the growing concern with the damage being caused, prompted us to launch a new project with the intention to intercept some loss of education due to the pandemic. As this is such an important issue that needs to be addressed, we needed to have access to as many resources and as much man power as possible. The Community Catch Up Scheme, is kindly being made possible by funding from the National Lottery Community Fund, and will give us the much needed and greatly appreciated help to tackle and supplement some education lost due to the Covid-19 Lockdown.

The project, which went live on the 14th of September, has already seen a a very warm welcome. With subjects of English, Maths, Science, History, Business and Spanish for all various age groups, receiving friendly and thankful audiences. We know that the project is incredibly needed more than ever due to the recurring students and high attainment levels. The sessions so far have been so enjoyable to watch, we can't imagine how beneficial and fun it is for the children that are learning from the sessions.

With the effects of the pandemic due to have long term consequences, we have made sure that the Community Catch Up Scheme will run for a substantial amount of time, in order to have the most beneficial effect on the education attainment of students.



CHILDREN 4 CARE HOMES COMMUNITY CHRISTMAS CARDS



Znaniye Foundation is **working to unite generations in the community** during this abnormal festive period, by working with children and youth in our community to create and deliver handmade Christmas/Holiday cards to 6 local care homes.

Elderly people have been incredibly isolated throughout the pandemic, and **our project is aiming to find a way to tackle that isolation** in a COVID secure way and to **connect two generations within our communities.**

Students have been creating submissions at home and in order to bring them some festive cheer, we organised for them to drop them at a social distance 'santa's grotto' along with many other submission methods.





However, following on from our work online this year and with our community in the aftermath of schools closes, we were very aware that many families would like to participate, but would not have the materials to do so.

And so, to give them an opportunity to make cards and other Christmas and Festive crafts, we organised a small free workshop to facilitate low-income families to access materials and even meet Santa.

Overall, we have received over 150 cards that will be directly and safely taken to each care home in time for Christmas this year, with the hope to bring some joy to as many people as we can.





2020 IN REVIEW + THE FUTURE

As with organisations worldwide, we have had to entirely change the way we work and deliver our services, in order to adapt to the challenges that 2020 has brought.

Whilst this has been challenging due to the increased demand from those we service and aim to help, we have been able to grow and establish new offerings with help from local and national partners, in order to provide a variety of support for those in our communities.



Znaniye Foundations continued goal is to ensure that all families and youth, in particular those that are under-represented and face the hardest challenges in life, are able to continuously access new opportunities that are accessible and proactive.





OUR PARTNERS

The work we do would not be possible without a wide range of supporters and partners. From funders, other organisations, charities and local authorities.

Take a look below at those we have worked with this year:



CONTACT

To get in touch with our team, including Trustees, Staff, Volunteers or others, please see below:



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