

# POSITIVE AWARENESS

ANNUAL REPORT 2016



*The practice of positive awareness helps to bring out the best from ourselves-Ifilia Francois*

*Charity No 1101860*

## **CHAIR'S INTRODUCTION**

In 2015 we reviewed the holistic positive living programme which is at the heart of what we do. We found that the programme helped to transform the lives of many, which in turn, has increased the number of supporters who attend our annual Conference and donate while in attendance at the Conference. This has given us the courage and enthusiasm to continue on our quest to promote the practice of positive living.

**Holistic Self Development:** We now feel more grounded than ever before, especially after having developed an In-house programme which can be delivered to organisations on their own premises at short notice. The programme covers varied and interesting positive living bite size segments. This helps more people to fit in and choose sections from the programme that can be expanded to meet their needs.

**Volunteers:** We are enormously grateful to have been able to recruit our first In-House IT Volunteer. This was much needed and has helped us quite considerably in many ways. We have also been able to secure a Motivational Speaker who will be able to assist us as and when required in the absence of our Patron Mr Peter Sage.

It was an absolute delight to have had the pleasurable company of Cllr Julian Bell, Leader of the Council - Ealing Council and The Mayor, Cllr Nisar Malik – Mayor of Hounslow at our 2015 Conference for the first time. The Leader of the Council Cllr Julian Bell, impressed the audience by revealing that he is an avid believer in positive living and has practiced this way of life for many years.

**Our key plans:** We at Positive Awareness are looking forward to another abundant year of great achievements. We are especially looking forward:

- To find premises to start a new Numeracy and Literacy project under the umbrella of Positive Awareness for disenfranchised young people.

We would like to express my gratitude to The Board, Our Patron, Cllr Julian Bell, Leader of the Council – Ealing Council, Cllr Nisar Malik – Mayor of Hounslow, Supporters, Dr Rupa Asha Huq deputy Mayor of the London Borough of Ealing, ACF - Diabetes Stall, Community groups who attended, Volunteers, and Ealing Library, for their graceful contribution. We eagerly look forward to another fruitful year.

Closing Thought: *"It is almost impossible to accomplish what you assume you cannot do. Be careful not to become a prisoner of your own limiting assumptions".*

*Damien Morgan*

**Chairperson**

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## 1. ABOUT POSITIVE AWARENESS

### Mission Statement:

To promote the practice of positive living by having a positive approach to life regardless of the situation

### SERVICES

- Master Classes on holistic self-development eg: achieving personal goals
- Community events which includes Refugee and Asylum Seekers
- Provision of real life skills experience



Above: Ifilia Francois working alongside other groups to promote community services.

## **2. KEY ACHIEVEMENTS 2015**

- Promoted the first Positive Awareness Programme on Health Awareness in Conference 2015, on the subject of “Diabetes”
- Delivered a Lecture on becoming more positively aware by adopting the principles of Positive Awareness to a community organisation
- Assigned a qualified professional to deliver a talk on Stress Relief to young people
- Introduced a fee at the 2015 Conference in order to pay for hall hire, refreshments and volunteer travel costs
- Targeted more donations from Supporters
- Very first attendance to the Positive Awareness Conference by Cllr Julian Bell – The Leader of Ealing Council
- Very first attendance to the Positive Awareness Conference by Cllr Nisar Malik Mayor of Hounslow
- Recruited one Volunteer Motivational Speaker and one IT Volunteer
- Provided new incentive for Volunteers eg: professional classes on self-development opportunities
- Started a local youth section to our existing Positive Awareness Data Base
- Worked as part of a group of Organisations to promote community services in Greenford

## **3. KEY PLANS 2017**

- To review workshop delivery in order to provide more of what is needed
- To add a separate page on website for “Positive Contributors”
- To address services for Refugees and Asylum Seekers
- To recruit an additional Key Worker
- To review topics on Health and Wellbeing and holistic self-development
- To review the fee for Conferences in order to pay for hall hire, refreshments and volunteer expenses
- To start a Youth Data Base of young people living out of the Borough who want to attend/participate in Positive Awareness’ activities
- Recruit more Volunteers
- To start new health group programme
- Update the Positive Awareness website

## **Other Achievements**

- Organised a Volunteer’s Campaign Day

#### 4. VOLUNTEERS

Recruited two Volunteers, one of which has become a Motivational Speaker for Positive Awareness.



Above: on the left is our newly recruited IT Volunteer and on the left is Charlie, the Acting Secretary of Positive Awareness.

#### 5. PROJECTS

**Positive Awareness Lecture delivery**



Above Ifilia Francois delivering a talk on “Positive Living” to a local group.

## 6. CONFERENCE 2015



Very first attendance to the Positive Awareness Conference by Cllr Julian Bell – The Leader of Ealing Council on the right speaking to the Positive Awareness Patron Mr Peter Sage. On the left is the Cllr Nisar Malik – Mayor of Hounslow addressing the Positive Awareness Audience.

Dr Rupa Asha Huq deputy Mayor of the London Borough of Ealing. Member of Parliament(MP) for Ealing Central and Acton

Dr Rupa Asha Huq gave a very warm welcome to the audience and explained her position in the Borough and how she could be of service to the community.



Right are supporters and other community groups who attended the Positive Awareness Conference 2015. Left is Acton Community Forum promoting Diabetes Awareness.