

POSITIVE AWARENESS ANNUAL REPORT 2008/2009



“Opportunity is missed by most because it is dressed in overalls and looks like work” Thomas Edison USA.

CHAIR INTRODUCTION

On behalf of the members of the Board of Positive Awareness I am pleased to provide the introduction for the Annual Report.

The work of Positive Awareness has been a continued source of inspiration. In 2008 we'd set ourselves the following targets:

- To continue to increase core membership locally
- To start a children and teenage Book Club accompanied by Parents/Guardian
- To start a children's summer activity project during the School holidays
- To start "Body and Mind" activities combining physical and mental well being
- To apply for permission from the Charity Commission to work internationally

I am pleased to report that all of these targets except for one have been met. We have seen some of these targets excel expectations.

We are not only focused on fulfilling the Charity's targets, we are equally focused on helping individual members to reach their true potential. For this reason we are very pleased to report that we have been able to help two members set up their own projects. We would like to continue to help members to aim high and give us the opportunity to help these aims materialise successfully.

I would like to thank members, volunteers, local businesses, community and voluntary groups who have given us their help and continued support.

Stilia Francois
Chairperson

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1. ABOUT POSITIVE AWARENESS

Origin

Positive Awareness started in September 2001 and has continued to grow and serve the community.

Mission Statement:

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

Aims & Objectives

- To help the unemployed (but not exclusively) to attain skills, build confidence, set and achieve goals
- To run workshops on self empowerment and a book club specialising in inspirational books
- To bring people of different nationalities together to work in harmony through community events
- To provide creative workshops for young people which enable them to develop and refine skills of self - expression through forms of creative writing (i.e. poetry, prose and short fiction) through the performance and publication of their creative writings; hence the name, **WAPPY, Writing, Acting and Publishing Project for Youngsters**

Spirit of the organisation

- To seek to help members to reach their true potential
- To celebrate the world's diverse people and embrace the difference that makes each one unique
- To have a positive approach no matter what the situation

What Is Positive Awareness

It is the process of training the mind to respond positively to situations and to practice control of thoughts and feelings.

Self Development

We provide one to one sessions with qualified professionals for those who need a breakthrough in personal growth.



A one to one session in progress

2. SERVICES

- ✓ Workshops and discussions to build confidence and self esteem
- ✓ A book club specialising in inspirational books for positive living
- ✓ Aerobic exercise classes for physical well being
- ✓ Body and Mind Community Cohesion event
- ✓ Writing, Acting, Publishing Project for Youngsters

3. KEY ACHIEVEMENTS

- Increased core membership and attracted local business support
- Started WAPPY children's summer holiday activity
- Held inspirational Book Clubs where children can accompany their parents
- "Body and Mind" Community cohesion Event
- Held Weekly Aerobic exercise classes for physical well being
- Gained permission from the Charity Commission to work internationally

4. KEY PLANS FOR 2009/10

- To hold a Body and Mind Community Cohesion Event
- To help more members to set and achieve their goals
- To hold workshops to promote increased awareness on healthy eating
- To start a project in the Caribbean island of Dominica

5. BOOK CLUB

In 2008 we discussed the following books:
Instant Confidence by Paul McKenna
Yesterday I cried by Iyanla Vanzant
Feel the Fear And Do It Anyway by Susan Jeffers
Philosophy Works by William Wray



Book Club Facilitators

6. POSITIVE AWARENESS CONFERENCE 2008



At 2008 Conference we elected our new Treasurer David Adanuvor

7. PROJECTS

Positive Awareness charity helps members to set and achieve their goals eg:

Writing, Acting & Publishing Project for Young people (W.A.P.P.Y.)

The WAPPY Project was created by Grace Quansah. WAPPY was set up on 29th July '08 for youths between the ages of 11 to 14 years old as a literary initiative that aims to develop the creative writing skills of young people from multi-ethnic backgrounds and train these writers to become skilled performers of their creative work. WAPPY was a great success and the work produced by the young people will be published subsequently. Nine young people of various ethnicity (3 girls and 6 boys) from four West London boroughs completed the project with a Showcase immediately after the final session.



Aerobic Exercise Group



The Aerobic exercise Project was created by Aneta Bochen. It is high and low impact aerobic moves designed to improve health and well being. Currently the project has 10 members who meet once a week.

Aerobic exercise for fun and good health

8. VOLUNTEERS' ACHIEVEMENT

Lynette Atway received 100hr achievement Award
from Ealing Volunteer Centre



9. WORKSHOPS



Author, William Wray delivering a workshop based on his book “Philosophy Works” - A practical path in 10 steps to transform the way you live.

10. COMMUNITY COHESION EVENT 2008

We decided on a smaller event this year in comparison to our usual larger ones due to lack of funds. It turned out to be a very meaningful and successful event.



Raffle Draw 2008

The winning numbers for the raffle draw were: 0649, 1901 and 0577



The Deputy Mayor of London in attendance to announce and deliver the raffle prizes.

11. WORKING WITH OTHER COMMUNITY GROUPS



Bizzie Lizzie Nursery infants performing at the Community Cohesion Event



Acton Community Forum
Acton Carnival
Positive Awareness/Scorpio Dancers

12. BOARD OF TRUSTEES

Ifilia Francois
Saqib Mohammad
David Adanuvor
Damien Morgan

Chair
Vice Chair
Treasurer
Secretary



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