

University Centre Peterborough & ISLAH

COMMUNITY AND SOCIAL RESEARCH CONFERENCE

#UCP_ISLAH



University Centre
Peterborough



**RESEARCH
REPORT
REFORM**



Engaging, enabling and empowering students to meet the challenges of the future!

UCP is part of a strategic aim to develop higher education in order to meet the growing demand for degree programmes in the city. Our courses help students to acquire knowledge and skills relevant to local businesses, industries and public services. The University Centre also provides services direct to the business community, aiding innovation, product and service development and the 'up-skilling' of the local workforce. The quality of our provision continues to be recognised by the National Student Survey (86% student satisfaction in 2021/22 – ten points higher than average).

Part of Inspire Education Group, UCP works closely with Peterborough College, Stamford College and a range of awarding bodies including Open University and Pearson and accrediting bodies such as the Chartered Management Institute. Our offer includes a broad spectrum of courses across business, education, science, arts and social science such as Sociology, Psychosocial Studies, English Literature, History and Archaeology, Criminology, Early Childhood Studies, Digital Arts, Media and Journalism.

For more information please visit: www.ucp.ac.uk



University Centre
Peterborough

Translating Research into Empowering Action!

ISLAH, Institute for Social Policy, Leadership and Advancement of Humanity, is an independent research institute, established in 2022, to research local issues pertaining to the Muslim and wider communities of Peterborough. Our purpose is to:

- Increase Muslim and grassroots voices and visibility in research.
- Disseminate research findings in an accessible and easily understood format.
- Support Muslim and wider communities to access and learn research skills and be empowered to interact and use data and research findings effectively.
- Enable statutory and voluntary organisations to have access to robust, relevant, evidence-based research in order to develop targeted policies and services to meet the needs of the Muslim and wider communities.
- Facilitate education and community partnership to learn and grow inclusively.

For more information please visit: www.islah.uk





COMMUNITY AND SOCIAL RESEARCH IN PETERBOROUGH CONFERENCE

Order of the Day

9.15am	Refreshments and Networking
9.45am	Welcome with Claire Swales of UCP and Sameena Aziz of ISLAH
10.00am	Keynote Speech with Professor Ben Rogaly from University of Sussex
10.30am	Panel 1 - Choice of 3 panels
11.30am	Break - UCP will provide refreshments
11.50am	Panel 2 - Choice of 3 panels
12.50pm	Lunch - Bring your own lunch
1.30pm	Keynote Speech with Professor Sir Les Ebdon
2.00pm	Panel 3 - Choice of 2 panels
3.00pm	Plenary and Evaluation with Claire Bowes of UCP and Sameena Aziz of ISLAH





KEYNOTE SPEAKERS



Professor Sir Les Ebdon

Professor Sir Les Ebdon was awarded a CBE for services to national and local higher education in 2009, and in 2018 was knighted for services to social mobility and higher education. As Director of Fair Access to Higher Education from 2012 to 2018, he enabled the number of disadvantaged students in HE to rise to the highest level ever, including a 53% increase at the most selective universities. An award-winning Analytical Chemist, he has published more than 250 journal articles. His many appointments have included Deputy Vice Chancellor at the University of Plymouth and Vice Chancellor and Chief Executive of the University of Bedfordshire. He is currently UCP's Chair of Governors.



Professor Ben Rogaly

Ben's research focuses on the social and historical geographies of identity, 'race', place, class, faith and migration in England, and on political economic geographies of temporary migrant work in India and the UK. During the 2010s he used oral history, film, photography, and theatre to investigate changing employment patterns in Peterborough in the context of the building of new residential areas and relatively high levels of inward migration. As part of this he conducted in-depth interviews with current and former food factory and warehouse workers in Peterborough, and later, while Writer-in-Residence at Metal Peterborough, he co-produced the film 'Workers' with Director Jay Gearing. Ben's most recent book 'Stories from a Migrant City: Living and Working Together in the Shadow of Brexit' was published in 2020 by Manchester University Press and is based on his oral history research in Peterborough. Ben's current research is located in Brighton and Hove where he is part of a team working alongside community organisations exploring islands of hope in the current polycrisis. He is Professor of Human Geography in the School of Global Studies at the University of Sussex and a member of the Sussex Centre for Migration Research.

Stories from a Migrant City can be purchased from the publisher with a 50% discount using the code STORIES50 at the following www.manchesteruniversitypress.co.uk

Workers is free to view online at www.creativeinterruptions.net



PANEL 1

Option A

Places and Spaces - Room 014

Chair - Psychosocial Studies course leader
Claire Bowes

1. Common Spaces and Transitioning Cities: Civic Rites, Emerging Resistance and Urban Transformations in the Historical New Town – Kelly Thomas

This project explores the impact of austerity measures (and private-sector regeneration) in the case study city of Peterborough. This project will use archival and ethnographic methods in identified semi-common community spaces including participant observation, participant workshops and walking interviews. The data collected from these methods will be presented in a subsequent digital archive. These methods will explore how austerity measures (and private-sector regeneration) limit networks of resistance amongst residents during periods of urban change but also provoke them, as residents attempt to reclaim and redefine urban space.

I am currently a Sociology lecturer at UCP, teaching a range of modules across the Sociology and Psychosocial degrees including ethnography, social policy, intersectional studies and classic and contemporary social theory. I am currently undertaking my PhD in Human Geography with the University of Sussex, and my presentation for this conference outlines my proposed thesis, its research aims, methods and my interest in Peterborough as the location for my research.

2. Peterborough Citizens and Community Organising – Edie Turner

Peterborough Citizens, as a chapter of Citizens UK, uses the methodology of Community Organising to empower everyday people, through their civil society institutions, to become community leaders for social change. Over 3 months last winter, we listened to over 10,500 Peterborough citizens (5.5% of Peterborough's population) in 18 member institutions through 'house meetings' and surveys around issues that are affecting their lives. I would like to make a presentation explaining this listening process, and how our focus on supporting everyday people to have their voices heard and make change works.

Community Organising is, in my opinion, distinct from other methodologies for social change because of its focus on changing the culture of civil society, through institutions who are the lifeblood of their communities, rather than by waiting for individuals to self-select as 'changemakers' or 'activists'. We seek to widen what is perceived as 'politics' to include everyday people making active choices to engage in living together as a collective, ongoing project. Our listening research is wide-spread, but personable and creates safe-feeling environments in contexts where community support can also be sparked outside of the campaign process. Each institution presented their top 3 most common issues, with testimonies, and these were placed into umbrella themes by myself. The themes and testimonies were presented at a Delegates assembly, and member institutions voted to form city-wide diverse campaign teams around 3 key issues: Housing and Homelessness, Crime and Safety, and Racial Justice in Education.

I, Edie Turner, have been a Community Organiser with Citizens UK since February 2022. My role includes delivering bespoke training on Community Organising, supporting campaign teams to win positive local change, and working with a selection of member institutions across a range of sectors to strengthen their institution by embedding Community Organising within it. I worked with 50% of the 18 institutions who took part in our listening research to design and implement personable and effective listening processes for their particular context. I also helped to drive the process by which listening feedback was whittled down to a shortlist of umbrella issues, which were then voted on as campaigns.



3. Empower and Evolve – Dr Almira

The data provided by the World Health Organisation showed that Pakistan had one of the highest infant mortality rates worldwide. The devastating floods in 2022 would also have a profound impact on infant mortality rates because of widespread displacement, lack of clean facilities and lack of education. Data from the WHO also showed Pakistan had high rates of oral cancer. This led to the development of a dental surgery which provides routine and emergency healthcare.

In Peterborough the charity donated a lifesaving defibrillator which has been deployed by the 999 services several times. Throughout the COVID-19 pandemic, Empower and Evolve helped by providing meals to the rough sleepers, providing washing facilities at a community centre and donating PPE to a local hospice. The generosity of the people of Peterborough has enabled this work to be carried out with a positive impact on those who are vulnerable. The charity continues to look for projects locally and internationally to improve healthcare, education and welfare.

Empower and Evolve is a local charity which was set up in 2017 with the aim of supporting projects which focus on healthcare, education and welfare. The charity was set up by Dr Almira Haseeb, a local GP and Dr Israr Razaq, a local dentist, who are both passionate about helping vulnerable people. The aim of the charity is to empower vulnerable people to support themselves and their families, to improve and sustain their lifestyle and in doing so helping to evolve communities.

After a successful charity launch £40,000 was raised in one night for various projects including setting up a Women's health unit and a dental surgery at Bangrilla Community Hospital in Kashmir, Pakistan. The Women's health unit and dental surgery has made a significant improvement in peoples' health and wellbeing, with an ever increasing demand for more services. More locally, the charity has donated a lifesaving defibrillator and helped vulnerable people throughout the COVID-19 pandemic by providing meals, washing facilities and PPE.

The charity has worked with local businesses to raise awareness of the work they do. The charity continues to look for projects to benefit the local community.

Option B

Community Research – Room 015

Chair – Psychology lecturer Anika Okrasa

1. Research Engagement Network Development Programme (REND) – Peterborough Council for Voluntary Service – Joshua Fowler

The aim of the REND project is to increase research development networks, increasing research engagement amongst underrepresented groups and reduce health inequalities. Funding for this has come from the ICS. PCVS's role within this is to facilitate and coordinate research between healthcare professionals and academic health researchers. Focusing on health inequalities are important to reduce inequalities and improve health outcomes. Health inequalities can affect many different subsets of people, emerging in differences in quality of care, affecting ethnic minorities, geography, behavioural risks, and socioeconomic groups. The NHS Core20 Plus5 criteria aims to reduce health inequalities through focusing on deprivation and five prominent disease areas. Closing the gap between researchers and healthcare professionals via the third sector is a vital way to reduce health inequalities amongst the general public. The best way to do this is using the understanding that PCVS have about community organisations and charities. This way, PCVS can be used a link for researchers and healthcare professionals to engage targeted populations of community groups to undertake health research. We aim to engage with underrepresented target populations within four medical areas: physical health, secondary care, mental health and multimorbidity.

From literature on the topic, we know that there are health inequalities in health outcomes amongst people with cardiovascular diseases, the inter-relationship between mental health and wider health determinants, that limited health literacy and language affect health inequalities, and the prevalence of diabetes being higher among South Asian and Black people.

PCVS' vision is for Peterborough to have vibrant, resilient communities with greater equality of opportunity for all. We aim to do this by providing charities and community groups with the skills and infrastructure support needed for them to thrive and ultimately help individuals and communities in Peterborough to live better lives.



Our services are aimed at improving health and wellbeing, building the capacity of individuals and groups to help some of the most excluded members of society.

2. A prospective cohort intervention study to look at whether delivery of a culturally specific diabetes education and self-management programme for the South Asian community in Peterborough increases attendance, and subsequently better – Saima Husain

I am a registered nutritionist with over 10 years of experience working in the field of nutrition and health in Peterborough. Initially with the NHS and City Council, and then in private public health companies commissioned by the former. These are Solutions4Health and now Everyone Health (Healthy You). I am accredited by the Association of Nutrition (AfN). My training enables me to provide evidence-based information and follow Department of Health guidelines about the impact of food and nutrition on health and wellbeing.

I have been working in Public Health since qualifying and my job roles have involved weight management group education and one to one clinics in various GP practices in Cambridgeshire. I have also been involved in diabetes education for newly diagnosed diabetics and women with gestational diabetes as part of further education. I am passionate about improving the health of the public through diet and lifestyle advice and have worked in various settings, with patients providing them with the support they require to achieve a healthier lifestyle.

I have recently completed a post graduate programme in Human Nutrition and Public Health, which compliments my earlier qualification in nutrition and dietetics.

3. Lessons learned from a public health evaluation with the Muslim community Sadia Begum, Claire Thompson and Daksha Trivedi

The East of England has some of the lowest uptake of bowel screening among Black, Asian and Minority Ethnic groups in the UK. The British Islamic Medical Association (BIMA) has developed an intervention to increase awareness of cancer screening and provide information to Muslim communities. Our team has been evaluating this intervention, a talk given by Muslim clinicians in Mosques, which aims to improve participation in cancer screening. During the course of this evaluation, we have been working closely with partners from the Muslim community and Muslim clinicians. Emerging findings from the evaluation are promising. In this presentation, we will be sharing our reflections on engaging with this community and the lessons learned for informing inclusive approaches to both public health practice and conducting academic research. Information on public health and research needs to come from trusted community sources and there needs to be space to ask questions. Our research has been very challenging, but very much worth it. We look forward to being able to share results with you.

Sadia Begum, Claire Thompson, Daksha Trivedi (University of Hertfordshire) Our researchers are from the University of Hertfordshire and based in the Centre for Research in Public Health and Community Care (CRIPACC), an internationally renowned multidisciplinary research centre focused on producing research that makes a difference to people's lives by improving the quality of health and social care services and promoting health and wellbeing. The evaluation project is supported by the National Institute for Health and Care Research (NIHR) Applied Research Collaboration (ARC) East of England. This is a five-year collaboration between Cambridgeshire and Peterborough NHS Foundation Trust, and the Universities of Cambridge, East Anglia, Hertfordshire and Essex along with other NHS Trusts, Local Authorities, patient-led organisations, charities, and industry partners across the region. NIHR Applied Research Collaborations (ARCs) support applied health and care research that responds to, and meets, the needs of local populations and local health and care systems.



Option C

Cultural Voices – Lecture Theatre

Chair – Sociology course leader Paul Wilks

1. The Latvian Community Association in the UK – Iveta Suna

From 2009, the Latvian Community Association has been on the ground working with and supporting their community. Before the pandemic we used to work only for the Latvians but during the pandemic we became very flexible and started working with other communities which has been a very successful decision because people have integrated more together. Working on projects such as sewing, they have found that they have more things in common and have made friends. The pandemic has allowed the Latvian Community to engage with and work with wider communities and in doing so have benefitted greatly.

All communities require support of similar nature; however communities also need specific support tailored for their particular culture, tradition, and language. These can only be provided by understanding the issues faced by communities. The Latvian community undertakes a lot of questionnaires amongst their community to understand the needs of the community and how to make activities and programmes accessible for the members at the grassroots. We encourage and support the community members in making healthy decisions and choices. The questionnaires is in Latvian language and people complete them within their own space and comfort. We are also involved in wider research.

Iveta Suna is trained as a social worker and worked in the local council in Latvia and now works within the charity sector, helping people. Iveta has two children and is a recent grandmother.

2. Creating Ambassadors at Schools: the impact in the lives of Portuguese parents and children – Carla Lopez

Student Ambassadors can greatly help to bridge the gap between parents and schools when it comes to language barriers, creating a better working partnership between the school, parents and students. Schools can greatly benefit from this.

Carla is a Portuguese community worker, working in schools to support the Portuguese children and the parents to improve academic and social outcomes. Carla works with higher education providers and Peterborough Parent's Power for the Portuguese community language, supporting parents to understand how their children can access and attend universities.

3. Black History Month – Bernadetta Omondi

Bernadetta Omondi is a teacher by profession. She is the Chairperson of Black History Month Committee, Peterborough Racial Equality Council, Community Champions Network, Black Leaders Forum Peterborough and also Kenyan Community. She is a member of Peterborough Rotary; she holds a Civic Award 2016 and a Community Hero Purple Plaque Award 2022. She is a known Community Ambassador and influence.

4. SOS.LT: The Community Group Helping Lithuanians Living in Peterborough – Snieguole Maliavskaja

We are aiming to be visible, heard and understood. I am Snow, Snieguole Maliavskaja, Lithuanian, came to the UK in October 2016. I always was a very active community member, keen on helping everyone and everywhere and was (and still am) involved in a lot of committees, initiatives and projects. In October 2021 I set up the Community Group SOS.LT, Community Group SOS.LT is the organisation where members of the community in Peterborough, mostly Eastern Europeans - Lithuanian, Polish, Russian speakers, get help and support, starting from translating the SMS messages and showing how to use Google Translator for it next time and finishing... There is nothing we are finishing with, as we do everything for those who need anything: we help to book the appointments (wherever it is needed), to apply for status or UC, to get food, to complete the different forms, to access physical activities, mental health support, to start learning English, to look for a job, to reach Councils, Police, NHS and other organisations, even schools in bullying cases and professional support when suffering domestic abuse. We do everything that is needed to support each Peterborian. We are especially focused on those who are in any way vulnerable and socially excluded.



PANEL 2

Option A

Social Inequalities – Room 014

Chair – Sociology lecturer Kelly Thomas

1. Problems for renters in Peterborough during the cost-of-living crisis, 2022-23 – Joshua Fowler

The cost-of-living crisis and rising inflation has caused many financial issues for people across the country, not least in Peterborough. Often, housing issues in the private and social rented sectors mirror what happens within the wider economic picture nationally. Covid-19 created its own unique problems, and whilst some of those issues were consistent to 'normal' housing issues, the cost-of-living crisis is presenting its own set of housing problems. Rental housing affects approximately 33% of Peterborough residents. Disproportionately, it is the private sector affecting the vast majority of people renting. Now, more than ever, it is important to examine the struggles of renters so that – at least locally – we can push for meaningful change for tenants. Tenants should not be trapped within an unfair hierarchical power dynamic and virtually exploited by landlords. Data was gained through analysing case data through the past financial year from Citizens Advice Peterborough. These cases spanned a wide age range, affecting different types of households, and mostly concentrated in more deprived wards. The types of issues analysed were disrepair issues, eviction notices, illegal evictions, rent increases and clients seeking cheaper/council housing accommodation. More power needs to be given to tenants for secure tenancies and completely abolishing no-fault evictions. Local authorities need the power to impose rent caps in the private rented sector. They also need greater powers to force landlords to maintain their properties in habitable conditions; and tenants need to better understand their rights vis-à-vis disrepair. The council needs to build more council homes.

Citizens Advice is a charity that began in 1939 as an advice bureau. It gives free, impartial advice to anyone who needs it on a range of issues, from tax, utilities and transport, to benefits, housing, debt and employment. Many local Citizens Advice branches closed their doors to face-to-face advice as a result of Covid-19; Peterborough closed its doors shortly before the pandemic due to funding cuts.

Many operate on the phone, with outreach services in the community and national and local websites with advice.

Joshua Fowler - I studied History at De Montfort University, earning my MA in 2019/20 with a dissertation on the New Poor Law of 1834. After graduating, and with the pandemic in full flow, I found a volunteering opportunity with Citizens Advice Peterborough where I developed my research skills and gained an appreciation for research and campaigning around poverty issues, and for working in the charity/third sector. My volunteering has seen me write many research reports regarding issues that clients are facing. I worked for Citizens Advice Peterborough for a brief period last summer to write a report that focused on survey people's needs, barriers to accessing the service, and ways they wanted the service to change to make it more accessible for them. Not long after finishing that job, I started working at PCVS as the Health Research Coordinator for the REND project.

2. Culture Voices – Faustina Yang

Racial discrimination, unconscious bias and its impact on social harmony, inclusion, integration, mental health and wellbeing.

Data gathered (numbers) and case studies can be provided depending on timing:

- Hate crime rate and cases, what we did to tackle this.
- Our free Tai chi and wellbeing initiatives to promote culture and togetherness, our positive contribution to the social inclusion, social harmony, community wellbeing.
- Our together initiatives through festivals and ceremonies.
- Our contribution during Covid pandemic to prevent the spread of covid, 20,000 masks were distributed at the beginning of pandemic when masks were hard to get hold of.
- Our partnership working with local authorities, health services and diverse communities.
- Upskilling the community: English lessons, maths lessons, financial resilience courses, diverting to digital workshops, employability sessions.



Conclusion: as ethnic minority in the city, we play an important role for the city's growth, economy, social harmony, community cohesion. We are the same like you, we are encouraging active citizenship and making positive contributions to the city and its people. Call for action: anti-racism, everyone plays a part for social harmony, respect different cultures and different ethnicities. Let's not be the problem, let's be the solution together.

Faustina was formerly Head of People in a commercial company, Faustina moved onto self-employment as an HR Consultant in 2020. Educated to Master's Degree, CIPD level 7 qualified, a Chartered Institute of Personnel and Development (CIPD) Associate Member, she is a highly skilled, inspirational and diplomatic professional. She provides vital HR and employment support to voluntary sector organisations locally and nationally.

Faustina has track record of managing successful programmes and projects, leading transformation and service improvement programmes and ensure delivery of activities and value for money, develop and encourage innovative ideas.

She is the founder and leader for four community groups: Chinese Community in Peterborough (CCIP), Chinese Women in Peterborough (CWIP), Peterborough Mums UK (over 6200 members), Hampton Tiddlers (around 1000 families). Faustina is holder of many prestigious awards.

3. iCare – Nadia Abdurahman

Over the past 30 months, iCare Peterborough has endeavoured to facilitate improvements to the local community with regards to poverty reduction. Our vision is to alleviate financial hardship and improve the quality of life for the residents of this city. To reach these objectives we have sought to increase the health and wellbeing by reducing the detrimental effects of poverty on physical and mental health. In addition, by addressing poverty and the cost-of-living crisis, we strive to remove barriers in education for those families with low income.

We've provided essential resources such as food and clothing to over 35 000 people in need.

The objective of reducing poverty levels and addressing the cost-of-living crisis in Peterborough is so that we can facilitate as well as promote a more equitable society. In so doing, our vision is to improve the well-being of residents, enhance social mobility, and foster economic growth and social cohesion. We recently conducted a comprehensive review of our services and their impact on the local community. This evaluation process involved consultations with beneficiaries, community partners, volunteers, and experts in relevant fields.

The iCare review has also identified areas where our services can be further improved to address the evolving needs of the community. This helped us identify who can support us with our services. By recognizing and addressing poverty and the cost-of-living crisis, both the government and local communities can demonstrate their commitment to social justice and equity. Through targeted policies, programs, and initiatives, support can be provided to those in need, ensuring that vulnerable individuals and families receive the necessary assistance and resources. To this end, data collection and analysis provided us with information so that we can work at targeted intervention to make evidence-based decisions to alleviate poverty with stakeholders and policymakers to identify gaps, trends and then collaboratively, come up with potential solutions. We believe that collaborative efforts with local and national partners as well as agencies using shared data can enhance the effectiveness of the interventions that iCare Peterborough implements.

Using our data, we anticipate that this will inform our medium to long-term planning so that we can take proactive measure, instigate early interventions, collaborate with appropriate statutory and community partners to prevent future increases in poverty levels.

Both locally and nationally, the cost-of-living crisis clearly exacerbates inequality and disparity. The cost-of-living crisis highlights the need for targeted policies, advocacy, and community support to address affordability issues effectively. Solutions may include initiatives to increase affordable housing options, address income inequality, enhance social safety nets, and promote fair wages.



Option B

Targeted Delivery – Room 015

Chair – Psychosocial Studies course leader
Claire Bowes

1. CPSL Mind and The Lantern Initiative

Developing a New Perinatal Service Muslim Women in Peterborough Presentation by: Kate Beed - Head of Equality, Diversity and Inclusion. Jen Anker - Perinatal Service Manager and Annisa Ladha - Perinatal Project Worker.

We know that women from Asian communities are disproportionately less likely to access local perinatal community mental health provision. CPSL Mind has successfully run community perinatal services since 2013 in Peterborough, but we recognised that only a small proportion of women we were supporting came from our local Muslim Community. We secured funding to work in partnership with The Lantern Initiative, and other local partners, to develop a new perinatal service for local Muslim women. By using National Mind's service design toolkit and undertaking community ethnographic research, alongside desktop research and interviews with healthcare professionals we produced an Insight Report which we will share in our presentation. The Insight Report identified three key themes:

- Loneliness and isolation is an issue
- Time for self-care is important
- Stigma and lack of mental health awareness need to be addressed

We also explored the strengths and assets of individuals and identified unmet needs. This enabled us to design and develop a faith-based perinatal service for Muslim women delivered by Muslim women in Peterborough.

Cambridgeshire, Peterborough and South Lincolnshire (CPSL) Mind supports local people on their road to recovery from a wide range of mental health challenges. We also campaign against the stigma & discrimination faced by so many people experiencing poor mental health. Our vision is a society in which everyone has positive mental health and feels part of a connected community.

We provide co-produced services that include: Peer support groups, Crisis support – The Sanctuary, Self-help workshops, Perinatal support, Post discharge support, Mental health campaigns, Workplace and community training, Online support, Community Wellbeing.

We are delighted to be sharing details of our perinatal project for the Muslim community in Peterborough that we undertook in partnership with The Lantern Initiative.

2. Raham Project – Faiza Rehman

Raham Project is a registered Community Interest Company creating a safe and non-judgmental space for mothers and partners from ethnic communities through pregnancy, birth and early parenting. Raham project creates representative information, offers support and advocacy to individuals and raises awareness of the perinatal period. Raham Project works closely with healthcare professionals to reduce health inequalities

Faiza Rehman was born and raised in the UK in a tight-knit South Asian family. She is a mother of two young children and a qualified midwife. "Raham Project started because of my personal experiences and frustrations as a midwife and then as a new mother. I worked in a system that did not allow me to practice and develop myself in a meaningful way. I could not truly support families, witnessing first-hand disparities and unconscious biases towards people from diverse communities. This affected both service users and colleagues from ethnic communities."

3. Unlocking Inner Potential: An Analysis of Wellness Coaching as a Catalyst for Personal Growth – Shakila Bano

The topic of my presentation will be based around 'Sustainable Weight Management' - A healthy physical and mental lifestyle that is maintainable for the rest of your life without feeling deprived or forced. Working in Peterborough's most deprived communities for the last 20 years as a Fitness Instructor, Wellness Coach, Stop Smoking Advisor, Health Trainer, Adult and Child Weight Management Advisor, Falls Prevention Coach, GP Exercise Referral Consultant and Weight Management Specialist, for 4 - 90 year olds, I have realised advising clients to merely 'Eat less and move more' is not working in reality and people are tired of fighting and struggling with 'unrealistic' lifestyle changes into their 80's. They attend funded exercise sessions and nutrition classes, but it's not penetrating as it should.



This presentation will explore the impact and effectiveness of funded exercise classes on deprived communities for achieving lasting well-being; the misconception that solely attending exercise classes is enough to maintain overall health. The shortcomings of conventional weight management programmes - regurgitating the same strategies, and the research and analytical methods used. True sustainable well-being requires a 1-2-1 approach that includes making broader lifestyle changes delivered in a language everyone can understand.

I am a GP Exercise Referral Consultant, I specialise in designing and implementing individualised exercise plans for clients based on their medical conditions, fitness levels and exercise goals. I offer guidance and education to clients about the benefits of regular exercise, proper techniques, and ways to incorporate physical activity into their daily lives. I am also a Level 5 Postural Stability Instructor, a Level 3 Health Trainer and Weight Management Specialist, a Smoking Cessation Advisor, I have helped clients quit smoking by developing personalised quit plans, provide education and support and monitoring progress.

I aim to bridge the gap between healthcare and promoting different tools to empower clients to manage and improve medical conditions by enhancing their overall health, reducing the risk of chronic diseases, and improving quality of life.

Option C

Enterprise – Lecture Theatre

Chair – Psychology lecturer Anika Okrasa

1.The Story of BK716 - Julie Gray, Michelle Tasker, Katie Purkiss

A group of international students were brought together for the Shorts Stirling Bomber Project, which was to be a student-led endeavour to create a lasting tribute to the recently recovered crew of Shorts Stirling Bomber BK716 in the form of an e-magazine. The group were to research the seven crew members' lives and talk to living relatives, discover more about the RAF and its wartime role, learn about the Shorts Stirling Bomber and uncover the history of the Downham Market airfield from where the plane and its crew departed on their last and fateful mission. To also hear the story from those who discovered the first parts of the wreckage in the Markermeer Lake and the dedication of the people of Almere Municipality to find the relatives and tell them their loved ones were found and were going to be commemorated.

Working collaboratively with the 12 team members spread between The Netherlands, Canada, Germany, and the UK was new to all involved. The culmination after 7 months was the magazine's official launch at a civic event in Almere, The Netherlands on the 30th of March 2023.

Working on this project from University Centre Peterborough were Julie Gray, Katie Purkiss, Michelle Tasker and Menna Smith who completed this project whilst studying for their final year of their BA (Hons) in History and Archaeology and Carl Fuller, a recent graduate BA (Hons) in Media Production. For all the UCP students involved, this was our first research experience outside of our studies. Julie Gray has now been offered a place to study Archaeological Science at the University of Cambridge for an MPhil starting this autumn. Michelle Tasker has completed an undergraduate degree in History and Archaeology at UCP and Katie Purkiss has accepted an offer to start an MA in History at ARU in Cambridge this September.

2.The Endemic of Drugs - Community First

No details available at time of distribution.



PANEL 3

Option A

Education – Room 014

Chair – Sociology course leader Paul Wilks

1. Telling tales to teachers: what Pakistani and Kashmiri school students would like their teachers to know – Dr Alison Davies

During the last decade, education in the UK has been at the cutting edge of successive policies designed to inculcate a common narrative of 'Britishness', but resulting in many of its young British citizens from global majority backgrounds feeling their identities threatened and devalued. Teachers have been co-opted into this movement from multicultural education to 'integrative citizenship' (Race, 2015) through curriculum changes and the statutory duty to promote 'fundamental British values'. These policies have been debated by practitioners and academics, but the voices of young people themselves are rarely heard, particularly those of young Muslims who feel they are the targets of misinformation and stereotypes in the media and in their school communities.

This presentation provides a platform for their voices as they discuss their experiences in education. Despite their accounts of overt racism and daily microaggressions, they are optimistic about the diverse future of their home city, and offer their narratives to construct a shared understanding of what they would like their teachers to know.

The data sources are free-written responses from 100 Muslim students to a survey conducted in Peterborough. Their comments, which reflect the findings of Iqbal (2020), are explored through discussions with 40 of the participants in an Islamic faith school, and community settings between 2018 and 2021. Their accounts are analysed in the context of government policies and the theoretical frameworks of contact theory and Kumashiro's (2000) theory of anti-oppressive education.

Dr Alison Davies taught in secondary schools and colleges in London and Peterborough, and now works for the Open University as lecturer and supervisor in Education.

She is also vice chair and research officer for Peterborough Racial Equality Council and her research has been conducted in Peterborough across both organisations. Her research since 2006 focuses on promoting the voices of young people from racialised minority communities in the city. Alison is also a regular presenter at BERA (British Educational Research Association) conferences.

Publications:

2018: 'Young British Muslims explore their experiences of primary school and 'othering'', Learning and Teaching around the world: E309 Module Reader, Open University

2019: 'Tradition and Transformation: Pakistani-heritage young people explore the influences on their educational progress', Race, ethnicity, and education

2020: 'For the City's Sake': young Black, Asian, and Minority Ethnic voices in Peterborough, PREC, ISBN 978-1-5272-6932-3

Forthcoming: 'Telling tales to teachers: what Muslim pupils would like their teachers to know' in Abbas, T. and Iqbal, K. (eds), Education of S Asians in the UK, Routledge

2. How incorporating cultural identity into the curriculum can positively influence and impact valuable factors that improve academic achievement, attendance and integration – Nadia Abdurahman (Thomas Deacon Academy)

Thomas Deacon Academy has incorporated Culture into the academic curriculum as part of the Character Curriculum. We believe that this plays a significant role in supporting integration, increasing attendance and improving academic achievement among students. By acknowledging and embracing the diverse cultural backgrounds of all students, our academy strives to create an inclusive environment that fosters and promotes a sense of belonging and acceptance. This past year we've introduced a cultural curriculum with celebrations across cultural groups.



For this presentation, we'll focus on the impact with our Roma student community to illustrate the significance of incorporating cultural identity into the school curriculum. We believe that this has yielded positive impacts and we feel this is important because: students demonstrated increased cultural pride, embracing cultural diversity creates a positive school climate at TDA, reducing incidences of discrimination, bullying, and exclusion. Roma students demonstrated improved social interaction with staff and students. At TDA we have integrated cultural identity within the curriculum and parental involvement and engagement is integral at TDA by creating spaces for parents to share their cultural knowledge and experiences.

Students who feel a sense of belonging at TDA will have regular, consistent attendance. by incorporating cultural identity students see the relevance and applicability of their learning to their own lives and this results in improved achievement. In conclusion, incorporating cultural identity at Thomas Deacon Academy, promotes and supports integration and this then creates an inclusive environment that celebrates diversity. This approach at TDA, not only increases attendance and achievement but also promotes positive social interactions, enhances communication skills, as well as prepares all students for a multicultural society.

We've focussed on the most marginalised group at TDA and bring you the work that we've been undertaking this past year. By valuing and embracing cultural diversity through celebrations, mentoring, parental engagement and bespoke experiences, TDA play a pivotal role in fostering an inclusive and equitable education system. Our recommendations are that all schools encompass cultural identity into the curriculum.

3. Widening participation: Muslim perspectives of higher education, Peterborough, East Anglia – Anita Nayyar

According to research conducted by the Office for Students, Peterborough wards experience lower than expected levels of young participation in Higher Education (HE) considering both key stage 4 attainment and ethnicity (POLAR3 Q1 & 2). The predominant ethnic category in affected wards was identified as 'Muslim'.

The 3 HE Dilemmas students face when trying to weigh up their post school options are:

1. Financial Security Dilemma Schools communications about HE options make students feel that they can best achieve financial security by taking a degree. With low or no awareness of other options, students experience their choice as binary; university or work. Students could all think of examples of people with a degree in a dead-end job and in debt after university. In the absence of low financial risk HE options, students can tend towards going straight into work to avoid the risk of being in debt. Especially for those whose families run their own businesses.

2. Pathway Choice Dilemma Students have to choose their post school pathways at a time of massive pressure to achieve good grades and with what they feel is degree-biased information from schools about potential pathways. They also feel they receive little support in applying for HE from home (due to inability) or school (due to lack of time). In the absence of time to make the right decision students can opt for the easy option (work) and if they do choose a course in this time they fear dropping out midway if they later work out that it's not the right course for them.

3. Cultural Capital Dilemma Students perceive university social life as 'drinking & clubbing'. They fear being socially isolated as a result and have low awareness of alternative cultural forums on campus like societies and clubs where they can build relationships around shared interests. Their perception of university culture is reinforced by school, university marketing, siblings at university (many Peterborough Muslims go to the same small pool of universities which may not be culturally fit for them) and parental warnings. The perception that university is socially isolating for Muslims can be a final tipping point in the decision not to go into Higher Education.



Students who came out of these dilemmas with a positive attitude to higher education and confidence in their choice to enter it had experienced one of more of the following; met role models in the target careers who were able to give them a clear understanding of life in the target career and advise them on which pathway(s) to take; took a gap to think with a clear mind and weigh up all their options; developed an awareness of vocational and work based pathways in addition to the academic pathway.

Students only resolved the cultural place dilemma by deciding either to put up with not fitting in or avoid university altogether. They would benefit from guidance of how to choose campuses by the type of cultural life they offer

Anita Nayyar is a Social Psychologist and researcher based in metal Peterborough. She works across industries in policy, marketing and the Arts and specialises in minority ethnic experience and in countering hate speech.

Option B

Collaborations and Networks

– Room 015

Chair – Criminology course leader Rebecca Treston

1. Strengthen Support To The Voluntary Sector Working On A Grassroot Level – Yasmin Ilahi (GLADCA)

GLADCA is a well-established Community organisation which is ideally situated to key target groups and communities, to detect problems early, intervene quickly and devise empathic (and innovative) solutions to those problems, we have the potential to drive change and generate significant social impact in the process. We are the first port of call for advice, assistance, signposting, and referrals.

The core problem we want to address is that small, community-led, and locally rooted organisations deliver high impact work and yet that work is often overlooked and continuously face challenges delivering vital services and in securing funding. Core costs for running of the organisation are never funded and these costs have a crunch on the overall budget and running of the organisation.

Short-term funding is also making it difficult for charities to address the long-term issues. Short term funding allows only a small window of opportunity to demonstrate a project's value before funding concludes just before a project may only be able to demonstrate its full impact and the funding has ceased. Staff and volunteers are hard to secure with time-limited funding and can lead to a loss of staff towards the end of a funding period as they prefer more stable options.

Feedback from service users often feel threatened on losing services with short term cycles. Longer-term funding will significantly ease the issues described above, making us far more resilient than it currently is and more able to continue to deliver services on which so many individuals and communities rely.

Yasmin Ilahi: My role is working as a manager at GLADCA with marginalized groups for over 17 years, my passion is to advocate for the community needs by working with people on the grassroot level and to support them in strengthening their voice on the issues that affect them and then raising awareness of those issues and barriers to deliver a change. I have created an active presence and trust in the local communities by ensuring that we are continuously developing and evolving our services at GLADCA to meet the needs and the demands of the Communities in Peterborough and beyond. Our area of focus and which is one of the mainstream services at GLADCA is to deliver ESOL courses and that has been life changing for tens and thousands of people in the city. Raising awareness on health wellbeing or any other topical issues through monthly Coffee mornings has also been very popular. My passion serves as a fuel for my advocacy to expand our services and support many more people and organisations - embracing their cultures and respecting the value of a diverse society.



2. What is a poverty truth commission? – James Farson

“Nothing about us, without us, is for us” is the motto of the Poverty Truth Network and the starting point of any Poverty Truth Commission. The idea is to put together a commission of people from the community who have a lived experience of poverty and struggle, along with a commission of local decision makers from the civic and business world, and through conversations and relationship building enable them, as a group, to own their own narrative and tell their own stories.

Through this sharing of stories and experiences and building up of direct human relationships, a Poverty Truth Commission hopes to drive systemic change by humanising the people and experiences within structures. People experience poverty through systems, like the DWP, public health, or local councils, but their experiences are often not centred when it comes to these systems being developed.

This model has worked well in other cities across the United Kingdom, and we take it as self-evident that Peterborough has an issue with poverty that needs to be addressed. It is hard to share any specific outcomes we are aiming for, because our hyperlocal approach precludes transposing results elsewhere onto Peterborough, and it is the community commission that determines what issues and areas they want to focus on. These group meetings and discussions are the next stage of our project.

The Poverty Truth Commission model is developed by the Poverty Truth Network and is hosted in Peterborough by the Peterborough Council for Voluntary Services, and funded by the National Lottery Community Fund. James Farson is the community facilitator for the Poverty Truth Commission in previously worked in Peterborough’s library system and has also worked as a freelance proofreader and copyeditor. He is a Peterborough native and is passionate about building community in Peterborough.

PCVS’ vision is for Peterborough to have vibrant, resilient communities with greater equality of opportunity for all. We aim to do this by providing charities and community groups with the skills and infrastructure support needed for them to thrive and ultimately help individuals and communities in Peterborough to live better lives. Our services are aimed at improving health and wellbeing, building the capacity of individuals and groups to help some of the most excluded members of society.

3. Community: Peterborough Mums UK and Hampton Tiddlers – Faustina Yang

Hampton Tiddlers was founded following the closure of 6 children’s centres and serve over 1000 families for the past 9 years, won Queen’s Award for voluntary services. Peterborough Mums UK serves over 6200 local mums who are raising the future generation of our city, and our country. New initiatives include wellbeing walks, table tennis for women, on the Table Tennis England news and Peterborough Telegraph news. This presentation will address the following:

- Why it was founded?
- What difficulties we had?
- What differences we have made?
- What challenges we foresee?
- What support we need?
- Call for action?

As a woman from ethnic minority background, Faustina is passionate about tackling inequality, in employment, and in accessing health and social services. Faustina is keen to raise the importance of cohesion and integration. She uses her skills to engage, collaborate and influence at every opportunity to make a difference through national, international, local media and through community work. Faustina is an active presence and trust within local communities. She has a passion for advocacy for community needs, barriers and opportunities to support communities of interest and raise awareness within communities to promote equity. She has undertaken BBC TV, ITV, BBC national radio and local radio, newspaper interviews and programmes, provided key messages for health and police systems which have been used countywide to address safety, health, and inclusion.



She also worked in national organisations such as Near Neighbours and have successfully demonstrated her work to the Ministry of Housing. Faustina has always had healthy and positive relationships with authorities, local services, and communities. She is great at building positive and engaging relationships with partners and leaders of communities. She has worked with the diverse communities across Peterborough, also national organisations, and communities, partnering with organisations to maximise the resource, working creatively to make a bigger impact for the people and organisations in Peterborough.

Tell us what you thought about the day via our very short survey [here](#).

Get involved in another research event
Friday 12th January 2024 | 9.30am-4.00pm

We are looking for panellists to watch students present their final year projects. Read about last year's event [here](#).

Please email claire.bowes@ieg.ac.uk for further information.



University Centre
Peterborough

www.ucp.ac.uk
hello@ucp.ac.uk
01733 214466



www.islah.uk
islahresearchinstitute@gmail.com
07814 686760



Inspire
Education Group