



## Training trustees

### Light

Hameeda, Nagina and Pamila have worked in the voluntary sector for many years and that's when they came up with the idea of using their experience to set up a group to do more in the community.

Through searching online Hameeda came across Manchester Community Central and got in contact for support in developing the group. Sarah, an Organisation Development Worker, met with the members of the group to talk through how to set up and how to write their charitable objectives and develop their group to become fully established.



Light supports people in the UK and abroad and has been set up:

- To provide the relief of women and their children who have been physically, sexually and emotionally and/or mentally abused within an intimate or 'family' relationship in Manchester
- To advance public education and understanding of the issues of domestic violence
- To promote human rights
- To help to bring awareness of health and wellbeing - weight management, cancer, cardio vascular and mental health
- To support families with young children
- To provide information on how to keep an eye on children's activity regarding their use of mobile and social networking
- To help parents to interact with their children by becoming a bridge between parents and children
- To provide counselling services for all ages
- To provide short courses for women
- To become a bridge between the community and local authorities

The sessions are being run in mosques to make them easily accessible to members of the community.

Hameeda, Nagina and Pamila have a wealth of experience to be able to support members of the community and have various backgrounds in legal support, community development and health and wellbeing, they also speak five languages between them so are able to support the wide and diverse community.



Light recently attended an Introduction to Roles and Responsibilities workshop run by the Capacity Building Team, which really made a difference to the group to know what they need to be doing to run the group effectively. As the workshop was run in the evening the members of the group found it easier to attend as they could fit it round their work. As members of Macc Light were able to take advantage of a discount on attending the training.

Light are planning to have an open evening in January to launch their service and invite members of the community to find out more about Light and the support that is available to them.

“The support has been brilliant, and Sarah has been very patient with us and let us talk and say everything we wanted and helped the group to develop. It has been a helping hand to make a dream come true.”

