

Project: Echo Youth Project	
Lead organisation: Echo	Wellbeing Funding: £2,395
Feedback from the organisation:	
<p>We publicised the project on the Breeze Culture Network and also produced a banner which we put up outside the ECHO Centre. Uptake of activities was excellent and the numbers steadily grew week upon week and we had an average attendance of 12 young people per session. Outreach activities were carried out in the locality to publicise the project around the Ashtons, Conways, Banstead Park and the streets off Harehills Lane and to recruit young people. Young people's feedback highlighted that there was little in the way of youth provision for them to access in the community as there are no purpose built facilities for young people in the area or after school provision so they welcomed the opportunity to take part in such a project which gave them lots of new experiences and activities they had never taken part in before. The location of the ECHO centre has filled this void. The location of the ECHO centre has contributed to the success of the project as it was close to the homes of young people and they were able to access it after school to pick up drop off consent forms and parents were able to call in and enquire about signing their children up for activities. The project was heavily dominated by boys, although some girls accessed activities occasionally. We aimed to target a mixed audience of young people from different backgrounds when publicising the project because of the demographics of the area is heavily dominated by the Pakistani community this reflected in the majority of participant take up.</p>	
Quotes from young people	
<p><i>"The graffiti workshop was really good as I always wanted to learn how to draw and write in graffiti styles. I found it really enjoyable and learnt the basics of graffiti drawing, I also learnt about the background of graffiti and how it started and learnt about the biggest artist in the world which inspired me to keep practising the art of graffiti."</i></p>	
<p><i>"The DJ workshop was great, I always thought that dj-ing was hard but when I did this session I found that I could do it and it was not as difficult as it looks, I gained knowledge of how to mix 2 different songs together and how to layer tracks and how to scratch, which I am really happy about this has really improved my confidence"</i></p>	
<p><i>"My name is Shoaib I have been coming to the Echo sessions that they have provided for young people, I can speak for most of the other young people that attended, that all of us had a great experience throughout, we got to do some things that we would not normally get a chance to do like canoeing and the Leeds wall. We really enjoyed all the activities and would like a similar project to happen again as we learnt a great deal from it"</i></p>	
Project: Al Khidmat	
Lead Organisation: Leeds Islamic Centre	Wellbeing Funding: £1,875
Feedback from the organisation:	
<p>The final part of the project was to raise awareness of the prevention of chronic diseases, physical activities and healthy living, dietary issues and to promote strong community cohesion between young, the elderly and disabled. Approximately 600-700 people benefitted from all backgrounds and ages.</p>	
<p>Open sessions were held with users/members in partnership with a local pharmacy to look at providing excellence in health care services which included:-</p> <ul style="list-style-type: none"> • Free consultation in healthcare and medicines 	

- NHS and private prescriptions and how to get the best out of medications and also looking at medicine waste
- Free blood pressure testing and advice
- Disposal of unused/unwanted medicines
- Nursing and residential home service
- Free travel advice

Most of these services and advice were offered in local community languages to achieve maximum potential.

Local fresh fruit and vegetables was the theme set by the chef, to encourage users/members to eat more of the 5 a day.

The chef delivered sessions on a one to one basis and also in group settings. From this discussion was encouraged about local produce, the carbon foot print and how to reduce this, healthy eating and living, being more active indoors, walking exercises and sitting exercises. The chef informed users/members about the importance of eating more fresh, healthy produce and less fried, food with less salt and fat content and the benefits from these contribute to long term health benefits.

Leeds Islamic Centre stated: *“We would like to thank both the Inner East Area and the Inner North East Area Committees for funding this project and supporting us. Without the continued support the effectiveness of how this project was delivered could not have been achieved, once again Thank you”*