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You can watch the Al Mahdi Institute Big Iftar Event by clicking [here](#)



It was also a pleasure to support the Moseley Iftar at St Annes Church on the theme of Gratitude, the St Peter's Hall Green Iftar with an environmental theme, and the Three Faiths Iftar at Birmingham Progressive Synagogue, for migrant communities during the month of Ramadan, where leaders from each faith talked about the festivals celebrated at this time of year: Passover, Ramadan, Easter and Lent.

## Near Neighbours supports Interfaith Big Iftar at the Al-Mahdi Institute

Near Neighbours were delighted to be the key supporting partner at the Al-Mahdi Institute for their Interfaith Big Iftar during Ramadan this year

The theme for the evening was 'Uplifting the Local Community' for which our Chair of the Board of Trustees at Thrive Together Birmingham, David Tomlinson was a keynote speaker, alongside Rabiya K Latif our Near Neighbours Development Worker.

We shared our perspectives on social inclusion and justice from an Islamic perspective as well as sharing Thrive Together Birmingham's aim to be inclusive, diverse, collaborative, nurturing and strengthening through our work with all communities across the city.

The event was attended by people of all backgrounds and faiths, to celebrate the different walks of life we connect with through our respective programmes.



David Tomlinson, Chair of the Board, Thrive Together Birmingham, with Rabiya Latif, Near Neighbours Coordinator

Al Mahdi Institute's beautiful venue



Guests at Al Mahdi Institute's Iftar



Rabiya contributing to the 'Tree of Gratitude' at St Anne's Iftar



Guests at Birmingham Progressive Synagogue's Iftar



Fred Rattley, Thrive CEO, making new friends at St Anne's Iftar



# Body Mind Spirit Partnership

Many of our BMSP Partners had a wonderful time together celebrating the King's Coronation with their local communities.

# Celebrates the Coronation!



## St Thomas 50+ Project

Our participants expressed their wish to do something to mark this event and decided to do an old-fashioned party tea - sandwiches, scones, jam, cream and a huge beautifully decorated cake!



Our lovely cake



Josie, who has only been coming along for a few weeks made a real impact with her flowers!



Each table had a 'Royal Quiz' to do together.

We had games like 'Pin the Crown on the King' while blindfolded of course, 'Choose a square and get a red, white or blue prize', with prizes ranging from a Coronation Cup and Saucer, to a blue plush throw with corgis on it, to Union Jack paper chains to make.



There was much laughter and some great outfits and people joined in from across our usual activities.



## St Martins Social Care Project

We had an absolutely amazing Coronation Celebration, an event for the over 50's in our community who wanted to come together to celebrate and have some fun.

The whole place was decorated red, white and blue with bunting and flags. There was a fun room filled with music, balloons and games, a room full of Coronation Crafts, a Regal King's Throne area for selfies, a quiet room with quizzes and puzzles in to chill and drink tea, a raffle and tombola and finally, there was a wonderful buffet!!

Even Stan the dog was looking regal!



Royal selfies!



Lovely community atmosphere



One of our participants was unsure about coming, however, he turned up and thoroughly enjoyed himself, saying that being at the event saved him.



We had a great time at our Coronation 'Time for Tea' with quizzes, pass the parcel, musical tunes to listen to, coronation quiche and coronation chicken for everyone, and a mobile photo booth.

'King Charles' joined us in the photo booth!



Live music



We spent some time sharing memories of the Queen's coronation and thinking about what advice we would give the new King! We talked about what was involved in the coronation and looking forward together, thinking about what keeps us going and how we go on contributing where we are.



We had a great afternoon together and everyone went home with a coronation gift, ready so they could celebrate the coronation weekend.



## Award Winning Memory Café



BMSP is proud to highlight the work of one of our practitioners, Helen, based at Bournville Parish Church. With the support of many local groups including NNS Selly Oak, Helen opened a weekly Memory Café in September 2022. This has just won an award for their work.



"For your extraordinary service and contributions to working with the over 50's..."

Helen, receiving the certificate from Karen Cheney, Selly Oak Neighbourhood Network Scheme

Starting small the Memory Café has rapidly grown to 15 participants of a mixed group of people with Dementia and Alzheimer's and their carers. Each week there are different activities along with tea and chat, workshops like baking with Mrs P Bakes, history with India from Selly Manor, games and crafts, pictures, sensory activities.



### Some quotes from participants:

"I can go all week only speaking to my spouse. I come here and feel a weight has been lifted off my shoulders, I laugh which I didn't think I would ever do again"

"I am 90 years old, what can I do? Well, I put on my name badge and listen to people's stories, which helps me to forget my own problems. Everyone has a story"

"I don't feel alone. My partner is only 59 and people look at us strangely. At Memory Café we are accepted and welcomed."

**Helen said,**  
**What I hadn't anticipated is how the carers would mould and shape the sessions. They have turned into enablers, supporting each other. We wanted Memory Café to be a community project that Bournville would value. We have support from local shop keepers. Bournville School's children come to perform and sing songs to us. To experience the joy on someone's face who can hardly speak but cried and joined in with, 'Somewhere Over The Rainbow', with 8-year olds was magical.**

