



PETERBOROUGH ASYLUM AND REFUGEE COMMUNITY ASSOCIATION (PARCA)

Bringing People Together

ANNUAL REPORT AND ACCOUNTS

1ST APRIL 2021 – 31ST MARCH 2022

Head Office: Unity Hall, Northfield Road, Peterborough PE1 3QH

Registered Charity Number (England and Wales): 1152592

Company Registration Number (England and Wales): 08397491

First African Community Organisation in Peterborough since Nov 2002



A YEAR OF ACTIVITIES AT PARCA

"Everyone at PARCA is part of the community, welcomed, valued and included in all that we do"



Supporting Diversity & Challenging Adversity

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LEGAL & ADMINISTRATIVE INFORMATION

Charity Principal Address:

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Registered Charity Number: 1152592

Company Registered in England and Wales Number: 08397491

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Facebook: www.facebook.com/parcald

Twitter: @PARCA1

TikTok: @parcapeterborough

Instagram: @Parca_peterborough

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Board of Trustees

Mr Nondo John Kasensa (Chair)

Mrs Jamila Abdu

Mr Rusom K Embaye

Ms Khadija Ali Hussein

Mr Mubange Kumbi

CEO and Company Secretary

Mr Moez Nathu

Independent Examiner

Nashir Valani BSc (Hons) MAAT

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AIMS AND OBJECTIVES

PARCA aims to improve the conditions and quality of life for refugees, asylum seekers and migrants who reside in Peterborough and its surrounding areas. It runs specific projects for young people and adults as well as through the following activities:

Providing a one stop centre with advocacy; interpreting and translation; job search, training and skills development; advice and information including advice on welfare benefits and household matters.

Providing refugees, asylum seekers and migrants with opportunities to meet one another, to access services including housing, education, and health, with activities to encourage the valuing of diversity, cohesion, and integration.

VISION

Refugees, Asylum Seekers, BAME and migrant communities and other disadvantaged people all have the skills and confidence they need to realise their potential, and they are integrated in Peterborough, a city that respects diversity.

MISSION

To develop and run a one-stop community centre where refugees, asylum seekers, disadvantaged and migrant communities get all the support and services they need to build a life of quality and contribute to a cohesive community in Greater Peterborough.

WELCOME FROM CHAIR & CEO

CHAIR'S MESSAGE

Welcome to this annual report for the year April 2021 to March 2022. This year has been challenging for all of us with the Covid-19 pandemic affecting millions of people in the country, and the Afghanistan and Ukraine crises respectively. PARCA has energised work and built for the future. I'm pleased we've done that by working hard to serve our service users. We continued to operate face to face with precautions for Covid-19, all the measures were in place, including handwashing, temperature check, and sanitiser to keep our service users safe.



PARCA has played a vital role in organising the invitations of MP Paul Bristow, City Council representatives, and Afghan Citizens to show our support and solidarity during the difficult times for our community in Peterborough.

Peterborough is a diverse city with a multi-cultural place. Diversity and inclusion will remain a priority in our board and workforce. PARCA had successfully collected Christmas presents for beneficiaries during the festive party in Dec 2021, and we have given away more than 200 gifts to children aged 0 -16 years of both genders. We saw the multinational community coming together to celebrate and receive gifts without any problems.

Throughout the last year, our employees have worked hard to achieve what we've done, some on the front line and others behind the scenes. We accelerated the transformation of our service at PARCA by investing and providing training to develop new skills for both employees and volunteers. We have managed to secure more equipment for our youth group activities and plan great events as soon as it became safe to do so. PARCA has launched a new website that can be accessed for more information.

Finally, I'm looking forward to the years ahead, I know that we will continue to work through every challenge that comes our way and support more people in need.

Best Wishes,
John Kasensa
Chair of PARCA

CEO MESSAGE

What a busy year we have had! I am delighted to say that we have been able to support service users more than ever with an increasing demand for various needs, including social activities where nationality met one another. This was achieved through drop-in, learning sessions, youth clubs, volunteering, cultural activities, IT courses and employment as a whole. Most of our beneficiaries from different nationalities were satisfied with the services provided to them as PARCA was able to satisfy their needs and resolve the issues and other problems they encountered.



Overall, PARCA is having a defining impact on the lives of its beneficiaries, many of whom spend years engaging with the curriculum and inviting their families and friends to do the same. Beneficiaries often see PARCA's as a second home where they can grow in a friendly and supportive environment. We had very concrete feedback from our beneficiaries on how they trust PARCA and expressed their comfort in a safe environment.

Beneficiaries told us that PARCA is a place of refuge with "friendly people" and always eager to help. PARCA had also improved the well-being of beneficiaries in tackling mental health during the Covid-19 pandemic. PARCA ensured that people understood the language, and social norms and to be part of a society where everyone is welcomed and integrated into the city of Peterborough. There were no significant barriers to accessing Unity Hall as PARCA remains a user environmentally friendly for everyone and those with disabilities.

PARCA ESOL classes have seen the waiting list rising every month because people have realised how important it is to learn English, as this can help them to understand Life in the UK and build their career aims.

Social activities are on top of our survey where service users indicate the importance of breaking loneliness, mental health includes emotional, isolation and building a bridge of happiness, and joy and meeting new people for friendship.

I appreciate people joining our organisation as volunteers to give back to the community and help people to build their self-esteem to become strong. Every volunteer has been an ambassador for PARCA. This year we have increased the number of volunteers from 30 to 36.

CEO MESSAGE CONTINUED

The PARCA HUB has increased the number of community groups since the lockdown, and our centre became more operational from local grassroots groups of organisations that are unfunded to allow them to perform their activities freely.

With our strong team, we have been able to accomplish many challenges and meet the needs of our service users. Our volunteers have been great and give robust support to our organisation, from our new staff members and volunteers. Thank you all for your support.

A massive thank you to our funders and everyone's contribution as PARCA wouldn't be able to deliver the service needed to our service users, but with your support, we were able to convey and we will continue to do so.

Moez Nathu
CEO of PARCA



FUNDERS

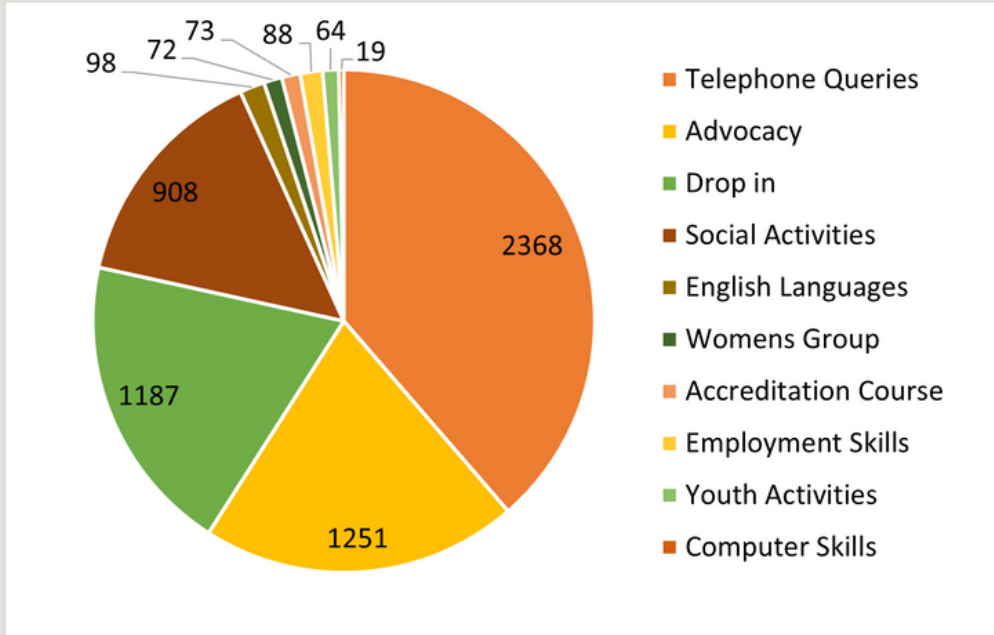
We would not be able to meet our aims and objectives without the funders who have supported PARCA financially. Our thank you goes to all funders and individual donors who support PARCA to help people in need.



“PARCA is lifeline for many families who need support”

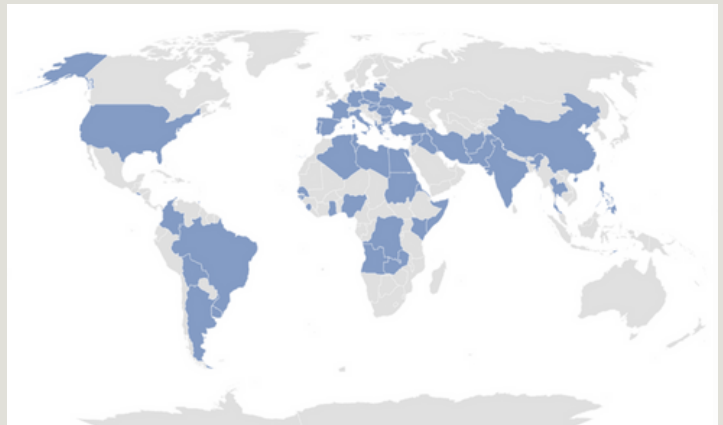
BENEFICIARIES

This chart shows how many beneficiaries we have supported through our different services and activities this year.



The following are the different nationalities of service users we have supported this year:

- | | |
|--------------------|---------------------------|
| 1. Afghanistan | 21. Guinea-Bissau |
| 2. Albania | 22. Hungary |
| 3. Algeria | 23. India |
| 4. Angola | 24. Iran |
| 5. Argentina | 25. Iraq |
| 6. Bolivia | 26. Italy |
| 7. Brazil | 27. Jamaica |
| 8. Bulgaria | 28. Kenya |
| 9. China | 29. Latvia |
| 10. Columbia | 30. Libya |
| 11. Czech Republic | 31. Lithuania |
| 12. DR Congo | 32. Moldova |
| 13. East Timor | 33. Nigeria |
| 14. Egypt | 34. Pakistan |
| 15. El Salvador | 35. Philippines |
| 16. Eritrea | 36. Poland |
| 17. France | 37. Portugal |
| 18. Germany | 38. Romania |
| 19. Ghana | 39. Sao Tome and Principe |
| 20. Greece | 40. Senegal |



- | | |
|-----------------------|------------------------------|
| 41. Sierra Leone | 51. Ukraine |
| 42. Slovakia | 52. Uruguay |
| 43. Somalia | 53. United States of America |
| 44. Spain | 54. Zambia |
| 45. Sudan | |
| 46. Spain | |
| 47. Thailand | |
| 48. Trinidad & Tobago | |
| 49. Tunisia | |
| 50. Turkey | |

GOVERNANCE & STRATEGY

TRUSTEES ANNUAL REPORT

The Trustees, who are also Directors of the Charity for the purposes of the Companies Act, submit their annual report and the financial statements of Peterborough Asylum and Refugee Community Association (PARCA) for the year that ended 31 March 2022. The Trustees confirm that the annual report and financial statements of the Company comply with current statutory requirements, the requirements of the Company's governing document and the provisions of the Statement of Recommended Practice (SORP) "Accounting and Reporting by Charities" (FRS 102).

The Board of Trustees are satisfied with the performance of the charity during the year and in the current position consider that the charity is in a strong position to continue its activities during the coming year and that the charity's assets are adequate to fulfil its obligations. The legal and administrative information is set out in this report. The financial statements comply with current statutory requirements for the management of charity finances.

STRUCTURE, GOVERNANCE AND MANAGEMENT

PARCA is a charitable company limited by guarantee. The Company was established under a Memorandum of Association, which established the objects and powers of the charitable company and is governed under its Articles of Association.

The Trustees are legally responsible for all aspects of the governance and management of the organisations; its finances, its employees, its services and its legal obligations to the Charity Commission. The Board meets bi-monthly to consider all matters of strategic management, financial probity, policy and direction. Smaller sub-groups or working parties may be formed and meet between these full meetings. Responsibility for day-to-day general management and expenditure within planned budgets is delegated to the CEO and the Senior Management Team.

THE METHODS ADOPTED FOR THE RECRUITMENT AND APPOINTMENT OF NEW TRUSTEES:

It is the responsibility of the Trustees to seek out suitable new recruits to add skills and experience to the board. Potential Trustees are nominated by a current trustee or, if a member of PARCA for at least one year, may put themselves forward for election at the AGM. The Board may also co-opt a new trustee to meet the specific skills needed by the board.

THE POLICIES AND PROCEDURES ADOPTED FOR THE INDUCTION AND TRAINING OF TRUSTEES:

An induction procedure is in place for new trustees to ensure they are fully aware of the work of PARCA and their responsibilities as a trustee such as being issued with the Models and Articles of Association, key policies and CC3 (guidance on the role of trustees issued by the Charity Commission).

THE ORGANISATIONAL STRUCTURE OF THE CHARITY AND HOW DECISIONS ARE MADE:

Strategic decision making is the responsibility of the Board of Trustees. The implementation of these decisions is the responsibility of the CEO and Senior Management Team, who relay any key information to the staff and volunteers.

THE MAJOR RISKS TO WHICH THE CHARITY IS EXPOSED AND SYSTEMS TO MITIGATE RISKS:

The trustees identify the major risks to which the charity is exposed each financial year when preparing and updating a strategic plan, in particular those related to the operations and finances of the charity. The trustees then review any major risks which have been identified and establish systems to mitigate those risks. The charity is satisfied that the systems are in place to mitigate exposure to any major risks which have been identified.

The trustees consider that the main risks for the continued undertaking of PARCA's work relate to:

Fundraising – How we raise and manage the funds and resources we have needs to be considered. We are reliant on relatively small grants that only cover part of the resources we need to continue our core activities. To reduce risks of inability to secure the funds needed to cover our core work, we need to identify and develop suitable projects that are deliverable over several years, in order to stabilise the growth experienced during the 2021/22 financial year.

Staff Retention – We are dependent on the services of a very small team of specialist staff. If we were to lose key staff this would make it very difficult to continue to deliver services at the current scale of what is needed. To mitigate this risk, we will undertake reviews with staff to ensure we are offering the development opportunities they need, therefore increasing the likelihood of retaining staff who are well motivated to serve PARCA and our communities.

Restructuring – We need to explore the correct structure to be able to deliver at the size and scope of our expanded delivery. This means really exploring the management structure and the staffing needed to deliver projects. We need to identify what core roles are needed in order for us to continue to serve communities in need, to guarantee that we have the paid staff needed and to ensure that volunteers who are essential to successful delivery feel valued and supported in their roles.

Organisational Structure – We need to take some time to reflect on how we work and review systems that can be utilised to make us as efficient and effective as possible. We need to ensure we are always looking to improve how we work, so we can continue to use our resources effectively and continue to meet the growing demands that Covid-19 has exemplified.

Partnerships – We need to continue to identify and bring on board new partners who refer individuals and families in need of our services. We also need to identify and develop new partners that we can refer on to, so that the people we encounter in our work can access the support that is available across different organisations. In this way, we will be able to ensure that people facing disadvantages have access to services needed to help lift them to achieve their true potential. We know that we cannot do everything that our service users need and it is prudent and effective use of our time and resources to know who else can provide services needed by our service users.

Covid-19 – Much of what we have done in the last 12 months of this reporting period has really helped us to adapt to the changing context of our communities going forward. We have had to be agile in our response to what our communities need and moving into and out of remote services at short notice to comply with government restrictions. We know the communities we serve find it more challenging to access services remotely and now we have working through face to face to support those who are suffering or are digitally excluded. The Centre is fully operating face to face, using appropriate guidance with precaution for handwash and sanitise.

ACTIVITIES AT PARCA



SUMMARY OF THE MAIN ACHIEVEMENT

Projects Implemented April 2021 to March 2022

Over the last 12 months PARCA has continued to develop and deliver a range of projects to meet the needs of our service users.

PETERBOROUGH EMPOWERMENT ACTIVITY COMMUNITY HUB (PEACH)

This project is funded by The National Lottery. This is a fourth year of the project with successful outcome, and during the last 12 months as part of this multi-faceted project, we have achieved : ESOL, Youth, Employment, outreach and more.

ESOL: English for Speakers of Other Languages

Our English classes have returned to be face to face. The ESOL course has helped learners to boost self-confidence and encouraged self-reaction.

The ESOL course is non-accredited but has a high range of delivery and the course is arranged by levels progressing from Pre-entry/Basic to Entry Level 1/A2. Classes take place 8 times a week and our waiting lists have had increased numbers. The demand for ESOL is high and the classes are delivered by trained staff and volunteers.

Prior to joining an ESOL class from referral through Job Centre and other partners, potential learners are invited to attend an advice session where their reading, writing, speaking, and listening skills are assessed.

Feedback from ESOL Learners

"I would recommend this course as it gives confidence and motivation and support, I needed."
ESOL learner Inga

"It is a very nice, calm place. It helped me to meet nice, friendly people and to get involved in English society."
ESOL learner Maksood



Youth Club

Our youth club sessions have increased in numbers due to lack of opportunity in the areas. The transition of young people has been difficult, therefore our Youth Officer has engaged with many young people from different ethnic backgrounds to bring them together and create a friendship through sport activities indoor or outdoor. Our volunteers in sessions help the young people to understand their homework given by school.

The table tennis and soccer table are most popular, and the young people like to play to socialise and have fun. The times of the sessions change depending on whether it is term time or school holidays.



Volunteering

PARCA volunteers freely offer their time and expertise to the organisation. Our volunteers are at the heart of everything we do here at PARCA. Volunteering is becoming increasingly important these days due to language barriers, as they help us to understand the need of our clients and they can involve them in social activities.

Our volunteers contribution, passion and commitment mean that PARCA can provide support to those in our communities that seek our help during their most difficult moments.

“

“[PARCA] has allowed me to fulfil my desire to give back and help people

”



Drop in

Our drop-in sessions have increased over two years, this year we managed to support 6128 and 1251 advocacy from all nationalities, which are facing difficulty in reading or understanding the system. The advocacy session is to support and stand with our clients during their difficulties to make sure the transition goes well. We have learnt not everyone has knowledge of system.

Some of support we offer at our drop ins include:

- Helping clients in making new claims
- Use of phone to contact housing department, letting agencies, landlords and benefits agencies
- Liaising with other agencies and partners on behalf of service users
- Providing assistance with completing housing applications and other form filling support
- HMRC & Customs; Tax Credit, CHD Benefit, NI Number, and more



EMPLOYMENT & IT SUPPORT

We have continued with employment advice and supporting those that have a work permit. The number of people wanting to register to search for employment full or part-time is increasing. Support provided includes access to training, CV preparation, job search & interview/presentation skills, help obtaining a driving licence and more.

“**PARCA gave me more confidence in myself.**”

”



Direct feedback from group members who contributed to focus groups:

"Before starting at PARCA, I couldn't leave the house because I couldn't speak English at all... My whole body used to shake, and I started sweating because I was scared, as I didn't know how to respond. Now, this doesn't happen, and I can comfortably respond. I feel more confident in social spaces, and I feel comfortable going out, and enjoy shopping or going to the park."



"When I talk to people [at PARCA] I feel good inside; it gives an emotional release, so there is a big impact in my personal life"

"I was very stressful in my life, one day my friend takes me to PARCA for coffee and feel something relief to find table tennis people are playing and I ask to join. It was my first time I smile and shake hand with other who was playing together. I came out from centre with happiness."



EU SETTLEMENT SCHEME ADVICE

We continue to support EU Citizens to apply for settlement. PARCA successfully secured Office of the Immigration Services Commission (OISC) accreditation to provide advice to EU migrants who wanted to settle in Peterborough post Brexit. Additionally, we also secured vital funds from the Home Office to deliver advice and support for EU migrants who wanted to apply for pre-settled or settled status. The funding has been extending until March 2023.

Case Studies

A Romanian family was struggling to understand the system for filling the form of settlement and using Home Office Code as part of the system to log in. He approached our team for support and after successful submission, has received a successful outcome for his family. He bought a box of chocolate to say thank you to the team.

A Portuguese man who was working in the food industry 6 days a week, could not find a day to update his family paperwork for the Home Office. He requested help from the PARCA team after 8 pm. The caseworker has supported him, and he was very grateful and thanked everyone.

VPRS RESETTLEMENT

The Syrian Resettlement Scheme started when the lockdown became lifted. We have continued to support people who have arrived through this scheme through befriending support, which proved vital in helping to ensure we were able to continue to meet the needs of some of the most vulnerable arrivals in Peterborough. We have remained the preferred provider by Peterborough City Council under their agreement with the Home Office and have recently recommenced this service to new Syrian arrivals.

AFGHAN RELOCATIONS AND ASSISTANCE POLICY (ARAP)

Peterborough City Council has commissioned PARCA to support the ARAP project by assisting the new arrivals of Afghan refugees through the scheme. This is to help them with integration, orientation, and life in UK. Our first family of three arrived in October 2021. The council has pledged for 100 people to come to Peterborough and our packages are:

Meet and Great - Orientation support - Integration Support

When they first arrive, families receive intensive support from caseworkers, ensuring that they have access to benefits, healthcare, housing and education. As they continue to settle, we support their integration through learning English, developing their skills to support employability and nurturing their individual goals. We have an induction information pack that covers all aspects of life in the UK, to make them understand how the system works.



BRITISH NATIONAL (OVERSEAS) HONG KONG RESETTLEMENT

Funded by DLUCH, this project provides one to one, holistic integration support for British National (Overseas) [BN(O)] status holders and their dependents who are living in Peterborough and the local area. We recruited a dedicated Project Manager to work solely with BN(O) status holders and be responsible for implementing the following streams of the project:

Completing a needs assessment with any new arrivals and providing advice and advocacy where necessary regarding the following issues:

- Housing and accommodation
- Welfare and financial support
- Applications for school places for children
- Employment
- Registering with a GP
- Setting up a bank account

In addition to casework support, the new arrivals will also be offered access to other projects at PARCA and external agencies. These projects will facilitate their integration such as ESOL classes, befriending and orientation in Peterborough, Women's group, skills-based training, volunteering opportunities and youth activities.

ASYLUM AND REFUGEE PROJECT

Lloyds Bank Foundation provided a second year of the grant during this financial year, to help us to ensure our clients who are seeking asylum or have gained refugee status in the last 2 years, are provided with essential advice and support. This enables us to help them to settle and integrate into their new community. Through this project we have provided support to engage with legal advisors, welfare rights advice, and advocacy to ensure they were receiving their true entitlements and helping with other complex problems experienced through lack of awareness of UK structures and systems.

“There are so many stresses, PARCA brings blessings, and positive outcomes with a personalised approach so you don’t fall through the cracks.”

REBUILD COMMUNITY CONFIDENT INTEGRATION SUPPORT

This project is funded by Award for All, to create a friendly environment with neighbours to rebuild communities together through social activities that we engage with different nationalities and faiths. We have built strong relationships in and across communities. We help more people to reach their potential, by supporting them at the earliest possible stage. Our volunteers who speak dual languages have helped to encourage community members to come to our centre, which is a safe space. Some people have lost the confidence to come out from their home due to the pandemic, but the PARCA Team encourages service users to come into our community centre to create a social gathering. This project runs every Friday.

“When I moved to the UK I felt isolated, and PARCA helped me meet many people and make friends. It also gives me a reason to get out of my house”

WELLBEING AND WORK FOR REFUGEE INTEGRATION PROJECT

In partnership with PARCA, SMP (Strategic Migration Partnership) and EELGA (East of England Local Government Association), continue to deliver the Wellbeing and Work for Refugee Integration Project. The project comes in two main strands: well-being and work. The well-being side is headed by qualified therapists working for the Refugee Council. The work aspect of the project is led by PARCA, and the main aim of the project is to help people into work or help to upskill them on the journey towards employment.

Anyone who is a refugee or a 3rd country national who doesn't have a UK/EU passport can sign up to this project. Signing up consists of a skills assessment with the employment coach who will take information from the client such as work and educational history and skills questions, and then make an action plan for the client.

The goal is meaningful employment, and the plan outlines the steps needed to be taken beforehand to reach their goals. A CV can be created or updated, free courses can be provided, including IT Skills, driving theory, life skills and job search. The project has also partnered with other organisations such as the Refugee Council and Starbucks to offer Retail & Hospitality courses.



4

Beneficiaries (3 Ukrainian and 1 Yemeni) were employed as full-time Christmas Temps at Waitrose for 3 weeks. The feedback from the beneficiaries and the Waitrose Manager was that it was a great experience and all will be considered going forward for permanent roles when they become available.

3

Ukrainian beneficiaries took part in the IKEA/Refugee Council Work Placement Program, all 3 completed an employability course and had successful interviews taking them onto the 8-week paid work placement starting in January. When the work placement is completed they will have 'internal interviews' for a permanent role with IKEA.

YOUTH AMBASSADORS

Through this project funded by Near Neighbours, we recruited, trained, and supported 12 “Youth Volunteer Ambassadors” to support engagement in local areas. This included answering questions, providing information and signposting around public health messages. The young volunteer ambassadors circulated and supported strategic messaging in their community around public health ensuring that messaging was culturally specific through appropriate mediums and via people they trust and respect.



We also recruited and facilitated 16 - 25 participants for the delivery of the Ripple Effect Training, which enabled them to develop other initiatives to support young people outside of PARCA. These initiatives included developing new organisations and projects and supporting these new groups to apply for further funds from Near Neighbours.

REFURBISHMENT OF THE CENTRE (UNITY HALL)

Daughter of Jesus funding has supported PARCA during the year for capital repairs and refurbishment of the centre. This included repairs to the roof and replacing a fire exit door, which were essential to us continuing to use Unity Hall, which is at the heart of the communities we support. This support also enabled PARCA to build a hygiene point in the entrance to ensure that any staff, volunteers, and visitors are easily able to wash their hands on entry to the centre.



COVID-19 SUPPORT

Peterborough City Council continue to provide a Covid-19 commissioned grant, which enabled the PARCA team to support people to get tested and understand the requirements for self-isolation throughout the pandemic. This helped to reduce the spread of infections in workplaces and in homes.

Our support included translating information into the mother languages of service users, for better understanding of the guidance from government information. The team worked very hard to save lives by providing this information. This service was especially hard because people were calling in during all hours of the day. We have also provided face masks, PPE and sanitisers to support their need.

Our support also included patrols in communities at Central wards with high rates of infection and/or high rates of migrant & refugee communities, who needed more support to engage with public health messaging around Covid-19 restrictions.

The range of advice we provided to people included:

1. Support in claiming Universal Credit, including advocacy over any issues with setting up their claim
2. Support in advocacy with landlords to agree repayment plans when they hadn't been able to pay rent due to loss of income
3. Budget advice
4. Support in looking for work, developing a CV and written applications, support in telephone calls to arrange interviews
5. Signposting to other local services
6. Support in accessing health care, including testing for Covid-19
7. Referrals into PARCA group activities to reduce loneliness and isolation amongst migrant and refugee communities
8. Food parcels for low-income families and those who are seeking asylum.



MIGRANT HOUSING RIGHTS PROJECT

The TDS Foundation has funded our organisation to support the housing rights of refugee and migrant communities, including:

- Best practice in the management of private rented housing
- Legal rights and obligations of those involved in the provision or management of private rented housing

The aim of this Migrant Housing Rights Project is to increase understanding amongst refugee and migrant communities about their rights as tenants in private rented accommodation. It also aims to improve communication and tenant-landlord relationships, so that tenants can get issues they are facing resolved quickly and private landlords are more open to renting their properties to people from migrant and refugee backgrounds.

Our team has supported those who are struggling with Tenancy Agreements and to make them understand under the law of Tenant Guide. Outside of the project sessions, anyone with complex cases been given the appointment to follow up. The training has provided monthly by local letting agency.

1ST COHORT	2ND COHORT
23rd July 2022: 11.30am - 1.30pm Advice for people who are looking for private rented accommodation	20th October 2022: 5.30pm - 7.30pm Advice for people who are looking for private rented accommodation
19th August 2022: 12pm -2pm Advice for people facing issues with their landlords	11th November 2022: 12pm - 2pm Advice for people facing issues with their landlords
15th September 2022: 5.30pm - 7.30pm Budgeting advice to prevent people falling into rent arrears	10th December 11.30pm - 1.30pm Budgeting advice to prevent people falling into rent arrears

SOCIAL EVENT ACTIVITIES

In our last survey, social events and activities had the highest results, where service users expressed their gratitude and the importance of breaking the wall of loneliness, reducing isolation and mental health. This includes emotional, psychological, and social well-being, which we try to overcome through joyful meet up with refugees, asylum seekers, migrants and local communities for friendship.

Everyone who attend our events are very satisfied with the PARCA Team and they have appreciated the effort to organise such events. In our events, we have the opportunity to recruit more volunteers to support our work and build their capacity . This enabled people to build relationships of trust with others and helped to relieve some of the loneliness and distress they were feeling.

The PARCA Team were also able to give practical advice and signposting where appropriate and necessary. We have held three social gathering event that bring 608 people to PARCA, and monthly around 20-23 people for Breakfast Club, Women’s Group, and other sessions.

International Women's Day

The theme of this years event was **#BreakTheBias**. It was very successful with performances, music, dance and cultural food. The event was planned for 5pm – 7pm but we finished at 9pm. 26 nationalities attended, and 188 people attended the event.

Event Feedback

“ I live here (in Peterborough) with just my mother, so I love the social aspect of PARCA the most. The people that come here are the best, and it’s just grown and grown in numbers over the years. These events are so great!”



Refugee Week

The theme for 2021 was "Healing" and was aimed at refugees, asylum seekers, migrants, and local residents. Due to Covid-19 restrictions the PARCA team made the decision to cancel the planned Refugee Week event. We were able to celebrate only virtually through social media, and we look forward to celebrating together in person again hopefully next year.

Festive Party

Unfortunately due to Covid-19 restrictions and guidance, the PARCA team made the decision to cancel the annual Festive Party. This was to protect service users, staff and volunteers. To ensure that no child missed out, the PARCA team delivered presents to all the children that had signed up to our Festive Gift Appeal following social distancing guidelines. Despite not being able to celebrate at the party, it was amazing to see the smiles of all the children that received a gift.

A big hank you to everyone that donated gifts to help brighten this festive period for the children we support.

You are invited to **PARCA's** Festive Party

ALL WELCOME

THIS EVENT IS CANCELLED

Due to the COVID-19 Virus, Parca management has decided to cancel this event in the best interests of all our visitors, volunteers and staff - We apologise for any inconvenience this may have caused.

Friday 17th December from 5pm - 8pm

***Register your child for them to receive a gift**

If you are on a low income and may struggle to afford presents for your children this year...

1. Contact outreach@parcald.org with your children's names, ages, gender and your contact information or fill in the sign up slip and hand it in to us.
2. Bring your children to Parca for them to collect their gift at the event.
3. Enjoy!

*Gifts available for under 18's only. Registration ends on 30th November. The management reserve the right to refuse to give gifts at their own discretion.

at PARCA, Unity Hall, Northfield Road, Peterborough PE1 3QH
01733 563420 outreach@parcald.org

"A festive event bringing together family, friends and communities"



ADDITIONAL ACTIVITIES DURING THE YEAR

WIDER PARTNERSHIP

- We continue our partnership with Local Authority in many pilot projects: Covid-19, UK VPRS and ARAP schemes.
- The Peterborough Multi Agency Forum (MAF) is a platform that bring 46 organisations together from statutory, voluntary sector and faith groups. The forum runs 6 meetings a year to find solution for any issues raised in the city. Our CEO is chair of the forum and it is well represented by leaders of communities.
- PARCA continues to partner with SMP (Strategic Migration Partnership) and EELGA (East of England Local Government Association) to run the Wellbeing and Work for Refugee Integration Project.

VOLUNTEERING

PARCA has a fantastic team of volunteers who make it possible to run the wide variety of projects that we do. Our volunteers also work “behind the scenes”, putting in considerable time to ensure the smooth running of these projects and the charity as a whole. Their experience is invaluable and we are confident that each volunteer feels pride from what we are able to achieve for some of the most vulnerable people in our communities. Volunteering remains a strong area of our work, that helps our service-users gain experience to help them when they are ready and able to seek paid employment.

“
"If I didn't volunteer at PARCA, I would be sitting at home doing nothing and eating by myself. I love coming here to meet and socialise with people."
”

PRO-BONO

During the year, we shared our centre free of charge to community groups and grassroots organisations, to allow them to host community events and activities. Some of the community groups include:

- East Timor Community
- Latvian Dance Group
- Multi Agency Forum (MAF)
- Eritrean Women Group
- Bulgarian Dance Group

UPCOMING

UPCOMING EVENTS

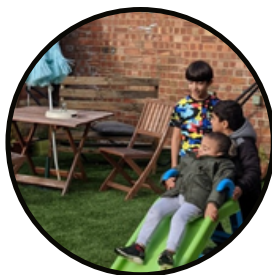
- Refugee Week - June 2022
- 20th Anniversary of PARCA - November 2022
- Festive Party - December 2022
- International Women's Day - March 2023

PRIORITIES

- PARCA will continue to develop neighbourhoods, workplace, and social spaces where different nationalities are welcome to celebrate TOGETHER.
- We will continue to implant our plan for Integration and Cohesion as well as diversity for refugees, asylum seekers, migrants, and local residents.
- PARCA will continue to run a wide range of empowerment activities for women to connect with each other and come together to take part in education, training, employment, volunteering, and social activities.
- We will continue to reduce the impacts of negative mental health by giving opportunities for service users to transfer talents and engage in the wider community - through creative activities and language skills practice.
- We will continue to invest in our staff for more training and to support their wellbeing.

MOVING FORWARD

- We will continue to follow our aims and objectives and set a priority for coming year due the demand are increasing every day. The service user's expectation is rising, and we are in need to increase staff hours for their dedication and passionate to help others.
- Funding is always needed to support much as we can.



CONCLUSION

Thank you to everyone who has taken the time to read our yearly report. PARCA is proud to have conscientious and dedicated staff members and volunteers who work incredibly hard, either in frontline delivery of projects or behind the scenes.

“GO TO PARCA” is the phrase using by referral agencies to service users for some of the most vulnerable in our communities, and recommendations from friends and family.

We thank you for your interest in our work and encourage you to support our organisation in whichever way you can, be that through funding support, donations, partnerships, volunteering or joining our team.

Please visit our website and social media for the latest updates from our organisation.

Thank you





**PETERBOROUGH ASYLUM AND
REFUGEE COMMUNITY ASSOCIATION
(PARCA)**

Head Office: Unity Hall, Northfield Road, Peterborough PE1 3QH