

**B | C** Better Community  
**B | N** Business Network

7<sup>TH</sup> GALA EVENT

**Monday 16th March 2020**

The Great Room, Grosvenor House  
JW Marriott Park Lane, London

**‘RESILIENT ME’:**  
MENTAL HEALTH  
& WELL-BEING IN SCHOOLS

*Charity Partner*

The  
Children's  
Society

*Headline Event Partners*



**National Zakat**  
Foundation™

**HENLEY**

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## About BCBN

Established in 2011, the Better Community Business Network (BCBN) is a Muslim-led charity set up to identify difficult social causes and worthwhile community projects within the UK. We provide grants and support the work of grassroots community organisations and charities working within deprived communities.

Programme areas range from education and poverty to social cohesion, health and wellbeing. All our supported causes and charity partners undergo a comprehensive due diligence and vetting process.

BCBN has raised in excess of **£1.3 million** and has been described by many as a “safe pair of hands” acting as a conduit for businesses to engage fully with their corporate social responsibility. BCBN avoids duplication and carefully selects charitable partners who already have an in-depth understanding, specialism and infrastructure in the field to deliver the specific projects selected.

We commission research for a more targeted and effective, evidence-based approach to the projects we support long-term. BCBN works with academic institutions, researchers, think tanks and government departments, seeking to overcome barriers in furtherance of a more just and equal society.

*As a founding principle, BCBN's operational costs are met entirely by its Trustees. It relies on the generosity of its sponsors and the community to support its causes*

### THE PROCESS

- Identify difficult social causes
- Undertake research
- Stakeholder consultation
- Identify delivery partners
- Create a deliverable and measurable project
- Seek political and community-wide support & endorsement
- Corporate sponsorship
- Annual Gala event to raise awareness and project capital
- Project monitoring & evaluation
- Impact report
- Advocacy







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*You learn how to cope with different situations and people learning things. It makes you think about things and your feelings, about your family and friends. Safe spaces to go and what to do if you are in trouble. The things that are taught help you learn and live and how to do the right things and also help others*

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Aged 11-18, Participant of the 'Resilient Me' Programme

## The Cause: ‘Resilient Me’

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The mental health of children and young people has in recent years become a pressing public health concern. 1 in 8 young people in the UK struggle with mental ill-health according to the NHS.<sup>[1]</sup> Nearly nine out of ten people with mental health problems say that stigma and discrimination have a negative effect on their lives.<sup>[2]</sup> Alarming, over 70% of children and young people who experience a mental health problem have not had appropriate interventions at a sufficiently early age.<sup>[3]</sup>

Religious hate crime has risen by 40% in England and Wales, with more than half directed at Muslims.<sup>[4]</sup> “92% of victims of hate crime, such as Islamophobia, report that they were “emotionally affected” by the incident and are more than twice as likely to experience fear, difficulty sleeping,

anxiety or panic attacks in comparison to victims of crime overall”.<sup>[5]</sup> Childline’s figures show children as young as 9 contacting the service about race or faith-based bullying. There have been more than 2,500 counselling sessions in the last three years about racial and faith-based bullying.<sup>[6]</sup>

Religious understanding and cross cultural education is imperative at a time when we are living in fear of the ‘other’. Over 45% of individuals surveyed in the UK have an unfavourable view towards Muslims, as denoted by the European Islamophobia report in 2016.<sup>[7]</sup> An alarming statistic, given that Muslim millennials aged 15-29 will make up 29% of the global population by 2030.<sup>[8]</sup>

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Source:

[1] Mental Health of Children and Young People in England, 2017 [PAS]

[2] Stigma and Discrimination’ The Mental Health Organisation

[3] Mental Health Statistics in the UK, The Children’s Society

[4] Religious hate crime rises 40% in England and Wales – with more than half directed at Muslims, Independent (October 2018)

[5] Hate Crime Policy Statement’ Report: Victims Support (June 2017)

[6] Record number of UK children excluded for racist bullying, The Guardian (November, 2018)

[7] European Islamophobia Report, Seta 2016

[8] Muslims, The Future of World Religions: Population Growth Projections, 2010-2050, Pew Research Centre, Religion and Public Life, Demographic Report (April 2015)



At the heart of emotional wellbeing is confidence and security in one's own identity. There is research and evidence which shows how important faith is in mental health and well-being. Faith supports human flourishing, good practice and values, the dignity of supporting the health and wellbeing of others and a sense of belonging and community.

**BCBN, in partnership with The Children's Society, will deliver 'Resilient Me' in schools across London, forming an holistic, faith-sensitive programme of mental health support, wellbeing and enrichment of young people, predominantly of Muslim faith.**



**The Children's Society** is a national charity working with the country's most vulnerable children and young people. The organisation worked with over 11,000 young people last year, whilst their policy changes will improve the lives of more than half a million children.

'Resilient Me' is an ongoing programme delivered by The Children's Society which offers an early intervention and child-centric programme addressing the multiple challenges that young people face in relation to mental well-being and emotional resilience. The Children's Society have gained experience having worked with young people of all faiths since their establishment in 1881.

**'Resilient Me' empowers young people to take charge of their mental health, working through coping strategies which will help them to become more emotionally resilient.** The programme will identify and address the mental health concerns of young people within a safe, non-judgemental environment. It will work with young people, schools and the wider community to find practical solutions to the complex mental health concerns faced by young people, particularly those of Muslim faith. The programme will adopt a culturally informed approach, taking into account the lives, experiences and values of the young people it seeks to support. Helping to foster positive self-identity and create healthy relationships within a community.

## Self-harming in silence

*17 year-old Mariam identifies as Muslim. She lives with her mum, dad and two older siblings. Mariam has always found school challenging. During her GCSEs, she was extremely nervous about taking her exams and felt an overwhelming pressure to succeed. Mariam began feeling anxious a lot of the time. Mariam's anxiety got worse as time went on. She felt like she had no one to talk to about how she was feeling. She spent months questioning whether her feelings were normal, and whether anyone would truly understand what she was going through. Mariam didn't want to tell her family that she was struggling with her mental health. She describes her parents as having "traditional views" and feared that they might view her mental struggles as a spiritual failing. She felt a cultural expectation to be*

*'ok', and thought stigma might follow her speaking out. Suffering alone, Mariam started having frequent panic attacks and, by the time her GCSEs approached, she was self-harming.*

*Eventually Mariam's mum noticed that something was wrong and asked Mariam what was going on. Mariam was surprised at how understanding her mum was. Mariam's mum organised an appointment for her to visit her local GP and was there referred to a Child and Adolescent Mental Health Service (CAMHS). Although Mariam was connected to CAMHS, she had to wait three months for a meeting with a therapist. Three months of continued suffering before she was given the right support.*



There are hundreds of Muslim young people in London today who feel scared and unable to cope because they are struggling deeply with their mental health.

The experiences of young Muslims like Mariam are far too common. Young people should not have to hit crisis point before they are given the right support. We want young people to know that it's ok to speak out and that, when they do, there will be people around to listen, understand and help. If Mariam had known how to access support earlier, she may have felt more comfortable opening up to others about her anxiety, preventing her from turning to self-harm.

**We recognise the need for better mental health support for these young people in schools and the community.**

## The Event

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BCBN's annual gala dinner is held in the distinguished Great Room at Grosvenor House, a JW Marriott Hotel, situated on the **prestigious** Park Lane, in Mayfair. The gala dinner provides an opportunity for business leaders, entrepreneurs and heads of charities, to network and support local community projects, upholding their **corporate social responsibility**. [The event](#) attracts over 600

professionals, a memorable and exciting evening of business networking, entertainment, exquisite dining and an occasion to demonstrate the generous nature of our business fraternity. BCBN is recognised within the **business, charitable** and **political** sectors for tackling some of the most **socially challenging causes** in our community. Book your ticket today [bcbngala.eventbrite.co.uk](https://bcbngala.eventbrite.co.uk)

## Keynote Speaker

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**Rt Hon. Sir Keir Starmer QC MP**  
**Labour MP for Holborn & St Pancras since May 2015.**

In October 2016, Keir was appointed to the Shadow Cabinet, taking up the role of Shadow Secretary of State for Exiting the EU. Prior to becoming an MP, Keir was a human rights lawyer. He co-founded Doughty Street Chambers in 1990, and conducted cases in a wide range of international courts, including the European Court of Human Rights. In 2008 Keir was appointed Director of Public Prosecutions (DPP) and Head of the Crown Prosecution Service for England and Wales, a role he held until 2013. Keir is currently running to be Leader of the Labour Party. [@Keir\\_Starmer](#)

## Event Speakers

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### **Tariq Usmani MBE, Chairman, BCBN**

Tariq Usmani is the CEO and Co-Founder of the Henley group of companies. Henley Homes PLC is an efficient and progressive designed property development company established in 1999. Henley currently holds 16 industry awards for excellence of design, planning and regeneration. Tariq is the Founder and Chairperson of BCBN and a Trustee of both the West London Islamic Centre, Ealing, and the Black Prince Trust. In a personal capacity, Tariq has always taken a keen interest in supporting young offenders, and has helped mentor several over the last decade. He has facilitated a number of employment opportunities for young ex-offenders within his companies and through his extensive business contacts.

### **Mark Russell, CEO, The Children's Society**

Mark is committed to disrupting the disadvantage that many of our children and young people face today. Mark joined The Children's Society in August 2019 and has a passion and determination to protect, support and speak up for children and young people. Before moving to The Children's Society, Mark worked with children and young people for 20 years and was Chief Executive of social justice charity, Church Army. [@MarkRussellUK](#)



## Iqbal Nasim MBE, CEO, of National Zakat Foundation

Iqbal has led National Zakat Foundation since it launched in 2011. Before joining NZF, he worked in investment banking in London for over five years as an equity research analyst. He holds an MA in Economics and Management from Cambridge University, where he was President of the Islamic Society. He also holds an MSc in Voluntary Sector Management from Cass Business School. Iqbal has seen the transformational potential of Zakat when it's properly institutionalised. He has spoken extensively about Zakat and NZF across the UK and presented to international audiences, notably at the Global Donors Forum, convened by the World Congress of Muslim Philanthropists, and the World Islamic Economic Forum. @Iqbal\_Nasim

## Entertainment

### Kae Kurd

Smart, sharp and brilliantly astute, Kae Kurd is a young British-Kurdish stand up making a serious name for himself. TV credits include Live at the Apollo (BBC Two), Don't Hate the Playaz as both writer and on screen talent (ITV2), The Tez O'clock Show (Channel 4) Know Your Rights (own series on Channel 4 OD), Comedians Solve World Problems (Comedy Central) Three Guys Eat (BBC Three) and BBC Asian Network's Big Comedy Night. His radio appearances include A Night of International Comedy for BBC World Service and Best of the Fringe for BBC Radio 4 Extra. He's also a regular radio presenter on BBC Asian Network. @KaeKurd

## Exclusive to BCBN's Gala Event this year:



### The Gems Gallery

The Gem Gallery exhibits the very best of Muslim achievement in Britain. We champion 100 inspirational Muslims that are creating a positive and inspiring narrative, and widening the breadth of aspirations, for young Muslim minds.



### 'Thoughts of Hate'

A unique, immersive experience designed to echo the abuse that victimised young people face. This evocative exhibition works to give viewers an insight into the effects of hateful and abusive behaviour on young, developing minds.

## Endorsements

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*"The aims of the network [BCBN] are a tribute to the generosity and farsighted nature of our Muslim communities in the United Kingdom."*

**HRH Prince of Wales**  
(2012)



*"It is refreshing to come across BCBN, which aims to provide solutions from within society itself."*

**Rt Hon. Dominic Grieve,**  
MP QC, Attorney General (2015)



*"I have always believed that BCBN is a pioneering initiative, it selflessly seeks to identify and support the vulnerable and disadvantaged on the margins of our society, doing fantastic work in this great city and country of ours."*

**Rt Hon. Sadiq Khan,**  
Mayor of London (2017)



*"As someone who is a great supporter of grass root projects, I do believe BCBN is a model for others to follow."*

**Rt Hon. Nick Clegg,**  
MP, Deputy Prime Minister (2014)



*"BCBN brings businesses together to support charities – I really applaud their work, thank them for stepping up to the plate and giving us all a safer Society and giving all of our young people a better future."*

**Rt Hon. Jeremy Corbyn**  
Leader of the Labour party (Sep 2015 – Present)



*[BCBN] use innovative schemes like mentoring to turn offenders' lives around. The Date Palm Project is an excellent example of this."*

**Rt Hon. Chris Grayling MP,**  
Justice Secretary (2014)



*"[BCBN] is a very good, well organised network. People know if they do contribute, their money would go to a good cause. It's not narrowly focuses, it moves from one good project to another."*

**Rt Hon. Sir Vince Cable MP,**  
Secretary of State for Business, Innovation and Skills (2013)

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*"It's about ALL of us pulling together for each other. Muslim led – BCBN fund-raises and invests in the community. Part of the patchwork of voluntary endeavour that is all about enabling and supporting communities and lives of those who live and work within them. VIVA THE BCBN! I am proud to support you"*

**Jon Snow**  
Journalist and TV presenter

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*"It is by all of us working together that we can transform communities by tackling social issues and this is where businesses can make a real difference."*

**Mishal Husain,**  
BBC News Reader & Journalist (2012)

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*"When this government cut support and counselling for Domestic Violence on the NHS, [BCBN] stepped in to provide it. That is inspiration for all of us – and a powerful contribution to our society"*

**Chuka Umunna MP,**  
Shadow Business Secretary (2015)

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*"This benevolent donation will allow Rainbow Trust to continue to support families across the country with a life threatened or terminally ill child. We are very grateful to the Better Community Business Network for its generosity."*

**Mary Nightingale,**  
ITV Newsreader (2016)

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*"BCBN who I would like to thank very much for supporting Mosaic and the Muslim Youth Helpline."*

**Rt Hon. Baroness Hanham CBE,**  
Parliamentary Under Secretary (2012)



## Previous Beneficiaries

- Acorns Children's Hospice Trust
- Age UK
- Al Mizan Charitable Trust
- Art4Space
- Basingstoke Disability Forum
- Black Prince Trust
- Care in Mind
- Charlton Athletic Community Trust
- Children of Jannah
- Early Break UK
- Feed the Need, Karimah's Cuisina
- Family Food Bank (AWTF)
- Greater Manchester Law Centre
- Hounslow African Asian Youth Association (Haaya)
- HEET Project
- Isharah Deaf Run
- Katharine House Hospice
- Khulisa
- Leeds Jewish Welfare Board
- Made in Europe
- Metro Blind Sport
- Millwall FC
- Mosaic, Prince's Trust
- Muffin's Dream Foundation
- Mushin School of Martial Arts
- Muslim Aid
- Muslim Women Connect
- New Hope Lodge
- Newark Emmaus Trust
- Northampton Hope Centre
- Redthread
- Sense for Deaf Blind People
- St Giles Trust
- St Mungo's Broadway
- StreetDoctors
- Sufra NW Foodbank
- Swanwick Luncheon Club - Methodist Church
- The Fostering Network
- The Garwood Foundation
- The National Zakat Foundation
- The Rainbow Trust
- The Refugee Council Youth Services
- The Salam Project
- TimeBank
- Watford Food Bank
- Wingate Special Children's Trust

[Full list here](#)





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