



ONE VISION
BRINGING PEOPLE TOGETHER



NEWSLETTER

2024
Volume-3



Message from Chair of Trustees Harjit Singh DL

I am so grateful to everyone who has been integral to our success. When I think of where we started the year and where we've ended up, the word that comes to mind is "amazing!". I would like to personally thank each of our stakeholders and partners who helped us achieve these milestones – we couldn't have gotten this far without you. And I also want to thank everyone on our team and our volunteers for their commitment to excellence, hard work and the incredible enthusiasm that ensures our Vision and mission success.

Working together for a better community

One Vision provides relief to those who are experiencing hardships by:

- Partnering with local businesses, communities groups, non-profits and charities to gain positive outcomes.
- Devising programmes, projects and initiatives that address the needs of all people and communities, regardless of background or religious affiliations.
- Providing fresh meals, food bags, essential items and practical support to families and individuals who need a helping hand.

Our Values

We are inclusive

We respect all people, value diversity, and are committed to equality.

We collaborate

We are committed to a culture of teamwork and collaboration. We work with dozens of community groups, charities, nonprofit, faith groups and local institutions.

We are dynamic

We take action as soon as challenges emerge. Our operations are flexible so that we can serve our community at all times.



Message From Enoch Kanagaraj Founder & CEO

A happy new year to you all! I hope you celebrated the start of 2024 safely and in good spirits with family and friends. I want to take a moment to look back on 2023 and thank you all for your contributions over the past 12 months. We strengthened our Charity with the introduction of the Community Connectors program and crucial initiatives like Health and Wellbeing, ensuring our sustained success in supporting the community. Despite considerable challenges, our collective efforts propelled us toward our strategic goals. The successful launch of the African & Caribbean Dual Heritage Alliance and South Asian Heritage Association exemplifies our adaptability and collaborative efforts. Our services remain vital to people's lives, connecting, informing, and sign posting our service users.

I'm proud to announce the flourishing partnership with Hertfordshire Partnership University NHS Foundation Trust has gone strong and our 4 pillar project, Faith, Culture, Exercise and Nutrition workshop has opened up the doors to many people in our community to talk about their Mental Health. We have secured a 3-year partnership with MacMillan Cancer Support and the work will start this year. Additionally, our collaboration with Hertfordshire County Council and Broxbourne Council targets the development of Type II diabetes in the South Asian community and to identify and support the UnPaid Carers.

As we step into 2024, anticipation builds for continued initiatives, ensuring unparalleled services for those in need. Our Food Hub delivered over 300000 fresh meals and grocery bags, making a tangible impact on individuals and families in need. I express my sincere gratitude for your unwavering commitment. Each one of you plays a crucial role, and together, I am confident we will achieve remarkable feats. Wishing you and your loved ones a prosperous and joy-filled 2024.

Our Mission

One Vision brings people from different cultural backgrounds and religious affiliations together, to address the needs of the community. Together, we develop services and initiatives that tackle food poverty, mental health issues, social marginalisation and youth needs.

Karen Taylor

*Chief Executive Officer, Hertfordshire Partnership
University NHS Foundation Trust*



Karen Taylor said: “As 2023 comes to a close and a new year approaches, we would like to thank our charity partner One Vision for their support over the last year, helping us to collaborate with local communities and tackle mental health inequalities. “Inequalities across society impacts mental health and wellbeing and can prevent people being able to access the vital care and support they need.

This is something we are committed to changing and One Vision has helped us to reach out to and support Black, Asian and Minority Ethnic communities to find out more about what they need. This has been particularly important in the development of our new strategy Great Together, which we launched earlier this year. “We are proud to partner with One Vision and look forward to 2024 and greater opportunities to collaborate and tackle mental health inequalities.”

Dean Russell MP

Member of Parliament for Watford

I am proud of the incredible work of One Vision across Watford and beyond this year. Their contribution to our town is tremendous with activities ranging from mental health awareness to organising a host of events celebrating inclusivity and diversity across our community. Their volunteering mindset and work to bring everyone together is truly inspiring.

I have been personally blessed to volunteer with and support One Vision first hand since the early days which means my thanks to Enoch, Harjit and everyone at One Vision is both personal and professional. I am confident One Vision will continue to go from strength to strength in the coming years and I look forward to supporting them as they do.”



Peter Taylor

Elected Mayor for Watford

We have some truly amazing charities across Watford. I’m delighted to say the team at One Vision are no exception.

One Vision is a community charity that tackles food poverty, people suffering from mental health and looks to foster a sense of community cohesion between the different groups of people who live in Watford.

The cost-of-living crisis has brought many challenges, that’s why I am promoting local charities over the coming months to highlight the great work done in Watford. If you want to promote your charity, please get in touch with me peter.taylor@watford.gov.uk and we will highlight the work that you and your team do.”



Charles Hall QPM
Chief Constable
for Hertfordshire Constabulary



I am delighted to contribute to the latest edition of the One Vision Newsletter, and to take the opportunity to thank all One Vision members for their support throughout 2023. As Chief Constable, I am deeply committed to promoting partnership working to protect and support our diverse communities.

I understand that achieving this goal requires a collaborative effort from statutory organisations and communities themselves, and I am proud to stand with interfaith groups, including One Vision, in this endeavour. As we reflect on 2023, the importance of supporting the community has again been highlighted.

Continuing and new conflicts around the world constantly remind us that global events have much reach back into local communities here in Hertfordshire. I know that these high profile events have created much concern, anxiety and fear for many, including those with family and friend connections into affected locations. My thoughts are with all those who have been affected. The Constabulary recognises the importance of partnership working with all communities, and we understand that building strong relationships is critical to ensuring all people feel safe and supported. Collectively we must ensure that the tensions between communities giving rise to these conflicts do not resurface here, instead we must commit to working closely with all communities and faiths to achieve cohesive relationships, irrespective of nationality, race or religion. Addressing racial inequality and promoting race inclusion has been a priority for the Constabulary in the last twelve months and will remain so in the year ahead.

Policing nationally has had a difficult relationship with race for decades, which underlines why delivering on the actions within the National Police Race Action Plan is so important. I am delighted that One Vision has been supporting this work by sitting as a critical friend on our Race Inclusion Board and I encourage One Vision to continue to challenge, support and hold us to account as we continue our efforts to improve. Our focus on supporting those from different backgrounds includes within the Constabulary itself. I recognise the importance of building a workforce where our officers and staff reflect the diversity of the communities we police.

We have made progress in the last year as our recruitment intakes have become more diverse and the richness this brings to the workforce has become more and more evident. I am particularly appreciative of the work done by our various staff support networks who help support their colleagues and advise the constabulary on making further progress, including adjusting our policies and practices where necessary to be truly inclusive. I have enjoyed meeting with many of you during 2023 at a variety of One Vision events. I congratulate One Vision for what you achieved throughout the year and on behalf of the constabulary thank you for the engagement and support you have provided to the organisation I lead. I am especially grateful to Enoch for his continued passion and enthusiasm for One Vision as I look forward to maintaining our close partnership throughout 2024.

Alex Woodman

Executive Director Community Protection and Chief Fire Officer

Hertfordshire Fire and Rescue Service are proud to have built a strong working partnership with One Vision and we will continue to build this partnership as we enter the new year. Our communities are key to helping us plan for a safer and more resilient Hertfordshire and ensuring our services are inclusive and accessible to all; and One Vision continues to play a pivotal role in realising this. I am fully committed to removing barriers and discrimination so that we can promote and foster an inclusive society and encourage our fire and rescue service to become truly reflective of the community it serves.

The work that One Vision do to build community cohesion, particularly within our faith communities, is truly commendable – bringing together so many influential community and organisational leaders throughout the year so that we can all work together to realise positive change. I am committed to responding to what matters most, both to our staff and communities alike and absolutely recognise the key role that I play in achieving this. I look forward to building closer relationships with One Vision on this journey and stronger collaborative working in 2024 and beyond.



Bridging Faith and Mental Health: A Powerful Gathering in Parliament

The Faith & Mental Health Conference in Parliament:

Dean Russell, Member of Parliament, hosted The Faith & Mental Health Conference in Parliament organised by One Vision. The event served as a platform for thought-provoking discussions and impactful insights into faith's pivotal role in mental health. The conference brought together inter-faith leaders on a panel, fostering a rich dialogue on the ways in which faith communities can contribute to mental health support. The event highlighted the potential for faith-based organisations to be key players in addressing mental health issues within our society.



One Vision welcomes Rt Hon James Cleverly MP to Watford.



Round Table Discussion with Rt Hon James Cleverly MP:

We were fortunate to meet Rt Hon James Cleverly MP, the then Foreign Secretary and current Home Secretary. The distinguished guest met with faith leaders from Watford to engage in a meaningful dialogue on the vital role that faith leaders play in our community's well-being. Let's celebrate the dedication of individuals and organisations tirelessly working to bridge the gap between faith and mental health. Together, we're fostering a community that thrives on support, understanding, and compassion.



Nourishing Hope: One Vision's Food Hub & Community Kitchen

Donating to those in need:

One Vision, a community-focused organization dedicated to improving the lives of people in the Hertfordshire area, recently made a significant donation of to help those in need. The donation was made through the One Vision Food HUB, a program created by the organization to provide access to healthy and nutritious food for individuals and families who may not have the means to obtain it.

The One Vision Food HUB operates on a simple yet impactful premise: to address food insecurity by distributing healthy and nutritious food to those in need. With the support of generous donors and volunteers, the program has been able to make a real difference in the lives of many people in the Hertfordshire area.

In 2023, One Vision's Food Hub in Watford distributed an incredible number(300000) of meals in and around Watford, significantly impacting the lives of local individuals and families facing food insecurity. Through the dedication of generous donors and volunteers, we've made a tangible difference in our community, providing nourishment and comfort during challenging times.

As we move into the new year, let's sustain this momentum and strive for even more positive change in Hertfordshire.



“Our Food Hub delivered over 300000 fresh meals and grocery bags”

Food Hub-related news

We were delighted to meet with Ian Kamiel, Director, and Richard Adler, Business Support Manager at the Food Bank Aid Supporting One Vision Charity Food Hub. The cost of living crisis and food poverty have continued to have a big impact on people's mental health and well-being. Thank you to organisations for donating groceries to support the local, vulnerable families.



In July, the Watford Police helped the community by cooking fresh meals and delivering them to our service users. Thank you to Andy Wiseman, Chief Inspector, his team, and the team of volunteers at One Vision.



In May, we earned a visit from Liz Green, the High Sheriff of Hertfordshire. She was able to observe our team in action as they tirelessly worked to combat food poverty and alleviate loneliness within our community.

Our volunteers' unwavering dedication and tireless hours in sorting, organizing, and establishing the Food Hub are immensely appreciated. Their commitment guarantees the seamless and efficient functioning of this vital space, fostering compassion throughout. Their hard work elevates simple food collection into a lifeline for individuals facing homelessness or financial struggles, turning the Food Hub into a beacon of hope within our community.





Hertfordshire county council Household Support Fund supporting One Vision Food HUB today our wonderful volunteers Fay & Gladys cooking delicious Aubergine, potatoes and Tofu with basmati rice fresh meals for 180 families.

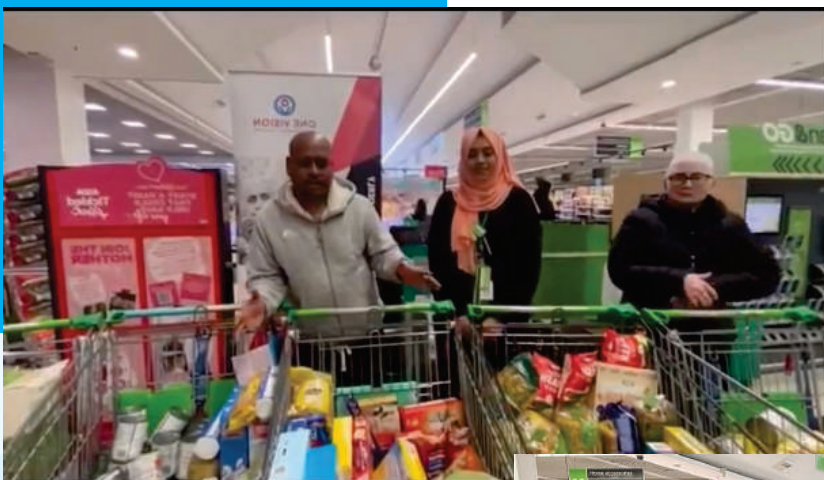
Community Walk In Fridge

One Vision Food HUB is delighted to announce our new initiatives 'Community Walk-in Fridge'. We are opening our Community walk-in Fridge on 29th March 2023, to tackle Cost of living.



#donatefood

Fantastic day in ASDA Watford today, One Vision Volunteers collected donations for the Food HUB, Great goodwill and generosity from our local community. Thank you all the volunteers for the amazing day.



Thank you to all our Volunteers





Celebrating South Asian Heritage Month - A Night of Joy and Pride!

In honour of South Asian Heritage Month, One Vision joined hands with the Three Rivers District Council and the South Asian Heritage Association to host a mesmerising event. From the lively rhythms of Bollywood dance to the soulful tunes of Qawwali, the elegance of Kathak and Bharat Natyam, and the energetic beats of Bhangra, the stage pulsated with the rich diversity of South Asian performing arts. This gathering not only celebrated these cultural treasures but also nurtured unity and pride within our community, showcasing and cherishing the distinctive expressions that define South Asian heritage.



Celebrating Black History Month with OneVision: Honoring Achievements and Community Impact

Throughout the month of October, One Vision hosted a remarkable set of events celebrating Black History Month. These events focused on highlighting the achievements of outstanding individuals, emphasising the theme 'Saluting our Sisters' to recognise the important role that black women have played in shaping history, inspiring change, and building strong communities, as well as creating a more inclusive environment to discuss subjects like mental health. The events provided a platform for meaningful conversations about addressing the black community's challenges while fostering inclusivity.



SAHA turns one



Celebrating its first anniversary, the South Asian Heritage Association (SAHA) has become a vibrant force, shining a light on cultural richness and fostering unity within the community. SAHA has spent the past year safeguarding, showcasing, and celebrating the diverse South Asian heritage.

Through a variety of dynamic events, educational initiatives, and inclusive programs, SAHA has expertly woven a fabric of cultural understanding, nurturing inclusivity while honouring the unique traditions of South Asia. Additionally, SAHA’s Community Connectors play a pivotal role in their success. These connectors, vital members of the community, form the backbone of SAHA’s mission, bringing people together and supporting local businesses. Alongside One Vision’s objectives, these efforts synergise to uplift the community by nurturing cultural vibrancy and supporting economic prosperity. SAHA’s commitment, highlighted through its Community Connectors, underscores its dedication to preserving heritage while fostering a robust and connected community ecosystem.



We would like to say a special thank you to Rakhi Singh for her work and effort in putting together the social media pages for SAHA and the SAHM magazine!

EXECUTIVE TEAM



Akhtar Zaman DL
President



Enoch Kanagaraj
Founder & CEO
One Vision



Harjit Singh DL
Chair of Trustees



Priyanka Gandhi
Vice President



Nirmala Singhvi MBE
Executive



Abhha Sandil
Executive

Connected Community

South Asian Heritage Association (SAHA) is proud to announce our great members from the diverse backgrounds and with wealth of experiences. We are extremely grateful to all our Patrons and Advisory Board members to give their valuable time and support to the South Asian community.

SAHA is an extension of our registered charity - One Vision who's aim is to bring the communities together.

Heritage Heard's partnership with the HPFT

The Heritage Heard project, initiated in April 2023, marks a significant partnership between One Vision and the NHS Partnership University Trust. This collaborative initiative is a year-long pilot aimed at actively engaging and supporting the BAME community in Watford, specifically addressing mental health concerns and promoting wellbeing practices.

With a dedicated focus on mental health, the project is designed to bridge the gaps in accessibility to mental health services within the BAME community. It aims to foster understanding, encourage conversations, and create a supportive environment to combat the stigma often associated with seeking mental health support. Through workshops, dialogues, and various communitybased initiatives, the Heritage Heard project aspires to promote awareness and instil positive mental health practices among individuals within the BAME community.

Care for Carers Program

One vision and SAHA are running a project Care for Carers programme. It is a programme to identify and support unpaid carers in south Asian communities in Hertfordshire. It was launched on the 17th of January 2024 and is supported and funded by the Hertfordshire county council. If you want any more information pls contact us on info@ovwatford.org,

Nutrition and Mental Health Session for Heritage Heard Project in partnership with HPFT



Community Connectors are in action

One Vision Community Connectors are in action today with Hertfordshire Partnership University NHS Foundation Trust.



Hertfordshire Partnership
University NHS Foundation Trust



**African Caribbean
Dual Heritage Alliance**

Cultural Events

Celebrating Pongal

The Tamil community extends a warm invitation to witness the vibrant celebration of the Pongal festival, a cherished harvest tradition. Raju Meyyappan graciously showcased the cultural and ritualistic essence of this festive occasion.



Spreading Joy this Christmas: Parmiter's Year 7 Students Make a Difference!

As we entered the festive season, we were thrilled to share the heartwarming efforts of our dedicated Year 7 students at Parmiter's School. This year, they wholeheartedly embraced the spirit of giving by coming together to assemble food hampers. We had the extraordinary opportunity to broaden our impact further by personally delivering Christmas hampers, created with love and care by the talented children of Parmiter's School, to those in need. The event was graced by the presence of the esteemed elected mayor of Watford, Peter Taylor, Cllr Asif Khan, Dean Russell, MP, whose support and appreciation added to the significance of this initiative.

A Firsthand Look at 999 Response with Watford and Hatfield Police

We were privileged to accompany officers from Watford and Hatfield police stations during their active 999 response shifts. One standout observation was witnessing the judicious use of police powers. The officers conducted their responsibilities with fairness, accountability, and an unwavering regard for our community members. Every interaction was approached thoughtfully, highlighting the significance of nurturing trust and cultivating positive bonds within our diverse neighbourhood. This experience solidifies the value of collaboration between our community and law enforcement, aiming to establish a safer and more cohesive living environment for everyone.



Embracing a New Year with Hope: A Message for Mental Health and Wellbeing:

The beginning of a new year brings with it a sense of renewal and opportunity. This event was more than just a celebration; it was a platform for dialogue, reflection, and, most importantly, a message of hope for mental health and wellbeing. In a world where conversations around mental health are gaining importance, this event aimed to amplify voices, share stories, and inspire positive change. During the event, individuals from our community will courageously share their stories about mental health and wellbeing. These narratives of resilience and triumph serve as beacons of hope, reminding us all that we are not alone in our journey, and together, we can overcome challenges.

NHS Hertfordshire and Mid Essex Talking Therapies

ONE VISION

SOUTH ASIAN HERITAGE ASSOCIATION

NHS Hertfordshire Partnership University NHS Foundation Trust

New Year New Beginnings...

message of hope

zoom session

Mental Health and Wellbeing Matters

PRIYANKA GANDHI
Vice President
South Asian Heritage Association

SHARON PLATT-MCDONALD
Director for Health, Adventist Community Services

ALKA PANDEY
Specialist Dietitian
Buckinghamshire HealthCare NHS Trust

28th Dec Thursday

7:00 PM

SCAN HERE TO JOIN

Connecting Communities at the Heart of the Action:

One Vision's Community Connectors Event at Watford Football Club: Our recent event at the Watford Football Club, a symbol of local pride and unity, set the stage for our Community Connectors Event. This event was designed to strengthen the ties that bind us, providing a platform for individuals, organizations, and community leaders to come together for a shared purpose.

Sharon Platt McDonald hosts 4 pillars events

At One Vision, we recognize the intricate connection between our mental health and four key aspects of life: culture, nutrition, exercise, and faith. With this understanding, we have formulated the "4 Pillars," a holistic approach to wellbeing that integrates these essential elements. Sharon, our dedicated facilitator, will lead these workshops with passion and expertise. Sharon brings a wealth of knowledge and experience, ensuring that each session is informative, engaging, and tailored to the unique needs of participants. Sharon hosted a series of workshops for the Hertfordshire Partnership University NHS Foundation Trust (HPFT), NHS staff, and volunteers. These sessions will delve into each pillar, exploring their individual significance and collective impact on mental health. These workshops allowed participants to gain practical tools, strategies, and insights to incorporate these pillars into their daily lives while helping others.



Introducing Inspector Kelly Day, joined Hertfordshire Constabulary. Kelly and One Vision will be working together to build great relationships with different communities in Hertfordshire.

Great honor to speak at the Stanborough Primary to finish the Children Mental Health Week. It's imperative for children to understand that it's okay to cry and express their emotions. You can sit with them, listen to them, comfort them and reassure them that things will be okay.



In September 2023, the One Vision van was unfortunately stolen. However, the situation brought forth a wave of support from the community, notable figures such as Watford's elected mayor, Peter Taylor, and members of the West Herts Charity Trust Board which enabled the replacement of the stolen van. This display of unity serves as a reminder of the resilience and strength inherent within our community, inspiring hope for the future as we continue to overcome challenges together.

Charities join forces to tackle inequity in cancer support in Watford and Three Rivers District

Macmillan Cancer Support and One Vision, a community-based charity that provides practical support to vulnerable people from multi-ethnic and faith communities, are joining forces to help tackle the inequities in cancer support in the Watford and Three Rivers district. The two organisations launched a Cancer Champions scheme at the start of the year and are looking for volunteers from the Black and Asian Ethnic minority communities in the area to help them engage with their communities, discuss the issues they face and help improve the cancer support they receive.

The Watford and Three Rivers areas were chosen by Macmillan for investment because of the high incidence of cancer here compared to other regions in the UK. Initial research conducted by the charities showed that the diverse range of ethnic minority communities in these areas also have particular issues accessing cancer treatment and support.

Munashe Munyukwi, Macmillan Engagement Lead in Bedfordshire, Cambridgeshire, and Hertfordshire said:

“I am thrilled about our collaboration with One Vision. This partnership is a pivotal step towards reaching and providing tailored cancer support services to multi-ethnic and faith communities. Our joint endeavour is not just about extending our reach; it's about deepening our impact and ensuring that every individual, regardless of their background, has access to appropriate, culturally sensitive cancer support at any stage of their journey, ensuring that the support we provide is not just effective but also resonates with the diverse needs of the people we serve.

“Through One Vision's extensive network and community-based approach, we are poised to bridge gaps in cancer support, particularly in underrepresented communities. Their proven track record in successful community engagement and health initiatives is totally in line with Macmillan's commitment to personalised cancer support.”

Enoch Kanagaraj, Founder & Chief Executive of One Vision says:

“Macmillan Cancer Support and One Vision are embarking on an exciting journey to create a shift in cancer support - one that is inclusive, accessible, and deeply rooted in the needs and values of the multi-ethnic and faith communities in the Watford area.

“Our goal is to transform patient outcomes, create supportive communities and networks and offer spaces for people living with cancer to share their experiences and offer gain mutual support.

“If anyone from these communities with experience of cancer is interested in volunteering as a ‘cancer champion’, we’d love to hear from you.”

**MACMILLAN
CANCER SUPPORT**





ONE VISION

BRINGING PEOPLE TOGETHER



SOUTH ASIAN HERITAGE
ASSOCIATION




one voice
BRINGING COMMUNITIES TOGETHER



African Caribbean
Dual Heritage Alliance

For More Details



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