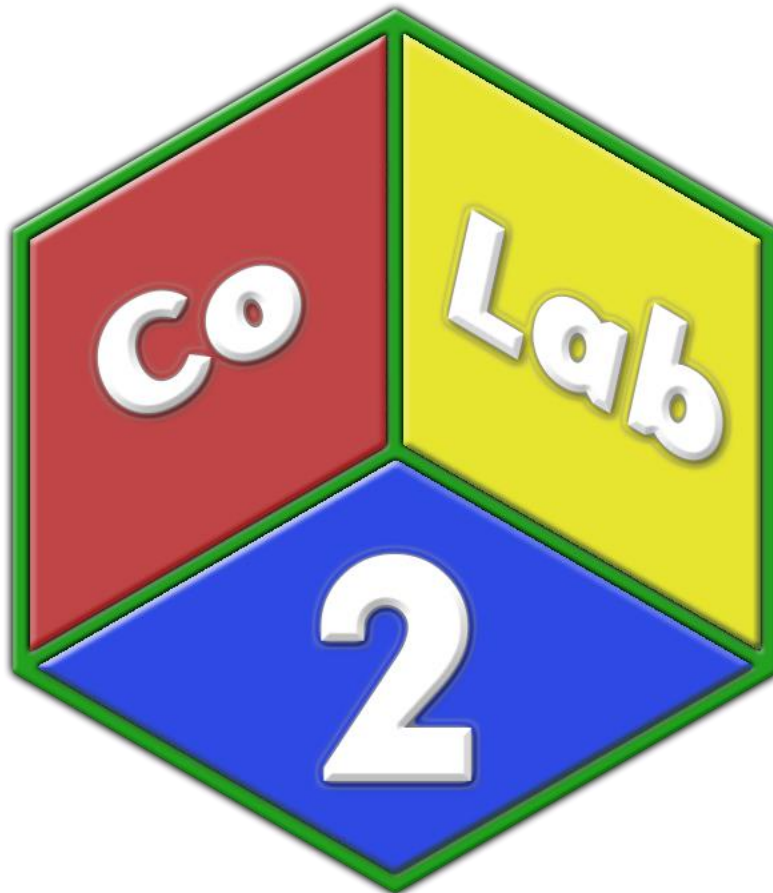


# CoLab2



***“Working together to  
build for the future!”***

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## About Us

**CoLab2** is a Leicester based voluntary community group which comprises of three trustees/committee members who are Randolph Hunter from Sports In You, Yasin Bhikha from Sports Lounge and Vijay Umrao from VZONE Multimedia.

All having worked on different community projects and working alongside many different organisations for a number of years they decided to come together and create **CoLab2**. The main aims for CoLab2 will be to increase participation of young people and adults in physical sports activities, developing enterprise, music and social health awareness in our local & diverse communities of Leicestershire.

Coming from working class backgrounds and becoming businessmen of the future their journey has been a “*tough ride*” so far in life. All have been through many difficulties and fought hard to become successful in their own right, also all being friends and growing up together their dream of building “*a better tomorrow*” for the local community of Leicester is coming together with **CoLab2**.

The name **CoLab2** is short for collaboration with people and other organisations to provide a better future for everyone in the community.

***“Working together to build for the future!”***



*From left to right: Randolph Hunter, Vijay Umrao & Yasin Bhikha.*

## Meet the Team

### Randolph Hunter – Secretary of CoLab2

Randolph's first role within the sports industry initiated with St Gabriel's Community Centre. As a voluntary youth worker where he gained knowledge to help engage well with a mixture of communities, dealing with common issues people come face to face with on a daily basis.

Through the experience, knowledge and qualifications gained throughout his development, he then used this experience to work for a sports company Where he started as an assistant coach to becoming a senior coach/tutor which involved developing and mentoring new coaches. Randolph has been instructing sports throughout Leicestershire since 2001 Leading P.E sessions, after school clubs, managing projects and running sport UK courses to a range of people of different ages, backgrounds and a level of understanding.

Randolph's motivation is identifying people who have barriers of participation, lack of self-esteem and confidence. His aim is to help them overcome such hurdles, through motivation.

- National College for continuing professional development body preparation and core skills for primary and Gymnastics
- NCFE Level 2 Certificate in developing skills for working with Children & Young People
- NVQ Level 2 sport, recreation and allied occupations coaching, teaching and instruction (exercise & fitness: teach/instruct adults gym)
- Exponential Training & Assessment Certificate in Coaching and Performance Management
- English Basketball Association Basketball Level 1
- Certificate in Tri-golf Activators Course
- F.A. Junior Team Managers Certificate
- F.A. Child Protection Workshop Ensuring Safety in Football
- Sports coach UK Certificate Equity in your coaching
- Sports Coach UK Certificate Working with Disabled Sports People
- Sports Coach UK Certificate in Good Practice & Child Protection
- Sports Coach UK Working with Children
- ECB Level 1 Coaching Cricket

Since 2009 I formed My own business named Sports In You ([www.sportsinu.co.uk](http://www.sportsinu.co.uk)). The business uses sport to help breakdown the mixed perceptions and barriers that mixed cultures face on a daily basis.

Sports In You currently provide public community related activities and a wide range of sport instructors, into schools, disability organisations, youth centres and the private sector. Sports In You have collaborated with Leicester City Council and government funded agencies to provide a high standard service that meets the needs of the communities and public sector. Sports In You is testament to the communities worked with as there is a clear need for more services of such manner.

## **Yasin Bhikha – Treasurer of CoLab2**

I am currently managing a company called The Sports Lounge. It is a Sports Hall which accommodates for Football, Badminton, Cricket and other various Sports.

I am also a Personal Trainer and Fitness Instructor. I train people one to one according to what they desire and create specially made programs for the individual. I also help run sessions for a company called Sports In You. I lead and assist various classes such as Boxercise, Football and Multi Sports.

I have also gone into Schools and taught P.E lessons to Primary school children. I am a hard working individual who tries to help the community by organising charity fund raisers, community car washes and bazaars to get the community together.

Working with people has made me open up and understand how to cater for the needs of different client groups of different faiths. By being in the working environment my skills are developing effectively every day. I myself have become a more confident person around others and easily make friends with people around me.

## **Vijay Umrao – Chairman of CoLab2**

Vijay Umrao is the owner of VZONE Multimedia ([www.vzonemultimedia.com](http://www.vzonemultimedia.com)) which is a Leicester based business providing online marketing services to businesses around UK and has helped over 100 businesses since 2007. We provide a full service including web design & development, content management systems (CMS), e-commerce, SEO services, preparation of multimedia content for the web, corporate branding, graphic design & print for business. VZONE Multimedia also provides training & workshops in general I.T. skills, web design & development, social networks & media, multimedia and any custom workshops within the I.T. and online industry.

Graduated in 2005 and was awarded a 2:1 for his BSc(Hons) in Multi Media Technology at the University of Central England in Birmingham, he then worked for InforTerra in the GIS industry for 1 year and 4 months when deciding to follow his dream of going into business in February 2007.

In September 2008 Vijay also became a volunteer and part of the team at EAVA FM 102.5 ([www.eavafm.com](http://www.eavafm.com)) a multi-lingual community radio station based in Leicester. EAVA FM's philosophy is to broadcast multi-lingual programmes, which will benefit the community with a view of giving a balanced output targeted to meeting the needs of all communities originating from all over the world.

Vijay's role at the radio station is to maintain, represent EAVA FM at events, meeting artists & booking interviews, working with sponsors & various organisations, making sure all is running smoothly, running some day-to-day operations and developing & maintaining the online campaign. He has founded & developed many shows on the station including the Gospel Show, Divine Roots, All Things Leicester Show and Friday Flex ([www.fridayflex.com](http://www.fridayflex.com)) where he is also presents on a weekly bases. This show is dedicated to supporting local talent from music of black origin and urban culture.

Coming from a single parent family Vijay has always worked hard for his rewards in life and understands the importance of family values and has always been involved with local communities and youth centres from a young age to help socially and economically disadvantaged people.

## **Aims and Objectives**

The main aims for CoLab2 will be to increase participation of young people and adults in physical sports activities, developing enterprise, arts, dance, music, media and social health awareness in our local & diverse communities of Leicestershire.

The main focus will be to provide and/or facilitate projects that create community cohesion and sustainability. We aim to help make people more active, healthier and help bring communities together using these vehicles.

We will aim to improve social interaction, a reduction in barriers and perceptions between young people, the elderly, vulnerable people and single parents within the community. We hope to encourage and preserve the quality of life within the community through our services.

### **Mission objectives**

CoLab2 aims to achieve these through the delivery of a range of related services. These services will include:

- Fund all projects by contributions, donations, grants, project fees and other ethical methods to accommodate people's needs.
- To provide and run a wide range of programmes to encourage more participation and interaction.
- Developing and delivering training and mentoring opportunities and projects for individuals and communities through a variety of interactive delivery methods (workshops, training, mentoring, key work sessions and group development sessions).
- To collaborate with numerous organisations and provide career development programme pathways.
- To continuously look at various ways and possibilities to train, educate and support the community.
- Be sustainable in the future by using the modern business model of becoming a social enterprise.

## Our Projects

### Past Projects

#### January 2015 – Sports In You & Sports Lounge

Sports In You **Colab** with Sports Lounge to organise a Football Tournament aiming at providing 14 -16 year olds to engage with local sports agencies and provide support and career advice for the local youths of the community. By welcoming sponsors and support from local businesses within the area the tournament was a true success and a demand for more tournaments.



#### February 2105 – Emerge Day with VZONE Multimedia, EAVA FM, Youth Education Project (YEP) & The Mighty Creatives (TMC)

VZONE Multimedia in partnership with EAVA FM 102.5 FM and Youth Education Project (YEP) showcased an event of young people. The event focused on young talented music artists and art & design created by the young people.

There was live performances from young artists including an “Open Mic” session and a spoken words performance, together with a live DJ workshop. This gave the young people an opportunity to showcase their talent and passion for music. The DJ workshop gave an opportunity to the young people to play live at an event and the "real life feeling" of playing their music.





## May 2015 – Car Wash and Fun Day with Sports Lounge & Sports In You

We felt the need of this Car wash and Fun day because recently there had been a Natural world disaster in form of an Earthquake in Nepal. We acted swiftly and decided to plan a Car wash along with a Fun day for the youth. It was summer so we planned to have the car wash in an outdoor car park, along with an Ice cream van and a BBQ. We also had access to an indoor sports facility where we split into different areas. We had an area for Go Karting, 10 pin Bowling, Penalty Shootout, Fitness competitions and Boxercise competitions.

Our main focus for the event was the Car wash as we had projected that would bring in the most amount of money. We had a good number of volunteers to help wash the cars and to make sure it ran smoothly. The car wash started off slowly at around 1pm but then at roughly 2pm they all started queuing up. The owners of their vehicles trusted us with their keys as we moved their cars along the queue whilst they took their children and enjoyed the other activities in the hall. At one point I had counted 17 cars in the queue plus 4 cars currently being washed, at this point I felt that the event was a success. Altogether we had approximately 60 cars that had been washed which varied from small hatchbacks to Taxis and people carriers, our surprise vehicle of the day was a Mercedes Sprinter 3.5tonne Van!

The BBQ was also a big success; the BBQ team had 4 BBQ's set up and all filled with burgers, chicken and other delicious items. From there people would eat in the space provided and then would go buy an ice cream. The kids really enjoyed the Go Karting inside as well as all the other competitions. We gave the winners of the competitions medals after the day had ended. There were also a few merchandise stalls selling kids toys, fragrances, clothing and much more.

Overall the event was a success we had raised over £1000 in a matter of 5hours! Fortunately the sun was shining which brought many people in and there was a great atmosphere during the event. We all got to know new people in our community and I myself have kept in close contact with three individuals as they were very helpful and I plan to work with them in the future. Events like these are what we need in our community to help bring everyone back together and give everybody a break in their busy working lives. The kids thoroughly enjoyed it and the parents had a good day out in the sun relaxing not to worry about anything.



**December 2015 – February 2016 – Act4Change: A Creative Approach to Social Action with EAVA FM, VZONE Multimedia, Youth Education Project (YEP), U.G, Kamikaze Sound System & The Mighty Creatives (TMC)**

Act4Change is a social action project to be creatively imaginative, inventive, original and visionary for young people to make a change in the community.

Using a creative approach the young people created opportunities engaging with other young people to undertake social action. This created young change makers and young leaders for a better future for tomorrow. Funded by The Mighty Creatives.

The first stage for the young change makers was to research what social change was needed within the community and how to tackle the issue. The young leaders and change makers aim was: Breaking down the image of gang culture. “The Revolution Vol.1” music compilation was the perfect creative vehicle to drive this forward.

The aim of “The Revolution Vol.1” was for all the young people to express themselves artistically though music about the difficulties faced by young people in today’s generation and breaking down the image of gang culture.

All the young people involved in this project have all come from many different struggles, life experiences and a “tuff background” so the music created is straight from their heart. The music is something very personal to them and has a lot of meaning to it.

Shoaiyb “Shubbzz” Jogee was one of the change makers and leaders of this project and is part of the EAVA FM youth team. He researched with other young people what social change was needed in the community, organised various meetings and studio sessions with the young people involved. Moving on from the project Shubbzz runs his own youth show live on EAVA FM with other young people every Thursday from 4pm till 6pm. The young leader explains what “The Revolution Vol.1” means:

“We found that music is a way for us to express ourselves to others and could relate to other people and make those that have not come from a tuff background to understand what young people are going through today. The music talks about the struggles of young people in UK, its positive music which also tackles gang crime.”

There was a celebration event at Y Theatre on Friday 29th April where the young change makers presented and performed the project.





## May 2016 – Hip-Hop & Grime Showcase with 2Funky Arts, EAVA FM, Kerfew, D-Crime, Muzik-I Management & Kamikaze Sound System

EAVA FM & Friday Flex Showcase - For years we wanted to put a showcase for Leicester Artists on a big stage. Shout out everyone for coming together and making this happens! The event took place on Sunday 29th May 2016 from 6pm – 10pm at 2Funky Music Café during the 2Funky Festival 2016.

This Hip-Hop & Grime event was showcasing the unity within our City of Leicester and bringing local talent together. It was hosted by Kerfew and DJ'ing on the night was D-CRIME, DJ Smiler & DJ Dee.

Which had booked P Money who is one of UK's highest profile grime artists with a local showcase comprising of Kamakaze, SkeeZ (SDR), UG, Curtis Clacey, Elson Barbosa, D-CRIME, Dark A Brown, Siddeeq Matthew, Loaneski, Data and Lil T.

Sunday 29 May 2016 • 6pm – 10pm

**EAVA FM** **HIP-HOP / GRIME** **#FridayFlex**

**EAVA FM & FRIDAY FLEX SHOWCASE**  
Entry FREE with wristband or £5 (if capacity allows)

**P**

**P MONEY**  
KAMAKAZE • SKEEZ (SDR) • UG • CURTIS CLACEY  
ELSON BARBOSA • D-CRIME • DARK A BROWN  
SIDDEEQ MATTHEW • LOANESKI • DATA • LIL T

HOST: KERFEW  
DJS: D-CRIME, DJ SMILER & DJ DEE

Don't forget to tune into the Friday Flex on EAVA FM 102.5 FM  
Leicester from 9pm to 11pm every Friday! [www.eavafm.com](http://www.eavafm.com) [www.fridayflex.com](http://www.fridayflex.com)

Partnership with:

CoLab2 Muzik-I Management D-CRIME Kerfew Kamikaze Sound System

**FESTIVAL 2FUNKY** **#FridayFlex**

**March 2015 to July 2016 – Work Experience at EAVA FM with Youth Education Project (YEP), U.G, Kamikaze Sound System & The Mighty Creatives (TMC)**

12 days of meaningful work shadow, per young person, is undertaken. The work shadow directly supports young people's employability skills and is related to the Creative Employment Programme's (CEP) defined subsector areas ("Arts Council England (ACE) footprint"). Participation in reviews and evaluations is completed to measure impact on young people involved.



This was over a period 12 weeks which took place on Monday's at EAVA FM & Youth Education Project (YEP), where the young people were working towards presenting and managing their own youth show on EAVA FM. The young people involved learned about community radio such as EAVA FM and how it's different from commercial radio stations.

The aim of the work experience was to provide the professional working environment of EAVA FM to engage young people into the learning process to improve self-esteem, motivation, team building, ambition, self-confidence and create young leaders. Another area was to give the young people the experience of filling out a job application form and undertaking a real-life job interview facilitated by Vijay Umrao & Bhavik Solanki who are part of the EAVA FM management team.

During the 12 weeks the young people had to interview a creative role model live on air so, Vijay the marketing manager of EAVA FM invited U.G a local music artist from Leicester for the young people to interview. After the interview the young people requested U.G to be part of the learning development of the work experience with EAVA FM and Youth Education Project (YEP) which gave birth to **"The Revolution Vol.1"** music compilation.

During **"The Revolution Vol.1"** project there were two young leaders Shoaiyb "Shubbzz" Jogee and Ben "Millzy" Knight, who are students and student mentors at Youth Education Project (YEP). They were part of the first group of 10 young people to complete work experience and they wanted to continue working on **"The Revolution Vol.1"** project. They helped with the management of the second group of 10 young people get through the work experience and making them understand the importance of work procedures in a real life environment. The young people involved appreciated the help from the young mentors because they had been through the work experience opportunity and because they could relate to the difficulties young people are faced with today.



## Current Projects

**August 2016 to October 2016 – Get On Track with Dame Kelly Holmes Trust, Leicester-Shire & Rutland Sports, Samworth Brothers Sports Opportunity, Youth Education Project (YEP), EAVA FM & Sports In You**



The DKHT Get on Track programme is about utilising the skills and experiences of elite athletes to deliver a programme aimed at changing the lives of young people. Aim of the programme is to equip young people with a choice of future direction, either employment, apprenticeships, further education or voluntary placements leading to paid employment.

- Aimed at young people aged 16 to 25 years old
- Aimed at those not in education or employment or at risk
- Not necessarily have to be 'sporty' but using sport as a vehicle to deliver the programme

# ARE YOU 16 - 25?

Looking for work, training, education, volunteering or sport opportunities?

**Get on Track** is a programme led by world class athletes.

**Improve** your communication, teamwork, confidence, health and wellbeing.

**“ Get on Track helped me realise life is what you make of it. You get out what you put in. Since Get on Track I have got myself a job. It has given me the confidence to achieve what I want out of my life ” - Christian, 22**

Contact Youth Education Project (YEP) on:  
0116 319 65 85  
or email [yepmainoffice@gmail.com](mailto:yepmainoffice@gmail.com)

Partnership with

## Ongoing – Sport in You Working with Disabilities

By collaborating with Sports In You services are currently being provided for the disadvantage sector and working with such organisations.

Currently working with the Mosaic Shaping Disabilities Services, the ladies Pukkar group.

This work takes place in numerous areas within Leicester and Leicestershire such as, Beaumont Leys, Enderby, Leicester Forest East, Momacre Hill, Belgrave, Aylestone, Countesthorpe, Loughborough, and Ibstock.

Activities such as Exercise to Music, Core Conditioning, Yoga, Boxing fitness, Food and Nutrition discussions and Hand Eye Coordination Games are just some of the vehicles we use to engage and work with organisations.



## Ongoing – Public Classes with Sports In You





Currently providing open sport activities to the local communities to engage. Football, Boxing, Conditioning and Dance sessions are currently available working with all ages.





## Partners we work with

	<p><b>EAVA FM</b> is a Leicester community radio station broadcasting on 102.5 FM, multilingual and serving the diverse communities of Leicester. <a href="http://www.eavafm.com">www.eavafm.com</a></p>
	<p><b>Sports In You</b> is a Leicestershire based sports company and was formed in April 2009. The main objective is to increase participation of children and adults in physical activities in our local communities. We also have an aim of making people more active, healthier and help bring communities together using sports. <a href="http://www.sportsinu.co.uk">www.sportsinu.co.uk</a></p>
	<p><b>Youth Education Project (YEP!)</b> aims to facilitate a diverse learning environment and offer direct support to help young people develop transferable skills and explore potential employment or further training opportunities. <a href="http://www.youtheducationproject.org.uk">www.youtheducationproject.org.uk</a></p>
	<p><b>The Sports Lounge – Café &amp; Venue</b> is a local cafe and venue based in Leicester for occasions. <a href="https://www.facebook.com/SportsloungeVenue">www.facebook.com/SportsloungeVenue</a></p>
	<p><b>The Sports Lounge</b> is a local Sports facility based in Leicester. <a href="https://www.facebook.com/SportsloungeVenue">www.facebook.com/SportsloungeVenue</a></p>
	<p><b>Leicester-Shire &amp; Rutland Sport</b> - Are a County Sport Partnership (CSP) for Leicestershire, Leicester and Rutland. Our focus is to ensure that national sport and physical activity resources have local reach. LRS is your local network and support team for sport and physical activity in your area; our role is to deliver national policy in local ways. <a href="http://www.lrsport.org">www.lrsport.org</a></p>
	<p><b>VZONE Multimedia</b> - Providing Online Marketing, Web Design &amp; Development, SEO, CMS, E-Commerce, Graphic Design and Print. <a href="http://www.vzonemultimedia.com">www.vzonemultimedia.com</a></p>
	<p><b>Kamikaze Sound System</b> is a dub, steppers, roots and good vibes sound. Leicester Youth Sound. <a href="https://www.facebook.com/KamikazeSoundSystem">www.facebook.com/KamikazeSoundSystem</a></p>
	<p><b>U.G</b> - The most original rapper/singer to have come from Britain. <a href="http://www.ugstation.com">www.ugstation.com</a></p>

 <p>Samworth Brothers QUALITY FOODS</p> <p><b>Sports Opportunity Fund</b></p>	<p><b>The Samworth Brothers Sports Opportunity Fund</b> supports deserving community sports projects close to Samworth Brothers' locations in Leicestershire, Cornwall and the North West of England. The Fund was launched in October 2013. <a href="http://www.samworthbrothers.co.uk">www.samworthbrothers.co.uk</a></p>
 <p><b>DAME KELLY HOLMES TRUST</b> GET ON TRACK</p>	<p><b>Dame Kelly Holmes Trust</b> - Since launching in 2008, they have reached over 300,000 young people (aged 14-25) from diverse backgrounds and supported over 400 athletes. <a href="http://www.damekellyholmestrust.org">www.damekellyholmestrust.org</a></p>
 <p><b>THE MIGHTY CREATIVES</b></p>	<p><b>The Mighty Creatives</b> are a charity whose purpose is to drive this change, to provide these opportunities. <a href="http://www.themightycreatives.com">www.themightycreatives.com</a></p>
 <p><b>2FUNKYArts</b></p>	<p><b>2FunkyArts</b> - Over the last 17 years, they have run arts workshops, youth &amp; community projects, performances, comedy events, dance shows, record labels, music magazines and online ticketing across venues in Leicester and beyond. <a href="http://www.2funkyarts.co.uk">www.2funkyarts.co.uk</a></p>