



Khushnood Ahmed one of our more active members does so much for Barking and Dagenham she deserves a special mention in this week's newsletter. Here are her current projects she is involved in.

*Independent advisor for Met police and IAG (independent advisory group) member *Founder director of RMA (Riverside Muslim Association)

*Cultural connector and panel member of CBD (creative Barking and Dagenham)

*Governor of Church of England Primary School. *Founder Director of Riverside Wellness *Member of Barking and Dagenham Faith forum.

As an elected Parent Governor I am a training & liaison, cultural education governor and on religious committee. Co-chair of PTA of my kids school. As a nutritionist I do weightless club at the local church to raise funds for the welcome gift for new born babies and their mum.

My latest projects are Chair of Dag Fest and an active member of Creative Barking and Dagenham.

PLUS

I am a single mother of 2 kids aged 5 and 6. Being an only child I look after my elderly parents. The reason to tell this is the willingness to help someone shouldn't be stopped whatever your circumstances are.