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## BMCA CHAIR'S REPORT

# Another year has flown by and it is an honor again to introduce the Barlow Moor Community Association Impact Report for 2023/2024.

It's always so uplifting to read the yearly impact report and hear about the amazing things BMCA has done and the case studies and feedback which show the real difference our services and support have made to people's lives each day.

The cost-of-living crisis has not gone away – it has had such a detrimental impact on our service users, and on the Voluntary and Community Sector due to rising need and increased costs. Supporting people through it has remained high on our agenda. The benefit and advice services, food support and wellbeing activities based here at BMCA are a lifeline for many and the learning and training opportunities have a huge impact in supporting people back into work.

The local Cost of Living Partnership instigated by BMCA has grown from strength to strength and made many connections across the city. It continues to bring together schools, foodbanks, housing and health services, councillors and council officers to work together and plan ways of meeting the challenges facing residents.

Merseyfest 2023 was brilliant! Thanks to our staff and volunteers, each year brings new ideas and fun for hundreds of local people of all ages on the playing fields.

As always there were lovely get-togethers, playing out days, music sessions, exciting trips and our brilliant Christmas festivities were popular as always.

BMCA plays a vital role for children and young people in the community providing many opportunities for them to have new experiences, make friends, develop confidence and have a safe place to spend time in. Our play schemes and youth and play sessions and nursery provision continue to be popular and well attended.



All of these activities and events at the centre would not be possible without our fantastic volunteers who help to staff them. We genuinely appreciate their time and input. A small group of volunteers were able to attend a thank you afternoon tea with the Lord Mayor of Manchester arranged by local councillors.

Barlow Moor Community Association continues to gain respect for its work around the city and we always welcome the chance to work collaboratively with other organisations to improve the quality of life, aspirations, life chances and enjoyment of our local resident – they are at the forefront of everything we do.

As soon as you step foot into Barlow Moor Community Centre you know it is a special place so a big thank you to the brilliant, talented and dedicated staff team who make it that way. Grateful thanks too to our funders and partners without whom we would not be able to do the things we do. And to all our service users who make BMCA the fantastic community-focused, vibrant and welcoming place that it is.

Councillor Joanna Midgley

**Chair of BMCA** 

## UNIVERSAL SERVICES

### **NURSERY**

Providing support for our children and families is at the heart of everything we do at BMCA. Our aim is to provide our children, with the tools to succeed in the future.

We know, that this can only be done if the family as a whole is supported too. Within nursery, our priority is to create a safe, nurturing environment that all of our children can develop in personally, socially and physically. We provide this through tailor made activities that are individual to the children and focused on encouraging the children to make independent choices. These choices included healthy snacks and drinks, what stories they would like to read, what activities they would like to play with and what works of art they would like to create

At the end of the academic year, our children that were due to leave for School are confident in social situations, making their own choices and independent in self-care.



### **YOUTH & PLAY**

Our projects are always geared towards achieving our outcomes of young people being happy, safe, successful and healthy and our sessions have been instrumental in advancing the holistic well-being of children and young people.

These initiatives serve as catalysts for community cohesion, enabling young individuals to continue to forge meaningful relationships both within their peer group and the broader community. Through collaborative efforts and participation in planning, especially in areas such as events, trips and the cinema nights, the youth not only contribute to the development of these events but also experience a sense of empowerment and recognition. This engagement fosters a more tightly knit and supportive community that acknowledges and values their role, ultimately instilling feelings of inclusion, self-worth, and a sense of belonging among the young people.





### **HEALTH & WELLBEING**

Provision runs 5 days per week providing yoga, chair-based exercise and our volunteer led Tai Chi sessions which have been really successful, with service users commenting on how much they are enjoying the classes and how good they feel afterwards.

To celebrate national growing week, our Walk and Talk service users planted some seeds in the community garden of Chorlton Water Park. It has been really rewarding seeing that their work is making the garden a nicer space for the community. Having spaces like this increases community pride and improves people's perception of where they live. Gardening is an activity that really boosts mental health through connection with nature, fresh air and bringing people together; the group always really enjoy this element of their walks.

## UNIVERSAL SERVICES (CONTINUED)

### **ENGLISH CONVERSATION CAFE**

English Conversation Cafe has worked closely with Manchester ESOL Advice Service to promote our ECC session.

This has meant that at some sessions we have supported over 20 services users from different countries and cultures who all have diverse levels of English.

### MUSIC FOR MINDFULNESS

This session has evolved into a co-learning space where members teach each other different instruments.

With support from Royal Northern College of Music volunteers, service users have taken charge, fostering a natural environment of peer support. This strengthens the community, motivates individuals to make necessary changes, and ensures their voices are heard. The proactive feedback from attendees allows us to use our funding effectively, enhancing the impact on confidence and resilience and empowering more users to create lasting change in their lives.



### COMMUNITY-WIDE EVENTS

Our events build a sense of unity within the local community helping build stronger relationships and improve intergenerational relationships.

Community wide events this year have included Step into Spring, MerseyFest, SpookyFest, Santa's First Stop, Upcycle playing out day and National walk to school week.



### **EDUCATION, EMPLOYMENT & TRAINING**

Our job club has continued to enjoy positive outcomes with service users gaining employment in their chosen fields. We continued to offer 1-1 support and bespoke individual plans utilising the centres full resources to build self-belief and confidence, develop spoken English and gain relevant skills.

Completing 3 quality audits, including annual Matrix accreditation, we have continued to ensure the quality of our provision in the learning hub. The external (NCFE/CACHE) quality audit for sector specific qualifications is a new process that the awarding organisation has introduced and covers the quality of the centre including the processes, policies and procedures, which are in place in line with their requirements.

## **SOCIAL ACTION**

Our social action group, launched in April, focuses on improving the wellbeing of local residents by tackling environmental issues like litter, dog fouling, and flytipping.

We've organised litter picks with Keep Manchester Tidy and are in talks with Chorlton Wombles for future collaboration. To address these issues at their root, we invited BIFFA and Keep Manchester Tidy to MerseyFest, boosting community morale and engagement.

Our efforts have increased community pride, empowerment, and self-worth. Volunteers, involved in various aspects like our charity shop and services, have gained confidence, resilience, and ownership over their environment, driving lasting change in their lives and the community.



### **DEFIB**

The community centre is proud to announce the addition of a defibrillator to the outside of our building, located next to the bleed cabinet.

This life-saving equipment will be accessible to everyone in the event of a medical emergency, significantly improving safety in our area. To ensure residents feel confident in using it, we will be offering training sessions for local people, equipping the community with both the tools and the knowledge to respond quickly.





### **LIBRARY**

Very positive feedback for our library volunteers when a customer satisfaction survey has been carried out across all the Manchester libraries.

There were only two libraries who gained 100% satisfaction and BMCA library was one of these.



### **ACTIVE TRAVEL**

In 2023, BMCA introduced a cycling program to boost physical well-being, promote active travel, and help people lower their carbon footprint sustainably. 2024 will see the launch of 'BMCA Bike Library.'

Through the Cycle and Stride scheme, we partnered with TFGM to offer two cycle training sessions: 'Complete Beginners' and 'Confidence Builder.' Led by TFGM's qualified trainers, these sessions, which include bike provision, are accessible to community members facing cycling barriers. Both sessions received positive feedback, with participants expressing increased confidence and enjoyment.

One participant, initially hesitant due to a lack of practice, reported feeling much safer and more confident on their bike after the 'Confidence Builder' session.

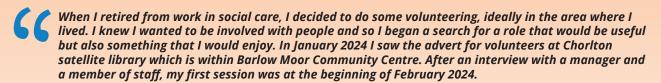


## SOCIAL ACTION (CONTINUED)

I volunteered at the nursery in Barlow Moor Community Association as part of my university placement for my clinical psychology postgraduate degree. I found this to be an enriching learning experience. I was greeted with incredible kindness from everyone at the Community Association and felt welcome there from my first day. The staff at Barlow Moor are highly committed to making this an inclusive and accessible space, and this was very much evident in the nursery. I was able to apply what I had learned on my course in a professional setting while being constantly supported and encouraged by the nursery staff. I feel very grateful to have been able to complete my placement in such a welcoming and supportive environment, and I am very appreciative of the enlightening experiences I have gained concerning both the day-today processes at the nursery as well as the Community Association as a whole.



**MMU student** 



Taking on any new task can be a challenge! I didn't want to mess things up and wanted to get things right. I needn't have worried. I very quickly picked up what a supportive environment it was. I was shown what to do and any concerns I had quickly disappeared.

Although the library volunteers are usually there on their own, the BMCC staff are all very involved and I would say the library volunteer is part of the wider team within the centre.

A couple of weeks after I joined there was an initiative to pick up rubbish in the area around the centre. I was able to do a short period out and about in the community. What was very clear was the commitment the team and volunteers have to all aspects in the area where we live.

Around the time I had joined there had been a survey on how library users viewed the service. The feedback was very positive indeed, 100% satisfaction! The library has stayed open mainly due to the commitment of the volunteers. In recognition of this the team at BMCC organised a meeting with local councillors, staff and the volunteers. Feedback was given to the volunteers and a surprise cake shared. It was a great way to acknowledge the part the volunteers play in the centre.

Although I am a fairly new member to the volunteer group, I already feel established there. I have enjoyed feeling part of a team who hopefully make a small but positive impact on the lives of local people, coming into the library and the centre. I am really enjoying my time at the centre and each week I am learning more! I definitely recommend volunteering to any of my friends who are thinking about it.

""

**Library volunteer** 

## REDUCING THE IMPACTS OF POVERTY

BMCA collaborates with over 40 external partners to address the cost-of-living crisis through a neighbourhood-focused approach. Our frontline staff implement the outcomes of these partnerships, providing a variety of services that support local residents holistically. This approach helps reduce the impact of the crisis by increasing awareness of available benefits and support, offering knowledge on low-cost meals, and improving access to broader services within the community.

Families are struggling more and more in the community and are coming to schools for help and support, I wanted to expand my knowledge on support in the area so I felt equipped to help the families in need. I also wanted to work towards not only helping the families in my school but the wider community. The cost of living partnership shares my passion and drive for both and works towards real change on a wider scale than I could have imagined.



### **ENHANCED SUPPORT**

With the expansion of our Financial, Information, Advice, and Guidance sessions, we've been able to assist more individuals.

Assistance with completing forms such as Personal Independence Payment, Disability Living Allowance, and Attendance Allowance, as well as providing tailored housing and benefit support. This service has significantly impacted lives by ensuring people receive all the benefits they're entitled to and by helping with essential forms that many find challenging to complete.

### SCHOOL UNIFORM **SUPPORT**

During the summer holidays, we provided school uniforms to local families struggling with the cost of

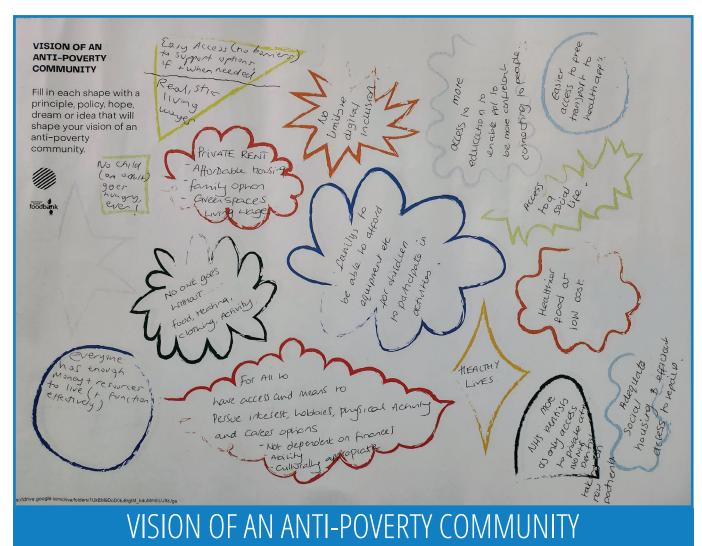
Many of these families face daily challenges in meeting basic needs, and the added expense of new school uniforms can create significant stress. This initiative helped ease that burden, ensuring children have the proper uniforms to start the school year on equal footing with their peers and access the same opportunities.



### REFRESH/REBRAND

Our food provision, once primarily serving those over 60, has reached a more diverse group with the launch of our 'Community Living Room.'

This initiative has expanded our complimentary lunch services to include breakfast, aimed at those who might otherwise go without a hot meal due to rising energy and food costs. These sessions run Monday to Friday, followed by social afternoons. Feedback has been positive, with comments like, "Thank you so much for my lunch; the food here is always lovely."







£1305 IN SCHOOL HOLIDAY VOUCHERS



**188**SUPPORT PACKS



### **KEY ORGANISATIONS IN OUR PARTNERSHIP**





















## DRIVING CHANGE

# CONSULTATION FOR 5 YEAR PLAN

Since May 2023 we have been consulting local people on what they wanted in the short, medium and long term for new ideas and improvements to the services we offer, enabling them to give feedback and have input into the strategic direction of our 5 year plan.

Consulting with the community on their preferences and needs from center's services is a crucial step towards creating a more responsive and effective support system. By actively involving people in shaping the services, it empowers them to take ownership of their environment. This process fosters a more engaging, inclusive, people centred atmosphere, ensuring that the services are better tailored to meet their evolving requirements, ultimately leading to a more beneficial and enriching experience for all involved.

### **COST OF LIVING**

Our success in addressing the cost-of-living crisis has led to our involvement in the city-wide research project, "Building an Anti-Poverty Community."

This project has highlighted the importance of collaboration and reducing duplication. It revealed that while some areas have abundant food support, they lack access to employment support, advice, education, and benefit assistance. BMCA is recognised as a proactive organisation that values partnership. This year, our collaboration with Something to Aim For and Manchester Central Food Bank has showcased our skills and opened doors for future research opportunities.

### **CITY OF SANCTUARY**

This year has seen increased demand for support around homelessness, temporary accommodation and asylum.

We have strengthened our partnership with City of Sanctuary who support asylum seekers and refugees in Manchester, some living locally in temporary accommodation. We have seen gradual increase in asylum seekers and those in temporary accommodation accessing our provision. The positive impact on mental health of getting out of the hotel is huge due to overcrowding, little opportunity to socialise, lack of funds, language and cultural barriers, very low confidence and fears of stigmatisation. Our provision has given the opportunity to improve English and integrate culturally, as well as improving wellbeing, confidence and access to prospects.

### **CASH FIRST**

We have secured additional funding this year to enable us to make a stronger emphasis on a cash first approach in terms of food distribution moving to a supermarket voucher scheme enabling more choice, meeting diverse needs and empowering people.

# HATE CRIME AWARENESS VIDEO / DIVERSITY DAY

We secured some additional funding to complete a 4 week project around hate crime awareness, with the young people researching the topic and then creating jumpers, t shirts, flyers, banners, posters and a video for youtube, aimed at highlighting hate crime awareness and how to report it.

They then volunteered at the centres 'diversity day' event, where the youth zone held a playing out day and showcased the video and materials they had created. This project not only raised awareness about hate crimes but also empowered our young participants to actively contribute to social change, fostering a sense of responsibility and advocacy within the community.

# WORKING IN PARTNERSHIP

Pioneer House High School is a coeducational special school located in the Northern Moor area of Manchester.

This year as well as volunteering in the centre in both the kitchen and library students have been working on developing a

community cafe within the grounds of the school to enable students to learn skills readying them for the workplace. Skills have included retail, cash handling and customer service with a number completing barista training. In order to launch their new cafe "The Strawberry Fox" Pioneer House students joined us for our annual Merseyfest celebration providing refreshments throughout the day, their headteacher left the following google review:



Attended Mersey Fest for the first time today and thoroughly enjoyed it! The planning and organisation of the event was seamless, it was evident from entry to exit that relationships were built on strong foundations and there was an altruistic investment, not only in the community itself, but in each individual within it. BMCA kindly gave Pioneer House High School Students an invaluable opportunity to promote their new cafe and community hub as well as actively demonstrate themselves as capable, dedicated and employable. The whole day buzzed with belonging and every person I spoke to had been positively impacted by the centre and its staff in some (or many) ways. This is a testimony to the commitment they have to improving lives, increasing opportunities and sharing successes. An ethos that is as inspirational as they are passionate.

## VIBRANT COMMUNITIES

## CASE STUDY

The service user initially came to the center after recently arriving in the UK, seeking to improve their spoken English as they were eager to find employment.

During their first appointment, they expressed a desire to enhance their English through volunteering and possibly enrolling in some courses. They were quite shy and spoke softly.

We explored the opportunity for them to volunteer at the Library, which they were enthusiastic about. They began working with an experienced volunteer to learn how the library operated, acquiring new skills and understanding the processes involved. As they continued volunteering, their spoken English improved, and they grew more confident. They shared their passion for cooking and expressed interest in preparing food from their home country for others to enjoy.

In line with our policy, they completed their food hygiene qualification and an allergy awareness certificate, enabling them to cook in our kitchen. They quickly became a regular volunteer in the kitchen, working alongside our community chef and preparing delicious food for community events, including a diversity day.

They also sought support in job applications, including CV writing and completing application forms. We discussed how acquiring additional qualifications could enhance their employment prospects. They agreed

to pursue a **Level 1 course in Preparing to Work in Schools**,
which helped them further develop
their knowledge, and continue
improving their written and spoken

English.

During the course, they interviewed for a part-time role, and we worked together to ensure they were well-prepared. **The interview was successful, and they received an offer.** Despite the part-time nature of the role, they chose to continue volunteering and attending courses. After completing the Level 1 course, they advanced to the **Level 2 Support Work in Schools and Colleges course.** 

This approach has been highly beneficial for both the individual and the centre.



### WHITEHOUSE PROJECT

As part of our outreach efforts, we recently launched a new project on the Arrowfield estate, based at the Whitehouse.

This initiative provided us with an opportunity to engage with local residents to understand their needs and preferences. We consulted with the community to identify the types of support and activities they desired, which allowed us to tailor the project to address these needs.

The project offered a variety of activities, including cooking sessions, craft workshops, informational sessions, and cake and conversation gatherings. Although participation has been modest, the events have successfully provided attendees with valuable information and led to several individuals being referred to additional services.

Overall, the project has contributed to reducing loneliness and isolation, enhancing residents' awareness of available services, and improving their mental well-being.



### YOUTH-LED CINEMA NIGHT

We organised a youth-led cinema night during the play session.

Empowering our young participants, they took charge of every aspect, from designing tickets and posters to planning and shopping for confectioneries. They held a peer poll to determine the film of the night and helped us transform our space into a makeshift cinema, complete with a projector. To add a unique touch, we provided the young people with "monopoly money" to interact with volunteer "vendors" during the film, creating an immersive experience. This cinema night not only showcased the talents and leadership skills of our youth but also fostered a sense of community and creativity, highlighting their creativity and camaraderie, and the potential for joy and collaboration even in the simplest activities.

#### WAI KING ROUNDERS

This year we secured funding for our first walking rounders session, in response to previous requests for walking sports from service users.

We delivered the session with the support of a volunteer who has a background as a sports coach and has experience with walking sports specifically. Their support and enthusiasm made the activity more enjoyable, and meant we were able to adapt the session to the individual needs of the service users who attended.

#### **SPORTS PROGRAM**

The young people were involved in creating a sports program, they went through the plan we had created and researched the resources needed, they used Amazon to select all the equipment we needed for the new sports program we had created.

We have also now started dodgeball, football and basketball on Thursday evenings, as well as increased and improved how we play these games in the junior gen session on Mondays and Thursdays. Implementing these benefits the young people by enhancing their overall experience and helping to improve their physical fitness and coordination, while promoting teamwork and social skills.

#### WALK TO SCHOOL WEEK

Our project for National Walk to School Week has been incredibly successful and has had a positive impact on our community in several ways.

Through our posters and pictures, we aimed to promote the benefits of walking to school and encourage more children to adopt this healthy habit. We aimed to inspire our young people to embrace physical activity and prioritise walking as a form of exercise. By discussing the long-term benefits of walking to school, we have demonstrated that it is not only a healthy option but also an enjoyable and social activity. We had conversations about how regular physical activity, like walking, improves cardiovascular health, boosts mental well-being, and helps maintain a healthy lifestyle. By starting this habit early in life, we are setting the foundation for a healthier future for the children in our community. This has encouraged more families to incorporate walking into their daily routines, leading to a more active community overall. Walking to school is an eco-friendly alternative to driving or using other forms of transport. It was important for us to emphasise this aspect in keeping with our sense of social action, and in doing so our project has helped install a sense of environmental responsibility among the children. By choosing to walk, they contribute to reducing air pollution and congestion around schools, creating a cleaner and safer environment for everyone, and just as important giving our young people a sense of achievement and becoming part of something bigger to help their community.

### **ARCHERTYPE - ARCHERY/DODGEBALL HYBRID ACTIVITY**

As an extension to our trip program which included trampolining, ice skating and go karting, we introduced "Archertype," a dynamic Archery/Dodgeball hybrid activity.

This exhilarating experience not only provided an adrenaline rush but also fosters teamwork, strategic thinking, and physical fitness. By actively involving the young people in the planning and execution of this adventure, we witnessed positive outcomes such as enhanced and learning new skills, increased confidence, and a strong sense of camaraderie. The Archertype activity promotes physical fitness, teamwork, and boosts self-esteem, contributing to the overall personal development and holistic wellbeing of our young participants.







## POSITIVE CHANGE

14 months ago i happened upon BMCA Completely by accident, I Was recently bereaved, questioning my own mortality, not looking for anybody to save me. Then came the best occision we made in a very long time, I Walked through the obor. Totally broken, EVERY time i opered my mouth pain powed out, I didn't know what i expected to fire, my faith in people was gone. A member of staff asked me to give them a chance, she says debbe me on What ido, not What i say" I have a re smile Writing this as she certainly made a believer out of me, alkeit not the only one What i found at BMCA WERE PEOPLE SEIFLENTY doing for others, Just because they can yes BMCA provide invalvable services to a community that desperciely needs them, but What may go unnoticed is that for each & · Everyone that steps through the door, BMCA SEED YOU THEY VALUE THE HUMAN ELEMENT,

the singular plust as important as the collectate. What they do have matters I will never be able to repay the kindness or adequately put into words what BMCA has done for me a continues too. If i could say wust one thing to potential service users—WALK THIROUGH THE DOOK. To the stage—THANK YOU FOR JUST BEING YOU.



178
CHILDREN
RECEIVING
TOYS AT
CHRISTMAS



670 ACCESSED COMMUNITY LUNCHES







**210** PEOPLE ATTENDED TRIPS



**557**FOODBANK
VOUCHERS
ISSUED

Community work isn't just about lending a helping hand; it's about creating lasting change. So what if it's just one small act? That one act can ripple through a community, inspiring others and transforming lives.











**106** GAINED ACCREDITED QUALIFICATIONS/TRAINING



**114** ACCESSED FREE SCHOOL HOLIDAY PROVISION









"From realising I had serious issues regarding money, housing, food and loneliness, BMCA picked me up and gave me the support I needed meaning that I am still here today," he said. He now accesses the place four times a week and supports the Music for Mindfulness group every Friday, 'helping people like BMCA helped me'. "BMCA is probably the one and only place that really understand the word community, they embrace lives and create relationships and friendships," said James. "Providing support from simply being fed, to developing skills and creating confidence. Every person who turns up walks out 100% more confident and independent knowing they are cared for and come back time and time again."

The poverty in the shadows of a trendy town and the fight for a kinder city - Manchester Evening News

## CEO STATEMENT

Every year our impact report is a wonderful opportunity to stop and look back on the previous 12 months reflecting on the work we have done, the opportunities we have identified and the amazing successes of our staff, volunteers and service users.

During what has been another difficult year for everyone we have seen our services grow successfully, meeting the increased need caused by the cost-of-living crisis. From food parcels and School Uniform to Yoga and Bingo our staff and volunteers have strived to provide help, support and light relief to the people of Merseybank Estate and beyond.

In a recent funding application Becky and I were trying to illustrate why BMCA is so successful at what we do, with an office covered in flip chart paper and many attempts to describe what we do we finally landed on the idea of baking a cake! Now I know this sounds strange, but let me explain, you see the cake is the end product, the outcome if you like. After all the hard work is done (and the pots are washed) you get to enjoy what you have created and so for us the cake is the impact, the changes we see in people and in our community. So, what are the ingredients I hear you ask! Well as always, we are happy to help – we decided on a simple recipe with only four ingredients:

**Eggs** – For us these are our Universal Services – our daily delivery, the things you expect to see here at BMCA, our Nursery and youth/play sessions, job club, qualifications and training, health and wellbeing activities and social afternoons.

**Butter** – This is the richness that comes from wider community projects that we call Social Action - our

community forums, volunteering opportunities,

charity shop and bike library.

**Flour** – The necessary ingredient that binds everything together, for us this is Reducing the Impacts of Poverty. Without this work we can't expect to be successful in any of the other areas.

Milk – the element that changes everything and this is our Driving Change – our partnership work, our advocacy and our collective voice.

As you have read through the impact report you will have seen these ingredients laid out in more detail and hopefully you will agree that the proof is most definitely in the pudding!

As well as all the baking, this year we were able to spread our wings a little further with the introduction of our partnership with Manchester Central Foodbank and Something To Aim For, joining them to address increasing need across Manchester through their Building An Anti-Poverty Community Project. This project not only increased BMCA's visibility across the City but enabled us to further develop our partnerships ensuring a truly holistic approach to the support we provide.

Following on from this project and the continued success of our own cost of living partnership we were also invited to take part in a research project with the University of Manchester further ensuring that our role as advocate for local people is successful in influencing change on a larger scale.

Moving into a new 5-year business plan we are excited for the future, we have a solid team of staff and volunteers who we know will continue to strive to be the best for their community



Toni & Becky

#### And now on to 2024/25 - Lets do this!





OVER **19,000** HOURS **849** INDIVIDUALS OF FACE TO FACE ACCESSED PROVISION **DFI IVFRY** 



This year we said a fond farewell to four of our long standing board members.
Thank you for all your hard work and dedication to BMCA over many years.

PHIL DAVIES
CHRISTINE DAVIES
ANNE PILKINGTON
LUKE HODGES

































## Website



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