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At a Glance

COMPANY NAME

The official registered business name of the charity is "Hillingdon Refugee Support Organisation." This is used for all official matters. The company still continues to trade under the name "Hillingdon Refugee Support Group" ("HRSG").



Inside this issue:

- The Impact of BHUMP 2
- BHUMP Life Skills 3
- BHUMP Workshops 4
- BHUMP Volunteer 5
- BHUMP Logo Competition 5
- Christmas wishes 6

Hillingdon Refugee Support Group

December 2011 - Issue 36



Our Mission Statement

To bring, hope, dignity, and empowerment to refugees and asylum seekers in Hillingdon. To work with all faith communities and with organisations with no religious affiliation in order to protect the interests and promote the rights of all asylum seekers and refugees, regardless of their beliefs, race, gender, sexual orientation or any other distinction.

Seasons Greetings

Season's Greetings to all our stakeholders, partners, colleagues and friends who have helped in making 2011 a great year for us. A big thank you and best wishes for 2012 .

Funding Good News

The Befriending Hillingdon Unaccompanied Minors Project – Uniting People ("BHUMP - UP"), a project administered by the Hillingdon Refugee Support Group has been provided with three years continuation funding by the Big Lottery Reaching Communities.

BHUMP works closely with its partners to make certain that young unaccompanied asylum seekers between the ages of 16 and 21 receive a high standard of care and support upon arrival in Britain, and further that they can fully integrate and contribute to British society whilst they remain

here. The project aims to bring hope, dignity and empowerment to unaccompanied young asylum seekers and refugees in Hillingdon. It provides safe opportunities for new skills and social development and enables participants to integrate into British society. The primary focus of the project is a peer mentoring and befriending service which offers practical support and training to young people to combat their isolation. This project is also funded by **The Trust for London**, whose main aim is to enable and empower the poor of London to

tackle poverty and its root causes.

The Chairman of HRSG has stated, "We are very happy to have been successful in our application and this funding now heralds a new era for the project and enables us to broaden the range of structured learning activities that we are able to offer, and will also allow us to administer to a larger number of these needful youth than would otherwise have been possible."

For further information about the project, please contact Freda on the above contact details.

BHUMP Talent Show

Over 30 young people, plus staff from social services and Action for Children attended the end of year BHUMP Talent Night held

on Tuesday the 13th December at the YMCA Centre in Hayes Town. The night kicked off in style with poetry reading.....

Continued on page 5.





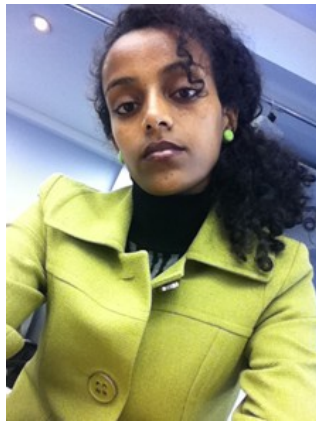
The impact of BHUMP on young people's lives



“BHUMP is a place that makes young people feel like they are home, the place where I have always looked forward to ever since I joined the group.”

“BHUMP is a place where any young person should come in order to meet friendly and helpful young people and adults who are always there to help.”

“When I came to the UK I met BHUMP and they make my life easier, teach me lots of things and give me advice. “



“My name is Abigale Tessema. I am currently studying at Bucks University. My ambition is to master nursing and to become a good Nurse.

I can hardly remember the first time I walked into BHUMP, but I was referred to BHUMP by Social Services and started to come every Tuesday. I knew I was at the right place the first time I walked in. When I met the staff and volunteers of BHMUP, I started to consider myself very fortunate to have such a group of enthusiastic individuals in my life.

After a while I realized that it is not only a place where you meet people and have fun, but also a place to learn about basic survival skills to live alone. After a while I gained qualifications in basic cooking, budgeting, IT, painting, dancing, drawing, participating and acting on the grant panel.

In addition the group also organize different kinds of activities to fulfill leisure needs for young people. They really do care about young people just like parents care for their children. God's miracles works in different ways to bless and help young people, I believe BHUMP is His ways of saying I am here with you.

BHUMP is a place that makes young people feel like they are

home, the place where I have always looked forward to ever since I joined the group. Regardless of what I have learned, the most important thing was the staff listened to what I wanted to do in the future, guided and encouraged me toward university studies.

BHUMP is a place where any young person should come in order to meet friendly and helpful young people and adults who are always there to help. The advice that I received got me to where I am now, a Student Nurse, from nothing. There are numerous times I wanted to give up on my education. However, I sought advice and help from BHUMP, they were just right there to get me going.

The welcome and friendly face is definitely credit to Freda, this is one of the reasons that brings me back to BHUMP as a volunteer to offer the help that have been given to me. I would like to take this opportunity to thank Freda for her sincere and continued support and advice that has run through my life. Freda is a kindest person I have ever met and when she says she understands she means it.

I also wish to thank the organizations that fund this project, the staff, volunteers and others for the support, guidance and encouragement over the past four years.

May you have the gift of faith, the blessing of hope and the peace of love this holiday.”

Abigale Tessema



“My name is Luwam and I am a student in my first year at Uxbridge College studying Travel and Tourism. It's just five months since I came to the UK which is when I started living and facing life alone. It was hard from the start, everything was complicated and strange.

When I came to the UK I met BHUMP and they make my life easier, teach me lots of things and give me advice. It is as if they are my real family, they make me feel like I have someone because they are always in touch with me and ask me about everything. They help me lots and always show me the bright side of life, they are positive and I am so glad that I have them.

I have improved my English as I am talking a lot with different people. I am also improving my life skills, learning how to work as a team (this is something I never had before), to cook, to draw, art skills, healthy eating, how to save, play pool, many things that have changed my life.

I want to thank Freda for everything that she has done for me and the BHUMP members, it's really great to have you all in my life. I wish you all the best in life and in this coming Christmas and New Year.”

Luwam





BHUMP Life Skills Programme

In October, BHUMP launched a new life skills outreach programme aimed at supporting young people to live more independently. Personal development and practical life skills to prepare young people for independent living are essential for everyone, however they are even more vital for young asylum seekers who have come to the UK as unaccompanied minors and therefore do not have a family or

the support unit to learn these life skills from. Many BHUMP young people are isolated and may not understand the systems and culture of the UK when they arrive. They may suddenly have to do things for themselves that they have never done before such as cook and manage their own money. Communication skills are one of the biggest areas where young people needed extra support and advice.

Sessions have taken place so far covering; money management, healthy eating and nutrition, cooking skills and communication skills. More sessions will be run in the New Year covering further communication skills, CV and letter writing, British culture, the law and learning styles. These sessions enable the young people to develop a sense of self-worth and self-reliance.



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BHUMP on Ice

For the last four years BHUMP, has successfully taken a large group of young people ice skating, at the Uxbridge Ice rink, located outside the Civic Centre. On December 8th, 30 young people enjoyed a fun filled evening of working together as a team, to learn how to ice skate, as well as preventing themselves from

falling. Many young people had never been ice skating before so trying to learn this new skill was a fun and challenging experience, and one that encouraged them to work as a team and help support each other. Ice skating gave the young people the chance to interact with

members of the community who were able to assist some of the young people, while skating. Everyone had good fun and the heavy rain did not dampen their spirits. This was a good opportunity for young people to access a leisure event in the community and enabled them to integrate.

“Thank you so much. This was new to me. I enjoyed even if I fell down.”



“I laughed and laughed until it hurt.”





BHUMP Arts Christmas Workshop and Tree Decorating



On December 5th, BHUMP staff and volunteers went to Olympic House and got young people of all cultures actively engaged in a festive art workshop and in decorating the Christmas tree and the area where they live and getting into the festive spirit.

Young people were able to be creative with the decorating and everyone immersed themselves into making their accommodation look festive and also making Christmas decorations and wreaths they could then keep in their rooms.

Young people were encouraged to express themselves creatively and their hopes for the New Year by writing these down on cards placed on their Christmas tree.



BHUMP Drama Improvisation workshop

“BHUMP places great emphasis on young people participation.”

At BHUMP we believe in using many media to help enable the young people to develop their own personal identity, sense of belonging and self-worth. One fine medium for this purpose is drama and improvisation. In November, Taz our session support worker held a drama improvisation workshop with a group of young people and

volunteers. Taz is very passionate about drama and starting a regular drama club with the young people. So watch this space. The aim of this session was confidence building and improved communication skills via improvisation. The young people really enjoyed this session which gave them the confidence to learn new skills

within a safe and fun environment and all participated. Many said they felt far more confident to stand up in front of others and also to communicate after this session.

BHUMP places great emphasis on young people participation.



Quote - “A Merry Christmas to everybody and A Happy New Year to all the world.” Charles Dickens





Volunteering at BHUMP



“My name is Katherine (some people call me Kat J) and I’ve been volunteering with BHUMP ever since I lost my job as a support worker at the hostel

where young people are accommodated (Olympic House) in April 2011.

I love coming to BHUMP because I enjoy keeping in touch with the young people I used to work with and meeting others who I didn’t know before. There is a very laid back atmosphere and apart from all the activities and events I also enjoy just relaxing, playing pool and chatting with everyone. I now work in the education sector and have taught English in Spain some years back, so I like to use these skills to help the young people with English or any academic work they struggle with.

I think one of the best things about BHUMP is the way the activities help the young people become more confident to express themselves, for example the DVD project for Refugee Week, drama sessions, the upcoming talent show, the Youth Bank scheme, and the general interaction between young people and BHUMP staff regarding ideas for new events/activities etc.

The young people’s opinions are valued and are, if anything, more important than ours! In this sense, BHUMP is run partly by the young people, and 100% FOR them, and that is why it is a wonderful Project to volunteer for. “

Katherine

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BHUMP Holiday Card making competition

In November, BHUMP held a holiday card competition based on the theme, what the holiday’s mean to me. All young people who attend the project were eligible to enter. The competition was a great way of encouraging young people to get involved in

the project as well as to bring out their creative talents.

Congratulations and well done to the winner, Abigale Tessema who received a commissioning prize in recognition of the obvious time and effort put into the entry. The card is shown opposite.



May you have the gift of Faith, the blessing of Hope and the Peace of Love this holiday



This card was designed by Abigale Tessema, a member of our Tuesday evening club.

Coming up in 2012- BHUMP Logo Making competition

“BHUMP ” needs a new logo. The previous logo shown on the right was designed by young people in 2008. Some young people have expressed the need for a new and fresher looking logo. So here is your opportunity to get involved. Are you a budding young designer?

Come on get creative and use your talents to design a special logo. You can use any programme you wish to design your logo which will be featured on all advertising. The best entry will be selected by young people. The best entry selected will win a prize in recognition of their time and effort.

The closing date for all complete entries will be Wednesday 29th February 2012. More information can be found on the BHUMP Face book group page. So come on, have a go and get creative. We look forward to receiving your beautiful creations.



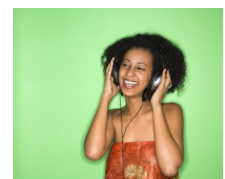
BHUMP Talent Show - continued from page One

The audience were then entranced by a special dance performance with fantastic moves. This was followed by; a drama performance, reggae rap, ballet dance, horror (spooky) poetry reading, improvised freestyle rap, more poetry reading. One of our

Trustees read her short story entitled ‘Freda Mother Mouse’. The night then finished with a Christmas Carol sang by the young people. We would like to say a big thanks and congratulations to all the young people who attended and participated in

the show. They had all worked so hard over the last two months in organising and preparing the show.

Have a Merry Christmas and a Happy New Year from all at BHUMP!





New Year Wishes and Messages from Young People, in their own words.

“Sky is so wide
Stars are so bright
Switch of your light
Keep your worries aside
When you sleep tight
I will be in your dreams tonight
To wish you Happy Christmas”
(Adam)

“2011 has been a lovely year and full of opportunity with great projects, events and trips that we took part in with BHUMP. An opportunity to be part of a big family (BHUMP)” (Jeannie)

“Happy Christmas to all BHUMPers. Wishing you prosperity and that all your Christmas wishes come true. Have a great New Year and may it bring you joy, love and peace!” (Chrissie)

“ Merry Christmas and a Happy New Year to everyone at BHUMP. I hope that you have a time full of happiness and laughter!!! Best of luck for 2012” (Nicola)

“it’s really great to have you all in my life. I wish you all the best in life and in this coming Christmas and New Year.”
Luwam

“Merry Christmas everyone. I hope this New Year brings you happiness and joy. All the best” (Simone)

“ I wish a Happy Christmas to everyone in BHUMP and I hope next year will be the best year in your life. Merry Christmas 2012” (Mohammed)

“ Marry Christmas to everybody. Thanks for supporting us in the year with many things. God bless everybody. And everything.”

“Wish you all the very best Christmas”
(Khalid)

Wishing a happy Christmas to all the children. I hope that they are very happy and not sick.

