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At a Glance

ANNUAL GENERAL MEETING

You are all invited to attend the Annual General Meeting of the Hillingdon Refugee Support Group which will be held in the Training Room at Key House, 106 High Street, Yiewsley, UB7 7BQ; Thursday 14TH July from 14.30- 17.30 pm.

Please RSVP Freda by Friday July 1st if you can attend; on 01895 434 728 or freda@hrsg.org.uk

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Hillingdon Refugee Support Group

May 2011 - Issue 34



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.

Trustees of Hillingdon Refugee Support Group

Hillingdon Refugee Support Group is a charity whose aims are to provide a warm welcome and ongoing care to young unaccompanied refugees and asylum seekers in our community.

We are drawn together by a common interest in the well being and development of young refugees and asylum seekers. As trustees we grant the major decisions which are made by HRSG to aid all young people to remain comfortable during their stay in Britain.

We all hail from varying backgrounds, each one bringing a different perspective and set of skills to the governance and strategic direction of the charity. Some of us have come from abroad and one was an Asylum seeker. One person lived and worked in India for thirty seven years. Others have been in Britain all their lives. One of us has not had the asylum seeker/refugee experience directly but her father did so knows how hard it can be to settle and integrate.

Together we make a dynamic and enthusiastic team, who strive to ensure that HRSG achieves its aims and commitment in supporting unaccompanied refugees.

Occasional visits to the activities hosted by BHUMP allows us to view



how funding is used to enhance the educational skills of young people, and how our ideas gathered in committee meetings are brought to reality.

None would be possible, without the HRSG staff and volunteers. We are entirely grateful for their hard work to ensure the charity runs smoothly and efficiently.

Being a trustee is voicing your ideas and opinions so that less privileged people can benefit. We warmly welcome any individual who shares our views and interests in providing assistance to young unaccompanied refugees and asylum seekers.

From your friends: Rev Daniel Ndale (Chair); Dorothy Larkin (Treasurer); Sylvia Taylor (Fundraiser); Christine Macqueen; Joan Hutchby; Carolyn Appleby; AJ Ogunjoba; Chukwuma Fidel Nkwodimah and Mildred Atubo (not in photo)

To our friends at Christ Church– Uxbridge

Dear Friends and supporters at Christ Church, The Methodist and United Reformed Church in Uxbridge, thank you very much for the kind and generous recent donation to our charity. Your generosity will make an immediate difference in enabling us to continue being committed to providing for and responding to the needs of young vulnerable unaccompanied asylum seekers and refugees in the London Borough of Hillingdon. We appreciate your continual support and wish you all the best in all your endeavours.

BHUMP UP Youth Bank



Youth Bank is an innovative grant making programme that benefits young people aged 16-24. It has been designed by young people for young people. It aims to help young people to identify their own needs and to create ways to fulfil those needs. The BHUMP UP Youth Bank Grant panel is made up of a voluntary group of young people aged 16-24 from a variety of backgrounds and living in the Hillingdon area.

It is supported by the Hillingdon Refugee Support Group who provides training and is funded by the Paul Hamlyn Foundation who provides the grant money. Since January 2011, the BHUMP Grant Panel have met weekly to discuss how to empower and involve other young people in the community. The group have been very busy setting up and managing their own grant fund by; designing their own

application forms; setting their own criteria; Exploring different ways of making decisions and of recording their grant making decisions; launching and promoting the grant round in the local community by providing presentations and talks. Promoting a greater awareness within Hillingdon of the grant project; Identifying and reaching out to more target groups that could apply for funding; The Group has now made decisions about which projects to fund/reject. They used their eligibility and assessment criteria and all decisions made have been recorded. They have also sent out acceptance letters

The sessions have provided the opportunity for the grant panel to learn many new skills such as presentational skills, reading skills, and most importantly motivational skills, which encourage all the young people

to be more involved with the project. In the following weeks, the grant panel will be taking part in many administrative tasks involving writing and sending acceptance and rejection letters and terms and conditions to those who will receive the funding; conducting further interviews and providing information about which projects will be funded.

The aim of BHUMP UP Youth Bank is focused on the well-being of young people that contributes to the every child matters five outcomes, which are, be healthy, stay safe, enjoy and achieve, make a positive contribution, achieve economic well being.

It has been a great way for young people to devote their time in helping other young people and in promoting closer communities with more active people working together.

Open for Discussion-Cultural Experience

“It provided young people the opportunity to discuss and reflect on their pasts, present and their hopes for the future in the UK.”

The young people who attend our project are all from several and varied backgrounds. In such a diverse setting, it is important for participants to have an acceptance for others. So as to enable us to enhance the development of knowledge and understanding of diverse cultures, BHUMP held a session which gave the opportunity for young people to participate in a cultural evening. The session aimed to; explore and share the influences young people have upon their cultural identity; explore some of the differences and similarities between religions and cultures and learn more about what culture means to different people. Everyone in the group prepared and shared a short piece about influential aspects of their culture or

religion. A young person brought in a necklace, and spoke about the importance of the pendant; how and why it was part of their culture and more importantly their family. They described the story behind the item, when and why it was given. One young person chose the idea of bringing themselves to the session, then explaining their story, and why they were an important item from their cultural background. Many different and very positive emotions were triggered during the session. It provide young people the opportunity to discuss and reflect on their pasts and the reasons for possibly seeking asylum in the UK and how they arrived here; The Present; what difficulties they are facing here; the future: What

hopes and fears they have for the future.

This session helped to develop knowledge of other cultures and religions and to show the diversity of ethnicities and cultures in the UK. It also provided an opportunity for young people to speak to a group and present their own influences thus helping to develop their confidence and public speaking skills. It was a good educational experience, promoting both tolerance and integration.

Group discussions like this give rise to a deeper acceptance and understanding of cultural differences and also help to underpin the diversity of the group.

Quote - “The attempt to combine wisdom and power has only rarely been successful and then only for a short while.” Albert Einstein



Communication Research Project; Ali, Jeannie, Bachir, Ibrahim, Lamiek.

“We are a group of five young people from the Hillingdon Refugee Support Group and we did this research between October 2010 and January 2011. We wanted to find out how we could help other young people with the communication problems they experience when they come to the UK as unaccompanied asylum seekers. Our main questions were: what are young people’s experiences, how do they cope and what would help them. We wanted the research to send a message to the people that work with young refugees and asylum seekers. We were supported to do the research by Sarah Bellairs the BHUMP Youth Worker.

We all worked together to plan the research and we did training around listening skills, communication skills, open and closed questions, how to run a focus group and design a questionnaire. 14 people came along to our focus group, including

us 5 as the facilitators. We used a tape recorder and we asked 2 questions each, then we all discussed our experiences of learning the English language and some of the problems we had come across. We also gave out questionnaires and 23 people filled them in.

The results of our research are being set out in a leaflet that will be available from Hillingdon Refugee Support Group. Here are just some of the things we learnt; most young asylum seekers that participated:

-Learnt English by talking to friends and going to ESOL classes and College.

-Would like extra support to learn, such as more ESOL classes and lots of opportunities to practise English

-Felt some life skills training would help.

-Felt communication problems mostly affected them at College, when going to appointments, at home and out socially.

Many of the participants said

communication issues left them feeling sad, alone, shy and unhappy. Some parts of communication young people found very different in the UK were, how people greet each other, body language and respect for older people.

We learnt a lot from the project as the following quotes from our **evaluation show.”**

“I learn a lot of useful things on this project, things that are useful for life.”

“I learn many new useful skills such as decision-making, negotiating, listening skills, team work, collecting information, organising things, life skills.”

“I learn a lot of new words”

“ it really help me improve my language skills because I do a lot of reading, writing and speaking, so makes me a little more confident with English.”

“I have been able to help others get solutions and have a voice and a say about thingsI want to shout it out loud!”

“We all worked together to plan the research and we did training around listening skills, communication skills, open and closed questions, how to run a focus group and design a questionnaire”.

Young unaccompanied asylum seekers speak out

The young people attending BHUMP Tuesday night sessions have been planning and working on producing an educational and awareness raising DVD that aims to challenge and dispel many of the commonly held myths and stereotypes that are held about asylum seekers and refugees. Accurate information about asylum seekers and refugees can be hard to find with the real facts often forgotten and obscured by misrepresentations from some sections of the media and by some

politicians. The young people felt that this was their chance to have their say, challenge these misconceptions and myths and show the positive contributions they already make to society.

Firstly the group attended sessions to learn about the process of making a DVD and watched a **number of DVDS’s produced by** young people to gain ideas and inspiration. The second stage was to plan the structure of their DVD, for example; what were the key messages they wanted to get

across? What and who would be in the different scenes? How would they shoot these scenes? Who would like to be in front or behind the camera? What other jobs and research need to be done?

The group are now just starting the filming stage and will go on to edit and put the DVD together. The finished product will be ready to be shown as part of BHUMP activities for Refugee Week 2011 so look out for your invite for the first screening on June 21st 6pm at the Tumbler YMCA in Hayes.

“ Accurate information about asylum seekers and refugees can be hard to find with the real facts often forgotten and obscured by misrepresentations”.

Show your Support for Refugee Protection

Refugees are ordinary people in extraordinary circumstances.

They’ve been forced to leave their homes and their families to escape from war, torture and persecution. Refugees are looking for something we all take for granted – safety. 2011 is the 60th anniversary of the UN Refugee Convention, the international treaty which

guarantees refugees’ rights. British lawyers played a crucial role in drafting the Convention and the UK was one of the first countries to sign. The Refugee Convention has saved millions of lives and no country has ever withdrawn from it. Throughout the lifetime of the Convention, the Refugee Council has worked to protect refugees. To

mark and celebrate 60 years of refugee protection, the Refugee Council is asking 10,000 people to join with them in calling for refugees to be treated with dignity and respect. Please add your voice today at; www.refugeecouncil.org.uk/refugeeprotection.



BHUMP reaches out to budding young designers

Monthly BHUMP visits young people residing in the local hostel to provide them the opportunity to try something new and entertaining whilst learning a new skill in their own safe environment. Since April, two outreach art sessions

facilitated by Jayne Norris of DNart which included T-shirt and baseball cap designing occurred. Young people made their own original designs shown below. Being creative and focusing on something pleasurable has proved therapeutic for young people and has allowed them to express themselves in

other ways apart from language which they have all highly valued. In keeping with previous such evenings some wonderful designs were produced and the opportunity for unbridled self expression was embraced with earnest.

“I like the Art workshops very much as I make many designs and have fun.”

“We all work together in a big group which I like.”

“I keep the thing I make which is nice.”



Upcoming Events

“Come along, bring your friends and meet other young people your age, learn new skills and get involved in various activities.”

“Improve your language and communication skills; Learn life skills through workshops and courses.”

“Have fun.”



Come along and get creative at our new monthly arts sessions at Olympic House 5.30pm to 8.00pm. Every month we offer you the chance to try something new and express yourself through arts and crafts.

Art Sessions for April, May, June and July 2011

- 11-April T-shirt design and painting: we will provide the t-shirts
- 09-May Baseball cap designing: get creative and make your own baseball cap using paints and other items
- 13-June Painting on wood looking at rhythms and patterns in music and nature
- 11-July Sculpture: try something new and make your own sculpture using recycled materials

For more information Tel: 01895 434 728
E-mail: admin@hrsg.org.uk



**BHUMP KARAOKE AND TALENT NIGHT
TUESDAY 31ST MAY 2011 5.30 – 7.45 PM**

It is time to start warming up your vocal cords because a Karaoke and talent show is heading to BHUMP.

To take part in this fun packed evening, make sure you come to the Tumbler YMCA on Tuesday 31st May

Come along, bring your friends and meet other young people! Tuesday evenings 5.30pm to 7.30pm @ Tumbler (YMCA), Hayes.

BHUMP Sessions for April & May 2011

- 05-April General health awareness session
- 12-April DVD project: Work as a team to make a DVD about the issues affecting young asylum seekers and challenging media myths
- 19-April Letter & CV writing for jobs, practise your writing and get some tips
- 26-April DVD project
- 03-May Healthy eating: learn about nutrition and taste some new foods
- 10-May DVD project
- 17-May You and the law
- 24-May DVD project
- 31-May Karaoke social night

For more information Tel: 01895 434 728
E-mail: admin@hrsg.org.uk



Trip to Grenville House Outdoor Education Centre 2011
Hosted by Hillingdon Refugee Support Group
And working in partnership with London Borough of Hillingdon Asylum Services
Monday July 25th until Friday July 29th

Want To Be involved?
Talk to your Social Worker/Personal Advisor then come to BHUMP. There you will meet other young people who are going on the trip. It is your trip so you will help us plan, create swags, establish rules, and form valuable bonds with other young people going on the trip.