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At a Glance

TRUSTEES WANTED

HRSG requires new Trustees to join its Executive Committee. We are looking for people from a range of backgrounds, with different experiences and skills. Whether it's for your first Trustee role or you can bring a wealth of experience to the Board, if you are passionate about young people we would like to hear from you. For an informal discussion, please contact Freda on 01895 434 728 or freda@hrsg.org.uk

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Hillingdon Refugee Support Group

September 2010 - Issue 32



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.

Summer Activities 2010

As we head towards a new season, as late summer slips into damp autumn, it is a period of change and a wonderful opportunity for reflection. As we look back on the busy and successful programme of structured summer activities we achieved here at the Hillingdon Refugee Support Group, we are filled with hope and possibilities

and the knowledge that as we enter into our forthcoming programme of educational courses and social outings, we shall continue being committed to providing and responding to the needs of young vulnerable asylum seekers and refugees in the London Borough of Hillingdon together with our partners. Partnership work has been invaluable and we

particularly wish to thank our partners at the London Borough of Hillingdon Social Services asylum team for their hard work and commitment in helping us make this summer 2010 a special and positive experience for many unaccompanied asylum seekers and refugees who otherwise would not have had the opportunity to do so.

Grenville House Outdoor Education Centre 2010

In August a group of 48 young people and 5 staff members visited Grenville House, an outward bound centre, in the picturesque and historic fishing village of Brixham, Devon. Building self-confidence and self-esteem is fundamental to any young person's development. The outdoor activities provide a valuable alternative, often non competitive avenues for achievement, as well as opportunities to develop independence and self-reliance. Through successfully facing up to the challenges, overcoming fears and apprehensions along the way, young people make major strides

in confidence, with implications for all aspects of their development. Prior to the trip the young people attended compulsory Tuesday night BHUMP sessions, which were also attended by the social workers who accompanied them on the visit. During these sessions the young people were involved in setting their own ground rules for the visit; they were split into groups, to which a social worker was assigned and they then nominated a leader for each of the groups. Everyone enjoyed the trip and the young people really benefited from the structured activities and

the opportunity to interact which each other away from their usual environs. Activities arranged by the friendly and open Grenville staff included: abseiling; kayaking; raft building; high ropes; indoor and outdoor mountain climbing (held on the wild and beautiful Dartmoor) beachcombing, yachting and canoeing. These activities were specifically designed and demonstrably assisted in the young people developing greater self reliance, a deeper understanding of peer group relationships, a sense of independence, and an appreciation of others concerns and wishes.





BHUMP UP is run by young people for young people.



“BHUMP UP Youth Bank is more than just a way of giving out grants. It is about supporting and training young people to enable them to reach their full potential.”

BHUMP is now a licensed Youth Bank

Building on from the success of the BHUMP Grant Panel which was a partnership between Youth Bank and the Paul Hamlyn Foundation, Hillingdon Refugee Support Group has set up a licensed Youth Bank— BHUMP UP (Uniting People). This name was chosen by the young people who did not want to lose the BHUMP identity and want to show how much can be achieved by uniting people.

Youth Bank is an innovative grant making initiative run by young people for young people. BHUMP UP Youth Bank will provide small grants to fund young people's good ideas to benefit their own communities. Young people themselves make decisions about who receives the funding, and about how their Youth Bank is managed and run. A Board of young people also direct the UK-wide programme.

BHUMP UP Youth Bank is a group of 10 to 12 young people aged between 16 to 21 years who with the support of a youth worker run their own grant making project. It is voluntary and they will meet regularly as a group, i.e. every fortnight and have the support of a host organisation - HRSG.

Youth Bank is a way of training young people to their full potential in life, and allowing them the opportunities to expand their minds and ideas.

The group manage their own grant fund by setting their own criteria, systems and processes and can access accredited learning via the Open College Network. The grant makers will be a combination of both young refugees and asylum seekers, volunteer students from Brunel University, or any young people who are willing to make a

difference in their community. Working to clear criteria they will respond to the needs of young people, often working closely with these beneficiaries to develop applications, promote the active involvement of young people in their own communities and attract new grant makers to their group.

BHUMP UP Youth Bank is more than just a way of giving out grants. It is about supporting and training young people to enable them to reach their full potential. Youth Bank UK will support BHUMP UP by providing guidance, expertise, training, networking opportunities and resources including a 'Toolkit' to set up the project. If you are interested in finding out more information or in joining BHUMP UP Youth Bank, call us on 01895 434728 or email; bhumpupyouthbank@hrsg.org.uk.



Football Unites, Racism Divides.

“Sport can be a reflection of what is occurring in society, whilst football is a worldwide pastime that impacts upon millions.”

New Football Community Project—by Taz Virdee

“BHUMP FC is an up and coming project which aims to provide sporting opportunities for young refugees and asylum seekers aged 16-25. Many young people that attend our weekly sessions have experienced a difficult upbringing and never had the chance to mix with others and join a team.

In such situations, many young people have low self-esteem and are often isolated in communities. Social inclusion is important for young people to feel confident and we believe integration is also fundamental. It would be a great outcome that once the project is up and running, our young people at BHUMP can have the opportunity to learn not just about the beautiful game but also fitness, nutrition, budgeting and

preparing meals. The idea is to provide essential life skills in a fun learning environment. Outside football, the BHUMP FC project mission is to also promote racial awareness throughout the Hillingdon Borough with the aim of uniting communities.

We believe this can benefit these young people by enabling them to feel valued as contributors of society and aid in achieving a greater degree of integration in the community.

“Sport can be a reflection of what is occurring in society, whilst football is a worldwide pastime that impacts upon millions” - **Football Unites, Racism Divides**

We believe football offers hope. It brings the young people together, creates closer communities and promotes understanding between different

cultures. This could potentially be a wonderful project that will benefit not only the young people at BHUMP but also our local community.

The BHUMP FC overall goal is to unite our society, create understanding and provide the platform base for more exciting opportunities for young people to make a positive impact in our community.

Where there is unity there is always victory. We hope once we have secured funding and sponsorship for the project we will be able to achieve this goal.”

Quote - “Learn from yesterday, live for today, hope for tomorrow.” - Albert Einstein

Refugee Week at BHUMP

Annually, Refugee Week is a UK wide programme of arts, cultural and educational events that celebrate the contribution of refugees to the UK, and encourages a better understanding between communities. This encourages all to interact more with refugees and assists in changing perceptions about those who have fled persecution to build new lives here.

Each year the volunteers and the young people put their ideas forward for what theme of events the evening should entail.

This year BHUMP invited Connaught Opera who arranged 35 concerts, in Centres in all the

Greater London Boroughs to create harmony and strengthen community spirit. It was a multicultural awareness evening of music and song which both educated and entertained the young people whilst enabling them to interact with each other and integrate with others in the community. Connaught Opera presented highlights from Oliver, Lloyd-Webber, Gilbert & Sullivan and Flanders & Swann which everyone thoroughly enjoyed. Maria Arakie, the lead singer amazed all with her swift change of glamorous outfits. Young people were dazzled by her stunning gowns and outgoing personality. She was also accompanied by Glen Wilson

with his spectacular soprano voice, alongside the very impressive pianist Nicholas Bosworth.

Poetry is a great means of expression for young people. Some of whom overcame their shyness and took to the stage to read a poem. There was a special treat from one of the volunteers, who executed a Latvian song by Valters & Kaža called 'The war is not over' which she accompanied with a guitar.

There was a large variety of cultural food which enhanced the evening.

Everyone had an extraordinary evening, and left feeling exhilarated.

“Refugee week encourages all to interact more with refugees and assists in changing perceptions about those who have fled persecution to build new lives here.”



Young persons account of their experiences at Grenville House

“On behalf of the all the other young people at BHUMP, I would like to say a big thank you to the Trustees, HRSG staff and social workers and funders who made this trip possible.

Grenville house was excellent, very beneficial and educational. I learned so many things from the few days we were there, such as canoeing, Abseiling, rock climbing, problem solving and my favourite kayaking. Overall it allowed me to

communicate with others from different cultures, in which I was able to make many friends. The different problem solving games, enabled us to learn how to be more aware of each other, it allowed us to be called a team, and a unity for BHUMP.

The social workers, BHUMP and staff at Grenville house were very positive; they helped us all with everything that we needed to know about the trip. They

encouraged us to participate in many of the activities, even those we were scared of, such as abseiling.

The trip was useful to the extent where we were able to learn new things, about each other, and being more responsible.

My only wish is that the trip could be a few days longer in the future”.

“I discovered that people are very nice and polite.”



“I made so many friends and really enjoyed the trip.”



“The C-Card will give you access to condoms or sexual health information whenever you want to.”

Hillingdon C- Card Scheme

Hillingdon Refugee Support Group is participating in the C-Card scheme, a free condoms distribution scheme for young people in the London borough of Hillingdon .

What is a C-Card?

A free plastic card that enables young people to get free condoms, lubricants and sexual health information from a number of outlets across Hillingdon. Your C-Card will give you access to condoms or sexual health information whenever you want to.

How do I get a C-Card?

All you have to provide is some basic information which will be confidentially kept and only used

for monitoring the scheme.

If you are aged 16-24 years and would like to get a C-Card, call 01895434728 or text 07980826704. Or drop in to our project BHUMP on a Tuesday evening at the YMCA.

How do I get condoms?

Come to BHUMP every Tuesday evening between 5.30 and 7.45 pm. We offer more than just free condoms: information, someone to talk to, Chlamydia screening. Come and find out what is on offer.

Take your C-Card to any easy access point across Hillingdon borough where you see the C-Card logo. There will be many access points all over Hillingdon.

How do I get to know where the c-card easy access points are?

Any setting where you see the C-Card logo below.



You can only register at a registration outlet but once registered you can get free condoms from many easy access points in the London Borough of Hillingdon.

“The dancing allowed the young people to interact with each other, in addition to learning a new dance from another culture.”

Bollywood comes to BHUMP

In July, Bollywood came to BHUMP in the form of dance. It is an incredibly active dance and offered all participants an innovative workout full of energy,

acting and lots of fun. The workouts required full engagement with the musical beat and everyone showed off their body's natural rhythm.

It was very entertaining and energetic. Overall it was a very enjoyable experience for all the young people.



“Working to protect young people from harm and helping them to achieve what they want in life.”

Every child matters

In all activities provided, we ensure that every young person has the support they need to;

Be Healthy. From healthy eating to physical activities.

Stay Safe. We provide a safe environment, promoting high standards of conduct, involving all staff and volunteers in assessing risk and sensible behaviour.

Enjoy and Achieve. We foster personal and social development, offer new challenges and opportunities with the focus on fun, active learning

Make a Positive Contribution We encourage young people to help themselves and each other, increase self-confidence and independence and take

responsibility for their own actions and impact on the environment.

Achieve Economic Well-Being .We provide an opportunity to learn about how to achieve a fulfilling lifestyle

Mothers and babies day out

This summer as part of our programme of activities, a group of mothers group of young unaccompanied mothers and their children had the opportunity to travel to Littlehampton Beach and Snakes and Ladders Children's Adventure

play in Brentford. The children had the opportunity to mix with others, learn new skills, and play with a range of games and toys in a safe environment. Feedback and discussions after the trip have shown how valuable the outings were. The young mothers were

able to share their experiences of raising children in an unfamiliar land and to meet others in a similar situation. This is so important and the benefits of being able to share in a relaxed setting are inestimable.

Volunteering with HRSG—By Anita Ayi

“During my last month at Brunel University, I signed up with Brunel Volunteers just before my exams. Soon after in late May 2010, I received a phone call in regards to volunteering at Hillingdon Refugee Support Group with the project manager Freda Ritchie, to help with recruitment, administration and HR, in the office. In June 2010 I started volunteering at HRSG. I was required to support Freda with screening CV’s and cover letter’s in order to find a youth worker who had experience in helping and contributing their time to young refugees and asylum seekers. In addition to this I helped with different administrative jobs in the office such as assisting the project manager with presentations, information cards, emails, letters, and phone calls. This was all beneficial as it allowed me to work in an office based environment, and to understand what was required of me if I were to have a permanent position in administration, recruitment or Human resources. Refugee week allowed me to meet many of the

young refugees and asylum seekers, as well as coalesce with them and many volunteer befrienders throughout the evening. I felt that the songs and poems allowed the young people to freely release their inhibitions. It allowed them to express their creativity in an interactive format. In this section of the evening I was able to acknowledge the unfortunate experiences some of the young people had been encountered through the art of poetry. Every other day of the week for the past three months, I have been dedicating my time to travel from East London to the main office in Yiewsley to contribute my help to the project manager. Calling the HRSG project manager a kind hearted, hard working, influential person is a complete understatement. In the office I watch the project manager, who is also largely assisted by the fundraiser, where they both dedicate a lot time to helping the young people with all their enquires and issues. Sorting the funding out for HRSG, and buying many items that benefit the young people. To also

organising many outings including to the Grenville house outdoor education centre for a few days, or even day trips to paintballing or even helping to also organise entertainment for the mothers and babies based in the Hillingdon area seeking asylum. Volunteering at HSRG has made a very positive mark on my life and career. I am very thankful to Rev. Daniel Ndale, Freda Ritchie, Sylvia Taylor (Fundraiser) and everyone else at HRSG for giving me this opportunity to assist the charity in the past three months. I have learned a lot and met many people who ensure that the organisation is always running smoothly. Volunteering is very beneficial to others as well as yourself, I recommend to many people to take some time out to volunteer as you learn so many new things and meet new people who may have an impact on your life, just as individuals from HRSG have made an impact on my life.”

“ Volunteering at HSRG has made a very positive mark on my life and career. ”

New staff member

In August 2010 funding from the Big Lottery enabled HRSG to employ a part time Youth Worker, Nathan Chaplin. Nathan is finding the work incredibly challenging and rewarding and is really looking forward to contributing to the packed itinerary planned for the coming months.

“My name is Nathan Chaplin and I’ve been employed as the new Youth Support Worker for HRSG. I have extensive experience in working with a wide range of young people from

a variety of cultural and social backgrounds, and am looking forward to working with many more through HRSG. I’m 23 years of age, and have been involved in youth work since I was in my teens. I have been members of many groups and clubs, and in 2006 I decided to get involved as a worker. During my time I have set up and run many projects including, amongst others, an Inter –Borough basketball tournament, FA Level 1 Coaching Badge courses, Film making projects which have made it up to viewings in the Houses of

Parliament, various forum groups, mentoring sessions, day trips and residential activity weeks. My personal interests include making music. I produce, write and perform my own material, playing sports, watching films, reading and playing games with my 2 year old daughter. I have a passion for helping young people get the most out of life, and I believe I have what it takes to make a difference in this company.”

“ I have a passion for helping young people get the most out of life, and I believe I have what it takes to make a difference in this company.”

Quote “We are not myths of the past, ruins in the jungle, or zoos. We are people and we want to be respected, not to be victims of intolerance and racism.” - Rigoberta Menchu



More Than Words

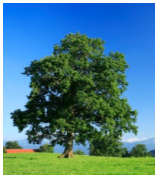
At BHUMP we use many media to help enable the young people to develop their own personal identity, sense of belonging and self worth. Arguably one of the finest mediums for this purpose is the written word. The poems/essay below are fine examples, and give a wonderful insight into the personal thoughts and feelings of the individuals who penned them.



Please don't strip me– Nym Wilkins, Volunteer befriender.

Nym wrote this poem from the point of view of a young male refugee who is finding it challenging fitting into new surrounding, however he is trying his best to do so. He is having an inner battle trying to fit into his new surroundings whilst trying to hold on to and not be stripped of his beliefs and values from his motherland.

When I came here I thought I'd be free, but these people here they just won't let me be.
 They tell me my religion is wrong, and even mock my mother tongue.
 They laugh at my clothes as they feel wearing designer gear is a must
 But I don't care for their material possessions, it's in God alone I trust
 I really do try to adapt to their ways, but apparently I need to 'Try Harder' my teacher says.
 I really don't know what more to do.
 I've learnt the language, eat their food and have adapted to the crazy weather too.
 To fit in they persuade me to turn to crime, but I don't want to end up in prison and to have to serve time.
 I want to be educated, to learn a trade and provide for myself.
 I have no intention to exploit the system or rely on the government's wealth,
 Everyday seems to be an ongoing struggle.
 But I refuse to be stripped of my beliefs and values, to surrender or grovel.
 It's not getting easier but today enough is enough!
 You can strip me, peel me, unwrap me! In fact do as you please!



The Big Old Tree - Leonardo Karakushi.

The last thing I saw as I was leaving, there was smoke and fire!
 There were soldiers screaming, hurt and hatred leaving my home.
 And the last thing I see, it's the 'Big old tree.' Just standing very high and proud.
 They couldn't cut it down. They couldn't blow it up.
 As I'm leaving I just look around, And I see 'the big old tree' still!
 Standing high and proud, They couldn't just cut it. They couldn't blow it up.



Unity– Anonymous.

We try to realise the essential unity of the world with the conscious soul of man;
 We learn to perceive the unity held together.
 By the one Eternal Spirit, whose power creates the earth, the sky, and the stars.
 And at the same time irradiates our minds with the light of a consciousness.
 That moves and exists in unbroken continuity with the outer world.

Upcoming Events / Projects



BHUMP DVD PROJECT



BHUMP will soon be working on a DVD highlighting the issues faced by unaccompanied asylum seekers. The DVD will be produced by young people with a view to breaking down barriers and creating a better understanding of issues faced by unaccompanied asylum seekers. If you would like to be part of this project, please call 01895 434 728 or drop in on Tuesday evening to find out more.



YOU can make a difference to our community!

Age 16 to 25 years?

BHUMP UP YouthBank offers training specifically for young people involved in leadership, decision making and grantmaking to enable them to reach their full potential.



BHUMP UP is run by young people for young people.

For more information please contact Taz Virdee at taz@hrsg.org.uk

Your Say, Your Choice Research Project

Do you want to:

Learn new skills?

Run your own research project?

Meet new people and work together as a team?

Have a say about something that matters to you?

If you do:

Come along on Tuesdays from 6pm - 7.45 @ the Tumbler Youth Project to find out more.

Research project will run on Tuesday nights in September and we will organise a social outing for participants in October. Why not come along to our regular sessions: Tuesdays 5.30pm to 7.45pm where you can socialise, learn new skills and take part in activities. Tumbler Youth Project (YMCA) 72-74 Shelton Road, Hayer, UB3 4DC