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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

January 2010 - Issue 31



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.

From the Chairman - Reverend Daniel Ndale

To all our partners, committee members, volunteers, our clients, service providers and friends of HRSG

First of all may I take this opportunity on behalf of committee members and the staff of HRSG [and BHUMP] to wish you every blessing in 2010. May I also take this time to return my heart-felt gratitude for how we jointly made 2009 the year that it was.

A few comments are perhaps necessary to show how together we progressed during the year 2009. These comments are not meant to be exhaustive of all that happened during the year. We may name names but those names do not suggest the heroes of 2009, but rather how extensive our co-operation stretched.

During 2009 various opportunities were offered to young people to enable them to attain new skills like computing,

cooking, etc. These are skills from, which indirectly, the young people increased their levels of confidence and self-esteem as well as becoming aware of the leisure opportunities that can be accessed locally.

Besides participation in these creative activities the young people have been better supported in ways that have increased access to education by visits to places like the museum and the zoo. All the activities provided encouraged integration in the community

Young people were engaged in the BHUMP Grant panel. A programme that has been facilitated by the Paul Hamlyn Foundation, which empowered young people to consider and make informed judgements on real life choice situations.

The training of volunteers saw a successful programme with all of the volunteers attending the required structured befriender

training that is organised by the British Red Cross.

Staff and volunteers at BHUMP have bonded into a cohesive unit fostering team spirit that has enabled a continuity of support when individuals by necessity leave the team. Our policy of offering a programme of continual recruitment has worked exceptionally well. BHUMP has participated in a number of initiatives with the specific intention of enabling the young people to meet and share experiences with people from different cultures, religions and backgrounds etc.

Once again I say thank you to each one of you for the part you have played to make 2009 the successful year it was at HRSG. I am again asking you to stay with us and continue to do what you did last year, this year, for you are an integral part of HRSG in your own different and specific way.

Fond Farewell to Erin Anderson

In December 2009 we had to bid a sad goodbye to Erin Anderson, who was the BHUMP administrator assistant. She went back to America to pursue two years of voluntary service with the United States Peace Corps. She will be working closely with local communities in developing countries to improve public health. We extend our sincere

wishes to her for success in whatever she decides to undertake in the future. We thank her for her association with HRSG both as a volunteer from April 2006 and paid worker from April 2007 and wish to convey our thanks for her commitment to the project. She will be missed by all staff, volunteers and young people.



“I saw and learnt about one of the worlds most famous diamond.”

Historical Royal Tower of London

On Thursday November 29th young people went on a half-term trip to the Tower of London, one of the most famous castles in the world with centuries of history on display and home to the Crown Jewels. They joined one of the famous guided tours where Yeoman Warders (popularly known as ‘Beefeaters’) entertained them with tales of intrigue whilst exploring the wonders of the Tower. They watched a video on the Queen’s Coronation and also saw the working collection of Crown Jewels. There was so much to see and learn including the ‘Yeomen of the Guard’. The day concluded with a walk across the Tower Bridge. It was a nice day out during half-term and provided young people with an increased knowledge of the history of London in an informal environment.



“I had only seen it on TV but really enjoyed it.”

Festive Joy at Uxbridge Ice Rink

On December 9th a group of young people got their skates on and enjoyed a festive trip to the Uxbridge Ice Rink outside the Civic Centre. This is the second year that BHUMP has taken young people to the local ice rink. It provides a good opportunity to access leisure events in the community. Many participants had not ice skated before and used teamwork to support one another in not falling. Good fun was had by all as they tried their legs out with this winter sport.



Unleash Your Imagination- Flower Arranging

On December 8th, BHUMP hosted a flower arranging workshop with Anne-Marie West who showed young people how to create different types of display and also learnt valuable tips and techniques so they feel confident in recreating these arrangements by themselves. They all had the chance to practice their new found skills in hands on session where they created their own arrangement to take home with them.

“I love making things with my hands. This was good and relaxing.”



Quote - *“Treat people as if they were what they ought to be, and help them become what they are capable of being.” - Goethe*

BHUMP takes Festive cheer to MCH and Olympic House

In December, BHUMP staff and volunteers went to Olympic House and Margaret Cassidy House hostels and got young people of all cultures actively engaged 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. Young people were encouraged to express themselves and their hopes for the New Year by writing these down on cards placed on their Christmas tree. Each young person received a present from BHUMP which was much appreciated, presents were also left for the young people that did not attend. A repeat next year is certainly on the cards.



“Thank you so much. You made me so happy.”

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 bring out their creative talents. It was hard to choose a winner because all the entries were worthy of winning a prize. The best entry (pictured on the right) was selected by the young people. It was based on creative expression and how well the theme of the competition was expressed. Congratulations to the winner, Hanna Daniel who received a commissioning prize in recognition of the obvious time and effort she put into her entry. It was very rewarding for Hanna to see her work reproduced and printed as Hillingdon Refugee Support Groups organisational Christmas card.

Season's Greetings



May your hearts be filled with Peace, Love, Happiness, Success and Health this holiday

Volunteer Befriender Training— By Befriender Amanda Mackenzie

Between Friday 11th December and Sunday 13th December 2009, a group of volunteers from the BHUMP project attended the volunteer befriender training weekend organised by the British Red Cross. This opportunity allows us to meet, interact and share ideas with similar projects across the UK.

The training provided the volunteers with knowledge regarding various issues including; refugee awareness, child protection, befrienders boundaries and international message and tracing. We were able to practise and develop skills such as listening, communication, planning and evaluation. This was taught by various activities such as group work, poster presentations, self exploration questions, role play and watching short videos. The session also gave us insight into the work of the British Red Cross both nationally and internationally.

“We were able to practise and develop skills such as listening, communication, planning and evaluation.”

Getting real on migration— By Vaughan Jones

Lord Carey, who has joined forces with a group of lobbyists wanting to shoehorn their anti-immigration views into the forthcoming election campaign, is living in an unreal world.

Church offices and local clergy do indeed face daily frustration around immigration issues. But the problem is about restrictions on the life chances of vulnerable people, not how to get people anxious about abstract population numbers or how to portray those of different background, culture and religion as a ‘threat’.

The demand for an optimum population is fundamentally at odds with traditional Christian teaching. Christians believe in the protection of life and a just stewardship and sharing of the earth's resources. Without immigration we would need to take some very drastic decisions about who could and who could not survive. It is a matter of life and death.

The reality is that we are faced with a changing demography that will either require the UK to have a smaller population with fewer elderly people or a larger one which has a sufficient base of people who are economically active to support the larger number of people who are not.

If you would like to read this entire article you can do so on www.ekkleisia.co.uk

“ The highest reward for a person’s work is not what they get for it, but what they become because of it.” – John Ruskin

Thank you to all our Volunteers

I would like to take this opportunity to thank all the volunteer befrienders for their time and assistance in 2009. They are a great asset and are essential and integral to every aspect of the BHUMP projects work. Volunteer involvement is key in the success of the peer befriending project. They bring diversity to the project which is great for the young people as they all come from several different backgrounds

V is for the Very special people that you are

O is for the Overwhelming support & compassion you offer others during their time of need

L is for the Little things you do that make such a difference in someone's life

U is for the Undertaking a wide range of activities and helping to promote inclusive communities

N is for the Notable contributions you make

T is for the Time you give of yourselves on top of your own busy schedules

E is for the Emotional support you continually give

E is also for Encouraging cooperative relationships between young people who may otherwise not interact

R is for the Role and Responsibility you have taken on and never once complained

S is for the Stronger links you help us build with the local community.

“ Being a Peer Befriender extends further than just being a friend. ”

“ Volunteer is a person whose charity is fidelity, who is faithful in an unfaithful world, grateful in an ungrateful world, giving when all about are grasping, listening when others need to tell about their fears and problems.. ”

“April 2007 found me looking for volunteer work during the interim between studying and writing up a Master’s dissertation. Through Brunel University I was introduced to BHUMP and I went along to one Tuesday evening session.

Despite having limited knowledge of refugees in the UK, I was intrigued, and immediately taken by the welcoming spirit of the group. For nearly one year I dedicated my time to being a volunteer before seeking paid employment as Administrative Assistant.

In December 2009 I left HRSG to pursue two years of voluntary service with the United States Peace Corps as Public Health Educator. Upon hearing this news a friend said to me “You will never work again!” She is wrong; volunteering is work but with the potential for amazing benefits, if you are willing to work towards them.

Each experience is an opportunity to learn from.

Being a Peer Befriender extends further than just being a friend. You are responsible for how your actions reflect upon yourself and young people.

Keep up to date on refugee rights. I guarantee at some point people will ask you about your experience, use that opportunity to help educate others and reduce stereotypes

Do not be afraid to ask questions Knowing how a young person takes their tea is like remembering their name. It might be tricky at first but before too long you will know everyone’s name and how many sugars they take.

Take advantage of training courses offered to you—something may spark a new interest or strengthen an old one. Refugee Week is an exciting time to be a part of a widespread celebration of diversity. Check out the website and see what events are available.

Using creativity breaks down barriers, encourages

communication, creates group unity and results in a tangible outcome.

The sillier the icebreaker game, the better.

Communicate, as a Peer Befriender you are part of a team. If you have ideas then relay them to the team.

I came to England to complete my degree. I stayed on to work. Now, I leave with a deeper commitment to supporting stratified individuals.

As a member of the US Peace Corps I will work closely with local communities in developing countries to improve public health. I am confident that skills gained from volunteering and working with HRSG has prepared me ten-fold for my new role, and for that I am grateful.

I would like to extend my deepest thanks to Rev. Daniel Ndale, Sylvia Taylor, the HRSG committee, Freda Ritchie and all the young people involved in making my time with BHUMP memorable.”

Volunteer BHUMP Befrienders

On the next page, two BHUMP volunteer befrienders detail their personal experiences of volunteering and assisting in the BHUMP project. It is noted with pleasure that it is not only the young people who benefit from BHUMP, The input and invaluable assistance of each and every one of the befrienders is instrumental in the project’s continued smooth operation.

My passion for working with young people - By Sami Belhadj

“A good youth worker is already halfway there if they’re prepared to sit and listen, without passing judgment.

My passion for working with young people began whilst working as a volunteer for a Montessori school. I worked there for a year and a half when I realised how young people, if guided well, can have aspirations in life that go further than they envision.

I later volunteered for Hillingdon Young Careers. I helped assisting staff in running the club on day-to-day activities. It taught me that plenty of energy was required, as well as enthusiasm and ideas. My most challenging experiences, however, was the opportunity to have worked a summer placement with a Social Club for Young people based in Ealing. I took part in a healthy eating week, designed to encourage young people to not only make their own healthy meals but to educate the importance of including fruit and vegetables in

their diet. The Social Club For young people has given me the opportunity to work with young people on a one-to-one basis teaching them how to cook healthy meals and helping younger people individually. Furthermore, it has helped me to improve my communication skills in advising on strategies to overcome problems they are encountering. This gave me a powerful tool in enabling them to put their trust in me and other youth workers to enhance a sense that we were there to support as well as help them in time of need.

I was previously elected a Youth MP and I later branched off to the Youth Action Team (YAT) of Hillingdon, of which I’m a part of, set up champion the young people in my borough.

I enjoy taking an active role in any institution or task that I am involved with and try to contribute as much as possible. I am a member of the Youth Music Council and have set up music events around London to

promote music. One event due to take place at the Mayor’s parlour, for the unveiling of our new website and a chance to get some of the kids performing and speaking about the YMC. My most enjoyable experience to date was that with BHUMP. I am happy to give my time being a volunteer to aid unaccompanied asylum seekers and refugees. As a volunteer befriender I have learnt to be a positive role model for young people. With a strong endeavour to succeed in cradling leadership, inspiring, guiding as well as supporting the young people at BHUMP. They are all my hero’s! Each with a story to tell. All with very valuable futures! I would advise anyone to take up on the opportunity to help others develop key life skills. You may have more to offer than you think! Believe that you can make a difference! For hope is like a road in the country; there was never a road, but when many people walk on it, the road comes into existence!”

“Believe that you can make a difference! For hope is like a road in the country; there was never a road, but when many people walk on it, the road comes into existence!”

Why I chose to volunteer for BHUMP— By Taz (Tatinder Virdee)

“Almost a year has passed since I began volunteering for BHUMP. Fresh after graduating from University, I felt this could be a great chance for me to improve my communication and social skills, but I got more than I bargained for. Within the first few weeks I was settling in and slowly getting to know everyone, I then found myself becoming part of a new family of friends. Soon after I was invited to do some training, and spent the weekend away in the countryside doing team building exercises that would be incorporated in our future sessions. Volunteering at BHUMP gave me the confidence to lead my own sessions; this is where I used my passion in poetry and went on to design a workshop. This ended up being a successful session as we gathered poems

from every young person and now we are hoping to publish a book of poems in the near future. After a successful year we are hoping to build on and create new opportunities for young people and volunteers to enjoy their time at BHUMP and learn something new every time they come. Different activities will be put on every week to help every young person that comes to BHUMP grow in self-esteem and through interactions grow as a person. Outside BHUMP I have been actively involved in the Transitions project which is a part of DASH (Disablement Association Hillingdon). This project is a service that we are promoting to young disabled people across the borough to assist them with the transition from childhood to adulthood. I

have helped design posters, written a published article and created a newsletter for the project. I also assisted with presentations at local committees and youth clubs in the borough. Our philosophy for the Transition project is that we want disabled people to control and choose their own lifestyle in the same way that nondisabled people do. This is what we would like to achieve with the transitions project, making small changes in childhood that create big opportunities in adulthood. To volunteer is a rewarding experience that can help you in your life and others around you reach their full potential. Those who can, do. Those who can do more, volunteer.”

“To volunteer is a rewarding experience that can help you in your life and others around you reach their full potential. Those who can, do. Those who can do more, volunteer.”

Quote *“Too often we underestimate the power of a smile, a kind word, a listening ear, an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around .”*
- Leo Buscaglia

Be Thankful— By Unknown

Be thankful that you don't already have everything you desire. If you did, what would there be to look forward to? Be thankful when you don't know something, for it gives you the opportunity to learn.

Be thankful for the difficult times. During those times you grow. Be thankful for your limitations,

because they give you opportunities for improvement. Be thankful for each new challenge, because it will build your strength and character.

Be thankful for your mistakes. They will teach you valuable lessons. Be thankful when you're tired and weary, because it means you've made a difference.

It's easy to be thankful for the good things.

A life of rich fulfilment comes to those who are also thankful for the setbacks. Gratitude can turn a negative into a positive. Find a way to be thankful for your troubles, and they can become your blessings.

You can be whatever you want to be— By Donna Levine

There is inside you all of the potential to be whatever you want to be all of the energy to do whatever you want to do.

Imagine yourself as you would like to be,

doing what you want to do, and each day, take one step towards your dream.

And though at times it may seem too difficult to continue, hold on to your dream.

One morning you will awake to find that you are the person you dreamed of doing what you wanted to do simply because you had the courage to believe in your potential and to hold on to your dream.

Upcoming Events

Come, bring your friends and meet other young people! Tuesday evenings from 5.30pm until 7.30!	
Calendar of Events: 12/01/2010-30/3/2010	
12-Jan-10	Session planning
19-Jan-10	Session planning/ focus group
26-Jan-10	Handwriting Workshop/ Debate/ games
02-Feb-10	Grant panel taster session
09-Feb-10	Table Tennis competition/ group games
16-Feb-10	Workshop; Creative reading/ writing
23-Feb-10	Group discussion
02-Mar-10	Educational Roadshow/ Hillingdon Council
09-Mar-10	Pool competition/ group games
16-Mar-10	Quiz night
23-Mar-10	Interactive Workshop: Drama
30-Mar-10	Interactive Workshop; Poetry

BHUMP GRANT PANEL

The BHUMP Grant Panel, a grant making programme that benefits young refugees and asylum seekers aged 16-25 in the London Borough of Hillingdon area is looking for more young people to join.

We are run by young people for young people and we help them to identify their own needs and to create ways to fulfil these needs. We are made up of a group of young people aged 16-25 from a variety of backgrounds and living in the Hillingdon area.



COME AND JOIN US AND LEARN NEW SKILLS LIKE; INTERVIEWING SKILLS; COMMUNICATION SKILLS; LISTENING SKILLS; DECISION MAKING SKILLS; TEAM WORK; BUDGETING; DELEGATION

If you would like to join us and be involved in benefiting others in the community, please come to BHUMP where we will have a taster session to find out more on Tuesday 2nd February from 6pm—7.30 pm at the Tumbler in Hayes. We look forward to seeing you.

BHUMP POETRY WORKSHOP;
Every last Tuesday of the month.
Are you a budding poet? Come and join us in these special workshops held at BHUMP to find out more details.

Wow! Be like Spider-Man ... at our Charity Abseil

Jeepers! Is that Me? ... Absolutely!!

Charity Abseil
at Bedford College
Tower Block, Cauldwell St.
Bedford. MK42 9AH
Saturday 20th March 2010

In aid of those affected by stroke

You ...
can do this challenge on your own, with a friend, partner or in a team. Places are limited so please reserve your place now.

To apply for this event Tel : 01284 749 650
Or ... Email : tim.edwards@stroke.org.uk
Or ... Application Form on reverse of this poster

Your support will help us work towards our vision of a world with fewer strokes and where those affected by stroke get the help and support they need.

BHUMP HALF TERM BOWLING TRIP

AIRPORT BOWL HEATHROW

WEDNESDAY 17TH FEBRUARY
CALL TO CONFIRM THE TIME
MEET AT AIRPORT BOWL ON BATH ROAD NEAR HEATHROW
BUSES; H98, 222, 105 . GET OFF AT OXFORD ROAD

COME TO THE AIRPORT BOWL JOIN AND MAKE NEW FRIENDS AND DISCOVER YOUR COMPETITIVE SPIRIT WHILST HAVING FUN

To sign up, speak to your Key or Social Worker
Or
Call Freda on 01895 434 728