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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](mailto:freda@hrsg.org.uk)

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# Hillingdon Refugee Support Group

July 2009 - Issue 29



**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.

**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. The focus of activities this year was the Simple Acts Campaign which was about inspiring people to use small, everyday actions to change perceptions of refugees. This encourages all to learn and do more with refugees and aids in removing barriers between communities; changing perceptions about those who have fled persecution to build

new lives here.

As part of the BHUMP contribution, we held a night of celebration. The evening opened with a poetry recital. All the poems had been written by the young people who attend the project. Poetry is a great means of expression for young people. All the poems were very meaningful and encompassed a range of emotions. You can view them all on our website [www.hrsg.org.uk](http://www.hrsg.org.uk) and also read a selection at the end of this newsletter.

The young people then held a fashion show which was a celebration of different cultures.

It was very colourful and showed off the fashion from various countries like Ethiopia, Somalia, India, Britain and Guinea. All the garments were modelled and styled by the young people and volunteers.

There was also an Art Exhibition held at the Centre and young people who attended were very proud to see their work displayed. This was a great way for them to interact with other people who had been invited from the community.

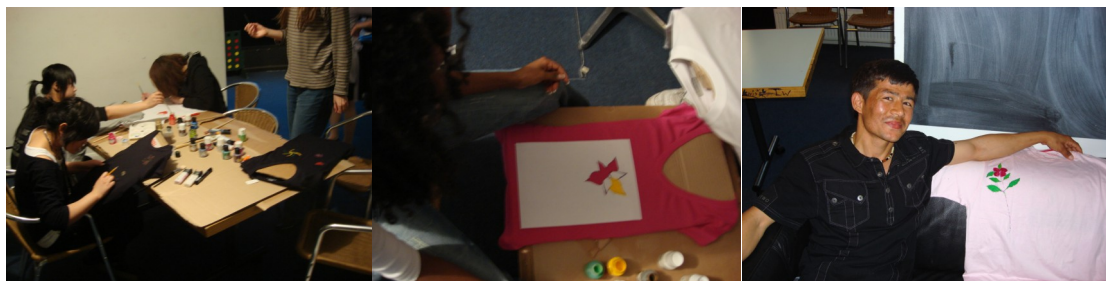
Everyone had a fantastic night.



## Destination Design– Craft Time

In a series of workshops from April 2009, young people were again given the opportunity to create their own t-shirt designs, always a popular activity. In keeping with previous such evenings some wonderful designs were produced and the opportunity for unbridled self expression was embraced with earnest.

*“Art and creating designs especially when you can take it home and wear it is nice..”*



## Checking Out Hillingdon’s Library Services



On The 12<sup>th</sup> of April BHUMP welcomed members of the Yiewsley Library to host an informal discussion about library services. The young people were made aware of how they can take

full advantage of all the services on offer. It helped them realise that reading can entertain, inform and relax. We encourage the young people to attend the local libraries and this is part of a

ongoing program to increase the young people’s awareness of all offerings provided by the Hillingdon Borough Council.

*“I want to start my own business one day. This gives me lots of information and ideas”*

## Unleash your potential

On Tuesday April 21<sup>st</sup>, an Entrepreneurship & Employability Consultant attended BHUMP to run a business start up workshop. The session was extremely informative and focused on all of the component procedures and

actions that are necessary when establishing a business. This was particularly useful to the young people who are interested in the concept of self-employment and starting up their own business; many are enrolled in college

courses in trades such as plumbing and electrical engineering, which may one day give them the opportunity to establish themselves in self employed work.



## Express Yourself with Poetry

Volunteer Befriender, Tatinder Virdee, held an interactive creative writing and poetry workshop for young people in preparation for Refugee Week. He introduced the workshop with

basic knowledge on poetry and read a few poems to the group who he then encouraged to write their own poems. Poetry is a great means of expression for young people and can be completed with

any range of language skills. In the end the group created a series of poems that were very meaningful and encompassed a range of emotions.

*“It is great to have a meal together like a real family”*



## Cooking Night at Jupiter House

BHUMP has progressed to a twice weekly session with the second session currently designated as a cooking night at Jupiter House. The aim is to engage a different group of young people each week, in cooking food from their country. They are also provided with a time to socialise and enjoy a community atmosphere. The evening helps them develop further food

preparation skills and appreciation for other cultures. Each week, a designated group of young people provide staff with a list of ingredients to be purchased. Then on Wednesday evenings that group instructs other young people on the preparation of their chosen recipe. For the last week food from Ethiopia was prepared; the other young people present were from Zimbabwe,

Afghanistan, Ethiopia, Somalia, and Rwanda. As mentioned, this afforded young people an experience with foods from different countries and cultures and enhanced their life skills as they assisted in the preparation. Following the meal, young people sat down and enjoyed the meal together, all the while engaging in relaxed group discussion.

## Guest Speaker from Children’s Society

On June 9<sup>th</sup> a staff member of the Children’s Society came to BHUMP for a workshop and discussion on support. Young people were shown how to create intricate webs that highlighted their networks of

support, and how they have carried these through in their lives in England. It was important for young people to evaluate their support networks and to recognise the

variance in networks of other young people.

*“We all need a support network to survive”*

## BHUMP Grant Panel Update

The BHUMP grant panel, run by young people for young people has successfully completed, and decisions have been made on who to fund. The panel reviewed all the application forms and judged them on the merits of the proposals put forward; they used scoring sheets to assist them. It was very important to make the correct decisions. They wanted to ensure that funding was directed to projects and activities that make a positive impact on the young people, and also benefit the community. The panel had to interview the potential candidates and during this process showed professionalism and enthusiasm; the training they had from Youth Bank was obvious. It certainly was difficult to reach decisions over the

allocation of funding, as there were so many different criteria to take into consideration. After the interviews, all voted and the decision was made to fund six projects. All the projects funded are young person led.

We will continually support the young people and their projects that have been funded and will update you on the work they are doing.

*Pictures of the grant panel on interview day.*



*“I feel like a professional and I am so proud of how far we have come”*

## Definitions – A Reminder

All too often we can forget the meaning behind the words, here is a timely reminder.

### Asylum Seeker

This is the definition from the 1951 Convention: "A person having a well-founded fear of being persecuted for reasons of religion, nationality, membership of a particular social group or political opinion, is outside the country of his nationality and is unable, or owing to such fear, is unwilling to avail himself of the protection of that country."

### Refugee

1. Protection or shelter, as from danger or hardship.
2. A place providing protection or shelter.
3. A source of help, relief, or comfort in times of trouble

### Immigrant

Someone who leaves their home country and goes to another country to stay there permanently.

### Refugee

The term 'refugee' is widely used to describe displaced people all over the world. In a legal context in the UK, a person is a refugee only when the Home Office has accepted their asylum claim. While a person is waiting for a decision on their claim, she/he is called an asylum seeker.

*Definition from 1951 Convention*

*Dictionary Definition*

During Refugee Week, The Archbishop of Canterbury Rowan Williams decided to explore and spread the concept of the word refuge as his act of kindness. He says that refugees are not about people arriving in Britain and papers being signed but: "a matter of turning strangers into a part of the community, and that's done most just by treating them normally, as part of a fabric of the life of this country, this community."



**Quote** - "The first step - especially for young people with energy and drive and talent, but not money - the first step to controlling your world is to control your culture. To model and demonstrate the kind of world you demand to live in. To write the books. Make the music. Shoot the films. Paint the art." Chuck Palahniuk

*“Bev was always so helpful, cheerful and smiling. We will all miss her”*



*“the best thing about working with BHUMP is the people I have met”*



*“In life, there is no plan to fail, but many people fail on their plans....”*

## BHUMP Volunteer Befrienders

In June 2009 we had to bid a sad goodbye to Beverly Brown, one of our volunteer Befrienders who has over the past months

dedicated so much of her time to BHUMP. We can with all honesty say that her professionalism and cheerful infectious smile will be

sorely missed and we extend our sincere wishes to her for success in whatever she decides to undertake in the future.

Two of BHUMP'S volunteer befrienders, Tatinder Virdee and Mamadou Jallo attended the Volunteer Achievement awards hosted by Hillingdon Association

of Voluntary Services (HAVS), at the Crown Plaza Hotel in West Drayton. Both were nominated and received an award for giving their time so selflessly and for

their hard work. Congratulations to both as without the dedication of volunteers like them, voluntary sector projects would not run efficiently.

Below one of the BHUMP volunteer befrienders, details their personal experiences of 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.

When I started volunteering on the BHUMP project, I was hoping to gain experience of working with young people as well as an understanding of young refugees and asylum seekers. But what I got was far more than that - the scheme far outweighed my

expectations. HRSG staff do an amazing job and provide an invaluable support group for young unaccompanied minors. I was also amazed by the range of activities and opportunities to learn new skills available for young people. But the best thing

about working with BHUMP is the people I have met, the young people are some of the most fun, generous and positive people I have ever met. They are a true inspiration!  
By Beverly Brown— Volunteer befriender

## On the couch with Volunteer Befriender, Mamadou Jallo

*Q: When did you first become a volunteer at BHUMP?*

A: In July 2007

to help others.

*Q: How can other young people feel like they can reach their goals?*

A: By hard work; Things won't come to you, you have to find what you want. In life, there is no plan to fail, but many people fail on their plans.

*Q: What is your favourite food?*

A: Seafood; Prawns and fish. I love it

*Q: What new skills have you learned since becoming a volunteer?*

A: Communication; greater confidence. I know exactly what I want now. I have a clear view of the future

*Q: Who is someone you look up to?*

A: Paul Hamlyn and Nelson Mandela; They both fought for other people to give them a better life..

*Q: If you could shake the hand of one famous person, who is it and why?*

A: Nelson Mandela. All he has achieved. What he stands for.

*Q: How do you use those skills in everyday life?*

A: Whenever I get the opportunity to do so. I like to grab opportunities as they are presented to me and I am continuously planning and updating my skills everyday

*Q: Who is someone you think is a good role model for young people, and why?*

A: Barack Obama because he is the first black has proved that a black person can achieve success in any area if they work hard.

*Q: What advice would you give other young people who are not sure if they want to volunteer?*

A: To me, volunteering has been a very positive experience as you are helping yourself as well as helping other people. When I first came to this country, other people gave their time to help me and I would not be here today if it were not for them.

*Q: What involvement can young people make in their community?*

A: Fighting and avoiding crime; integration, not discriminating; be involved in sports activities; Voluntary work.

*Q: Who is your favourite musician?*

A: Bob Marley

*Q: What do you think of BHUMP?*

A: Oh, it has changed my life so much. It has made me very positive and helped me find my way. I now have a clear view of what I want to do in the future. Before, I was confused. I have also learnt about people from different cultures and made many friends.

*Q: What goals do you have in life?*

A: To be a very successful person; To be a big business person; To help other people how they helped me when I needed it. Paul Hamlyn gave me a lot of courage. I like charity work and being able

*Q: Why?*

A: Because his music tells the truth and reality about life and politicians, it is like news, a story: the truth. It is very good music advising people. You try and listen to one.

## More Than Words—Poetry from Refugee Week

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 below are fine examples, and give a wonderful insight into the personal thoughts and feelings of the individuals who penned them.



*I see the fireworks crackling  
Crack crackling away  
I remember the colour,  
screams and laughter  
The smell of gunpowder  
It's all a bit of a daze.*

*Red Green Blue Yellow  
All the colours of the rainbow  
I was happy but now am afraid  
There is a chill in the air  
Something's wrong.*

*On a bright, screaming scorching  
sunny day  
The cool refreshing water is  
streaming slowly  
People are fishing by the big  
blue crystal clear lake*

*On the beach there is a lot of  
sand, stones, beautiful birds,  
spiders and many kinds of in-  
sects.*

*On a hot sunny day weaving  
through people  
Bikes and Cars*

*A beautiful day, next to the  
beach... the water was screaming  
I remember the days in Bangla-  
desh  
I remember how the air was nice  
and fresh  
On a beautiful day the water is  
shining  
Kids and swimming and gliding.*

*On a bright sunny day  
The sky was blue  
A single cloud in the sky  
They wavy water was flowing  
and very cold  
There were some people surfing  
in the blue waves and some were  
enjoying the sun lying down on  
the sand.*

*It was a quiet neighbourhood  
Where people hated each other  
Anyone couldn't stand to see  
someone else's child succeed  
They were always faking their  
smile when they saw you  
I don't understand how we can  
hate someone for nothing.*

All these poems  
were penned by  
young people who  
attend BHUMP.  
You can view more  
poems on our  
website;  
[www.hrsg.org.uk](http://www.hrsg.org.uk)





### *Surfs up*

*On a sunny day, water is glowing  
As if it were a light shinning  
People are surfing in blue water  
It was magical, as if it was my  
dream*

*I see myself as a 'daydreamer'  
Cause I see things better  
Lying on the beach, our skins  
tanning  
As everyone is just relaxing*

*This is the life  
Makes me feel alive*

*By Alan Maphosa*

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### *Why?*

*Why are too many people suffer-  
ing?  
Why are so many people sad?  
Why are so many people lonely?  
Why do so many people have eve-  
rything?  
Why do so many people have  
nothing at all?  
Why is there war? Why do people  
fight against each other?  
Why is there hatred?  
Why is there not more love and  
happiness?  
Why? Why?*



### *Wisdom*

*To be wise, one must be patient,  
and it's so peaceful  
Life is full of happiness, when were  
are honest, loving and loyal  
We look up into the heavens, we  
pray, God is merciful  
Butterfly flaps its wings, flower  
grows in the soil  
To be loved, one must be able to  
trust one another  
Love is full of affections, makes us  
warm like the sun  
Without God, families and friends,  
we are doomed forever  
Without them around us, directing  
us, watching us, we can't have fun  
We open our minds, allows us to  
learn  
Treating people with integrity, the  
way you like to be treated  
We have to fight, what's in our  
way and let evil burn  
To be wise, you must be patient,  
show love, spread knowledge, obey  
God; we can triumph and not be  
defeated  
By Alice Umuhoza*

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*On a sunny day the water is hot  
People are swimming in pool  
Lying on beach  
The beach is one of the best  
places to have fun.*

### **And Finally....**

We want your feedback!!! Do you have any suggestions which you believe would improve the newsletter? Are there any news articles/issues which you would wish us to cover? Would you like to include a news article Please let us know (contact Freda, details on page 1). We will seriously consider/listen to all feedback.