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Hillingdon Refugee Support Group

Sept 2008 - Issue 26



At a Glance:

UPDATE

WANTED

Volunteer Treasurer
 Background in accountancy?
 Want to be involved with HRSG
 Enjoy a challenge?
 Want to make a real difference
 to your community?

WANTED

Committee Members
 Are you interested in joining our
 group as a Committee Member?
 Would you like to help bring
 hope dignity and empowerment
 to asylum seekers in Hillingdon?

To find out more, contact:

Freda on 01895 434 728 or
 freda@hrsg.org.uk

DONATION

We solely rely on funding and
 donations from well wishers to
 sustain our project
 We would like to thank;
 Joan Banerjee for her kind dona-
 tion of clothes and shoes. It was
 well received and put to good
 use by young people .
 Meron Sileshi for her kind and
 thoughtful donation.

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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.

HRSG is now a registered charity; No 1125656

We would like to share our exciting news with you that we now have Charity Status. After a long process of discussion and consideration, we are now a registered charity. This simple number is an acknowledgement of our projects hard work and achievement, it is also an acknowledgement of the Charities Commissions belief that we have proven that we are moving in the right direction by helping to make

the lives of refugees and asylum seekers more tolerable through our efforts.

The objects of the Charity are;
 To advance education and relieve financial hardship amongst those seeking asylum and those granted refugee status, primarily young people aged 16 - 21 residing in the London Borough of Hillingdon, in particular by the provision of: food, clothing, basic living

equipment, advice and support services; and facilities for recreation or other leisure time occupation with the object of improving their conditions where they have need of such facilities by reason of their youth, age, infirmity or disablement, financial hardship or social and economic circumstances: With a view to advancing them in life and to assist them to adapt within a new community.

Annual Recreational Activity 2008— Hindleap Warren

In August, 50 young people and 6 staff members travelled to Hindleap Warren, London Youths Outdoor Education Centre set in the Ashdown Forest in East Sussex for a residential activity week funded by the big lottery. It was hosted by Hillingdon Refugee Support Group working in partnership with London Borough of Hillingdon Asylum Service for young people to enjoy time together and to build teamwork

skills. Once they arrived the excitement was tangible as everyone settled into the dormitories that would be home for the week. Activities began in full swing that day and as the week progressed all participated in: canoeing; zip wire; rock wall climbing; a high ropes course; team building exercises; map reading; tunnel exploration; obstacle courses and learned about plants & animals native to

the region. On the final day it was time to put everyone's new skills to the test in a massive team challenge that called for teamwork, leadership, and communication. The final night everyone was given the opportunity to take to the stage in a showcase of talent & culture. It was bittersweet leaving but everyone had made new friends and had developed new skills. **Many thanks to the staff at Hindleap Warren for being so helpful and patient.**



“Yeah! This was interesting”

Raise Your Voice!

On May 6th BHUMP welcomed professional choir instructor composer and arranger, Paul Ayres, for a session on singing. Paul led the group in the basics of choral singing and followed up with some fun games. We encourage open-mindedness to arts and culture within our groups so Paul's style and choice of songs was a welcome and of educational addition. Following his introduction we began a game that called for confidence and creativity through song. Experience was

not necessary for this as each individual sang a note, word, or sound to a beat and then the group sang it back. While it may not have been a typical BHUMP evening it was still full of amusement and creativity for the young people, as they learnt to express themselves and socialise through song. Many thanks to Paul Ayres.



“Thank you for the screen because it kept us busy while we are waiting”

“It is a great thing to have a screen in the reception area.”

“It makes one feel good while waiting.”

Unveiling at Social Services

Hillingdon Refugee Support Group generously donated an information screen to the London Borough of Hillingdon Asylum Service. This is to be used to provide updates for young people seated in reception. The updates include HRSG/BHUMP events and additional information that may be necessary in terms of rules and regulations. On May 28th

the Service Manager for Asylum, Paula Neil kindly presented HRSG with a plaque and invited all the members to an unveiling ceremony. HRSG Chairman, Reverend Daniel Ndale unveiled the screen. We thank you for the acknowledgement and our aim is to continue to respond to the needs, which will improve the quality of life of young refugees and asylum seekers in Hillingdon.



Natural History Museum Trip. May 30th

On Friday May 30th we loaded into a mini-bus and set off for the Museum of Natural History. New things were seen and learned during this educational day out, and the young people openly asked questions throughout the day. The favourite exhibits included the dinosaurs and mammals, least favourite were the insects. It was a busy afternoon full of exploration and it gave the young people the opportunity to learn many new things.

“It was really good ‘cause myself never been to any museum and I’ve seen new things”



Quote “We must view young people not as empty bottles to be filled but as candles to be lit” -Robert H Shaffer- Author

Refugee Week Showcase at Waterman’s Art Centre

Refugee Week is an important time for refugees and asylum seekers across the United Kingdom and each year HRSG is proud to be involved. This year at BHUMP we took opted for a different approach for Refugee Week and our young people participated in five weeks of street dancing lessons with instructor, Natasha, from Waterman’s Art Centre. The course cul-

minated with a showcase performance at Waterman’s on June 20th. While not every participant of the street dancing classes joined in on the showcase production, those that did joined three other groups of young people from across the Hillingdon borough in showing off their routines. The showcase also starred BHUMP’s very own Mohammed Arafat

who took the stage with two songs, one an Arabic love song, and the second the popular tune “Apologize”. Overall it was a most enjoyable evening that celebrated not only refugees, but united young people from across the boroughs in the name of art and culture



Open for Discussion

On June 24th Refugees in Effective and Active Partnerships (REAP) delivered a workshop on equality and diversity. The workshop centred on the

issues young people experience today and was presented in a manner that encouraged group discussion. Inequality and discrimination are present

even in today’s increasingly multi-cultural society. It is important for young people not only to have awareness of the issues, but a forum to discuss their concerns

or thoughts. Through the REAP workshop they had the platform to express their feelings and speak openly without fear of ridicule or condemnation.



Food For Thought

Hugh MacLennan from the Handmade Cooks School provided a five week cooking course for young people who attend BHUMP at Uxbridge College and this was completed in August. The course was designed to provide young people with knowledge on the valuable

life skills of nutritious cooking, efficient preparation, budgeting, Menu Planning and kitchen safety. The menus covered an array of tastes and encouraged participants to taste and create new foods. Everyone enjoyed taking part in the lessons and tasting the food they had pre-

pared. At the end of the course, Hugh delivered a Food Hygiene Certification lesson. This special addition certified the participants to work in a restaurant, as they learned about special safety rules, handling, fridge and cooker temperatures,

“I used to buy chicken and chips. Now I make my own!”





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.



Songs

(Enta Eih) by Nancy Ajram

What are you (how cruel are you) is it not enough that you hurt me?

Have pity how cruel are you?

Why my love, is so easy for you to bring me to tears and why do I accept that you hurt me when my soul is part of you.

And why am I accepting this torment at your hands?

If this is love, my misery is from it,

And if I am to blame, I can not say never again,

And if it is my lost to live in torment I shall live in torment

Have you no pity?

Have you no shame that you cheat me knowing the love I have for you is it not a shame the passion and the years and longing that I am living for you?

Was the love lost completely? Or has it been a game

Was the love and tenderness and my heart and faith in you all lost?

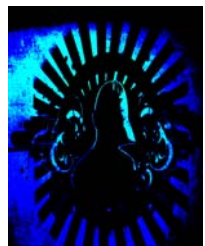
Translated by:

Zahra Mohamed

Magazine Design Course



Katie from Waterman's Art Centre recently facilitated a workshop in the development of a BHUMP magazine. She taught young people elements of design, digital camera techniques, Photoshop, and other methods to help develop graphic design. The magazine will be centred around the contributions from young people but the ultimate rewards have been seen before the magazine is finished. Art is a great form of expression and a tool for healing and by implementing digital design our participants have used the medium to produce some excellent pieces. Many thanks to Katie for all of her help. ***Our magazine still needs more content! Are you a young person who would like to contribute to it? An article about fashion? A poem? Let us know and we will have special sessions to help develop your ideas.***



Upcoming Events

Coming soon to BHUMP... Working with the Paul Hamlyn Foundation and Youth-Bank, giving young people a chance to get involved in and run their own grants programme, learn about how best to decide which ideas to fund, develop new skills and turn ideas into reality, making a difference in the local community, and in their own personal development.

BHUMP Volunteer Befriender Training

The Peer Volunteer Befriender Residential training weekend administered by the British Red Cross will take place on Friday the 14th of November from 6pm-9:30pm, then on Saturday the 15th from 10am-6pm. The training includes, refugee awareness, awareness of child protection issues and procedures, listening and communication skills, befrienders boundaries, self exploration, planning and evaluation and role play. If you are aged 16-25 and you would like to become a Bhump befriender please contact the above number or email address as places on these training sessions are always limited.

And Finally....

We want your feedback!!! Do you like the new format? Do you have any suggestions which you believe would improve the newsletter? Would you like the newsletter to be produced every month rather than the present quarterly circulation? Are there any news articles/issues which you would wish us to cover? Please let us know (contact Freda, details on page 1). We will seriously consider/listen to all feedback.