



KEY HOUSE
106 HIGH STREET,
YIEWSLEY
MIDDLESEX
UB7 7BQ
TEL; 01895 434728

hrsg@ukonline.co.uk
www.hrsg.org.uk

At a Glance:

Annual General Meeting

The Annual General Meeting of the Hillingdon Refugee Support Group is scheduled for Thursday 16th July from 15.00 to 17.30.

Venue is Key House (address above). All recipients of this newsletter are invited to attend.

RSVP:

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

Definitions- A 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."

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.

Inside this issue:

- Magazine Design **2**
- Drama Workshop **2**
- Separated Child Foundation **3**
- Swimming Classes **3**
- Volunteer Training **3**
- My Story **4**
- Refugee Week **4**

Hillingdon Refugee Support Group

April 2009— Issue 28



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.

We are thankful

Last year was a very eventful year for us here at HRSG and concluded on a high at the Befriending Hillingdon Unaccompanied Minors Project and indeed we are looking forward to a very busy 2009. Our final session of the year engaged young people in distributing their Secret Santa gifts. Truly it was an excellent time for young people to gain a sense of community through giving within the group, and gifts were picked out with such care and

attentiveness. During the interim HRSG staff prepared the calendar for 2009 and a sample of our upcoming events includes: Business start up workshop, drama workshop, workshop on community safety, interactive workshop on interview skills, workshop on library services and the potential of a reading group, and group discussions and crafts. The year has proven to be a busy one from the onset! We have incorporated

workshops with external educators into our calendar for every fortnight so young people can be engaged in subjects they have the desire to know about and continue enhancing their potential for life skills. Thanks to our partners, our funders and all our supporters who have helped us fulfill our aims, thus aiding to make the lives of unaccompanied refugees and asylum seekers more tolerable.

BHUMP Grant Panel

It is a grant making programme that aims to benefit young people aged 16-25 in the London Borough of Hillingdon area. It has been designed by young people for young people. It tries to help young people to identify their own needs and to create ways to fulfil those needs.

The BHUMP Grant panel is made up of a voluntary group of young people aged 16-25 from a variety of backgrounds and living in the Hillingdon area. It is funded, supported and was initiated by the Paul Hamlyn Foundation and working in partnership with Youth Bank (a charity led by young people) who provide the training and the Hillingdon Refugee Support Group. They launched their funding round

in January with the closing date of 10th of April 2009. The theme of this round of funding is focusing on the well being of young people and contributes to the Every Child Matters Five outcomes;

Be healthy , Stay safe, Enjoy and achieve ,Make a positive contribution, Achieve economic well-being .

They welcome applications from anyone who meets their criteria. All projects must be youth led. It must in some significant way benefit the local community. To get further details, and to check if you meet the criteria or to download an application form, please visit our website; www.hrsg.org.uk or telephone the number above.

Grant Panel Members with Sarah from Youth Bank



Grant Panel members below after a presentation to promote the funding round with Social Services Managers



“ Thank you so much Katie. I have learnt how to do photo shop.”

BHUMP Magazine Design Course

With the Waterman’s Art Centre instructor Katie. This is the second time BHUMP held the magazine design course and her program enables young people to learn computer and photography skills, all the while allowing them to develop a BHUMP magazine. Some of the articles are about: love and

relationships, life experiences, and stories from one’s first country. Writing their articles has allowed participants to gain a sense of purpose and ownership over their project by creating this magazine. We anticipate the end results of the young people’s efforts and look forward to sharing them with our partners. In recognition of all their hard work, and as an

acknowledgement, Katie awarded certificates to the young people who participated in the magazine design course. While the magazine has yet to be finalized, she wanted to recognize their achievements for the efforts they have invested thus far. Saluting their involvement helps enhance one’s sense of work.



“ I cannot wait to learn more in the next course.”

Testimony Project; Taster Session

“Young refugees and asylum seekers need to be, and deserve to be, listened to and heard .”

On February 17, BHUMP hosted a special taster session with two ladies from The Testimony Project, Holly Pelham and Leanne Savill. They are passionately committed to raising awareness around the treatment of young people who are seeking asylum in the UK. Despite making up a significant proportion of those

who are seeking asylum, their voices are rarely heard – in the press, in government, in general. Through this project, they will ensure that they are. The premise of this session was to introduce young people to the project that will provide them with the resources to tell their story if desired. Young people may find therapeutic effects from telling their personal history, while for others it is a good

platform to relay an important message. The taster session brought forth discussion about the different experiences amongst the group. Confidence and cohesion are experienced when such discussions transpire as young people share and learn from their peers

Drama Workshop



On March 3, 2009 a drama student from Brunel, Anita, joined us at BHUMP for a fun night of theatrical games, improvisation, and group participation. Anita held the

group captive with her theatrical games and innovative ideas. Young people participated in a fast paced improvisation game, which got them thinking and creating quickly and then communicating to the group. Much

laughter ensued and it was the perfect way for the young people and new volunteers to get to know each other better.



“ I really enjoyed this.”

Quote “We must view young people not as empty bottles to be filled but as candles to be lit.”
(Robert Shaffer– Author)

Arrival Packs from the Separated Child Foundation

“Thank you so much for the bag and all the things inside, you are so kind.”

“Everything in the bag is good and nice.”

“It is nice to know there are kind people.”

Angela Gluck, one of the trustees from the Separated Child Foundation, kindly donated a large quantity of Arrival Packs which she brought down with the help of two volunteers to our offices. The Separated Child Foundation offers emotional, social, financial and physical support to

separated children and young people up to the age of 21. It also engages in educational activities that raise awareness of their needs and encourage positive responses to them

They developed their Arrival Packs to distribute to unaccompanied children and young people and contain essential items for new arrivals including: non-perishable food item, toiletries, towel,

slippers, a tee-shirt, waterproof poncho, and gloves. Hillingdon Refugee Support Group welcomed the donation of the useful packs and distributed some to young people at BHUMP during their Tuesday evening session. The young people love the packs and particularly the bag with the purple ribbon which they can then use for their school books.



Interview Skills



On Tuesday March 17th one BHUMP volunteer, Beverly, gave a workshop on interview skills and techniques. The young

people found this workshop especially useful as it focused not simply on job interview tips, but university skills as well. The workshop was interactive

and had the entire group engaged and laughing at ways NOT to do an interview. Good group discussion followed.

Swimming Classes

“With hard work, I can get what I want to and be successful in my life.”

Swimming lessons begun for young people in March with a qualified instructor. The lessons will teach young people about the vital safety skill that is swimming and improve confidence and health as young people participate in the sport.

Daniel was particularly determined to learn how to swim. On his first lesson, he could barely float and was determined to keep practising. After only 3 swimming lessons, he achieved a distance award certificate for swimming 25 metres.



Volunteer Befriender training weekend

“What a great and interactive training weekend.”

The Bhump Volunteer Befriender Residential training weekend administered by the British Red Cross was very successful. This was held in Kent on the weekend of the 20th of March. The volunteers were students from Brunel University. The training is the Peer Befriending Training which includes, refugee awareness,

raising awareness of child protection issues and procedures, listening and communicating, befriender’s boundaries, self exploration, planning and evaluation and role play. Overall, it was a highly informative and enjoyable weekend with some great outcomes. Volunteers had the opportunity to interact with other UK befriending projects and bounce ideas off one

another all the while creating new bonds and friendships.





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.

When the Sun Shines

When the sun shines, I sit down and cry
Both tears of sadness and tears of joy
For it brings back memories
I feel sick in the pit of my stomach
I remember my home town, my country
I remember all the wonderful earthy smells
The smell of animals in the countryside
The smell of their droppings
The chickens and ducks clucking and
quacking in the fields
Children laughing and playing, even though
they often did not have enough food
My family and my friends, my dear, dear
mother
The soft smile of kind people everywhere
The sun shining all the time, shining its rays
at me
Not having a single worry

When the sun shines, it reminds me of
home
My homeland, I was forced to leave
because of war
Fortunately the sun does not shine here all
the time, and time is helping me to forget.
By Atim

My Story



I'm going to write about my story. My name's Suleiman and I have been in care from the age 15. My story isn't remarkable; I wasn't abused or treated badly. I haven't been into space, or made any important scientific discoveries! What I have done is prove to myself and hopefully to others that being in care doesn't stop anyone being talented, clever or successful. If anything, the fact that I have been in care shows people how hard I am willing to work to prove myself.

My Childhood:

I lived a very hard childhood because I was lonely and had no financial support due to my dad's, but with patience and strong believe in God my life went on. Then I met a man who helped me and to bring me to this country. Who changed my whole life and filled in the gap that my dad left. The man is my Oxygen, and my family by then. I knew that if you work hard you will achieve and depending on how hard you work you will get what is determined for you.

My Dreams:

1. World Peace and a way to God's love and heaven.
2. Cure Sick People and Peace of mind to those poor people.
3. Make my family and brothers happy.
4. God's love and support to fulfil my goals and dreams.

My Final Words:

Thanks for all those shared in the success of me and thanks GOD! The Peace I am in today is from my GOD! Peace and Love.

It is not yet over .

When I arrived in Britain, even though I had left the war physically far behind, in my mind, the soldiers were still chasing to kill me, my stomach was always hungry, and my fear and distrust kept me from opening up to new friendships. I thought the war was over when I left Rwanda, but I realize now that for survivors and a lot of those involved, the war is never over just because the guns have fallen silent.

UPCOMING EVENTS

Community Safety. Community Safety has recently expanded and is one of Hillingdon Boroughs highest priorities. A community safety officer will join BHUMP soon to have a discussion on crime, violence and disorder and get feedback from young people on whether objectives are being focused in the right direction.

Refugee Week 2009– June 15th-21st. The Refugee Week team and its partner agencies have been planning the 'Simple Acts campaign' which was launched in early February. The campaign is about inspiring individuals to use small, everyday actions to change perceptions of refugees. This year BHUMP is planning on having its own celebration to highlight the achievements and contributions of young people. We will keep you posted and hope you will be able to join us.

Foot Ball Coaching. Teamwork is an integral element of assimilation as it encourages individuals to have respect for one another and helps thwart off feelings of alienation. During focus groups at BHUMP a popular request would be for a football team and after careful consideration of the benefits a series of Saturday morning coaching sessions were organized for young people. Through the lessons we are aiming to impart upon young people the unity of being part of a team, opportunity to create new bonds, and abilities that come from learning the active sport. One outcome we are hoping will arise is for young people to create their own football team and participate in local competitions and games with other young people in the community. The coach himself is a young man and has spoken highly of how being part of a team sport has bolstered his confidence both on and off the pitch.