

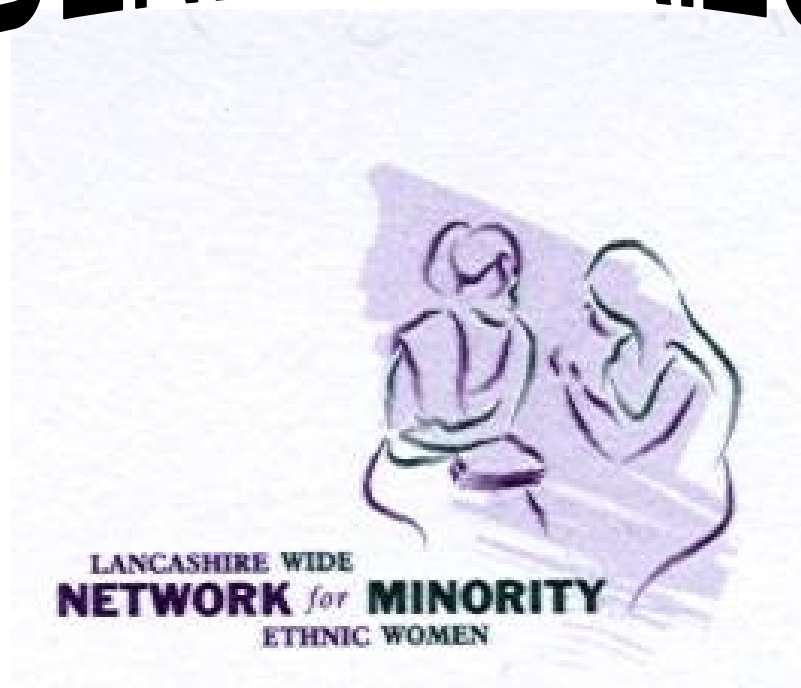
NEWSLETTER

Of the Lancashire-Wide Network for Minority Ethnic Women

APRIL/MAY 2009

ISSUE 76

WIDENING HORIZONS



Helping to build the capacity of minority ethnic women working in the voluntary sector to participate effectively in the social, economic and political life of the community in which they live.



LOTTERY FUNDED

Registered Charity No. 1088125

Dear Network Members

Hope you are all well and happy.

Widening Horizons Project (WHP)

Firstly I would like to inform you all that Farhana Musarat, one of the part time Outreach Officers has now left the Widening Horizons team and moved onto pastures new. I hope you will join us in wishing her the best in her future. The Network is currently recruiting for a replacement and interviews are to take place shortly.

The Widening Horizons team have included a full report of their activities within this newsletter so please check this out at your leisure. Major highlights in the last two months have included the Pendle 'Bring a Friend' event which proved to be a success and positive feedback was received from those who attended.

We have also organised 2 Asian Garment Making courses in Accrington, First Aid courses in Preston, and the Community Interpreters Course in Accrington. These courses have been set up following a demand from the women in those areas and in some cases the courses have included women from across Lancashire.

In the next few months we have the following opportunities available. The Community Interpreters course for the Preston area will be starting in June and the Accrington Self Care Course starting in May. Further details are enclosed in the newsletter. Should you be interested in this course please do not hesitate to give the team a call.

We have also organised an exciting opportunity for BME women who wish to become trainers and have a subject/skill they would like to teach to adults. The PTLLS course (Preparing to Teach in the Lifelong Learning Sector) has been organised with Workers Educational Association and will be delivered in East Lancashire and the Preston area from October 2009. Further details will be available later in the year. Should you be interested in this course please do not hesitate to give the team a call to register your interest.

Please help us to meet your needs by letting us know whether you would like a particular course delivering in your area and we will look into the opportunity to do so.

Women Mean business

The Hyndburn Women Mean business course has also taken place and we will be arranging a day on finance and marketing in the near future. Should you live in the Hyndburn area and be interested please contact the team to check eligibility.

Capacity Building for Women Leaders

Following the successful course run late in 2007, in partnership with Lancashire County Council through the PVE funding budget, three new courses have started across Lancashire in Pendle, Altham and Preston this week. A phenomenal thirty six women were selected after application. This has been due to the hard work of all staff and the community reach of the Lancashire Wide Network for Minority Ethnic Women.

However, there may still be a few places available to late 'drop outs' from the course so anyone interested should give the office a call for further details.

Political Engagement Workshop

Lancashire Wide Network for Minority Ethnic women are working with the Fawcett society on a Femocracy Project to engage women in politics through voter registration and information on how democracy works. We have organised a workshop in our offices on Wednesday 29th April 2009. Further details are available in a full page spread in this newsletter.

I would also like to invite Network members to our Annual General Meeting to be held on Wednesday 20th May 2009. I look forward to seeing you on the day.

This edition of the newsletter is packed with information and I hope you will enjoy and share it with others. Once again, I would like to encourage you to give feedback and contribute any articles you would like to share with other network readers.

And finally, I would like thank you for your continuing support and wish you all success in all that you do.

Jabien Kauser - Project Co-ordination Officer.



First Aid courses for women in Preston!!

Basic First Aid courses for women who have specifically expressed this need are starting in Preston this month. These are being delivered by British Red Cross, Preston.

One course is going to run at Preston Muslim Forum which has already started on the 20th April and the other at Hamara Centre in the Deepdale area which is commencing on the 30th April.

TRIPS FOR PENDLE BME WOMEN!!!!!!!!!!

Shopping in Bolton – Wednesday, 22nd April, 2009

Beacon Fell – Tuesday 26th May, 2009

If you missed your chance to go shopping then you might want to snatch this opportunity to go to the countryside and let your hair down!!

We are organising another trip to Beacon Fell on Tuesday 26th May for ladies from Pendle. The day will be packed with enjoying the beautiful countryside, having a picnic etc!! Again we are operating on a first come, first serve basis so get your seat booked early to not miss out on this exciting adventurous opportunity!

(Should there be spaces available – we will offer these to ladies outside of Pendle – however the coach will only pick/drop in Nelson)

To book your place or for more details please contact Robina Kauser from the Widening Horizons's team on 01254 392974.

WIDENING HORIZONS PROJECT UPDATE

Sewing classes

Two Sewing classes have been set up for women who have specifically requested this need. One course is running at Hyndburn Bangladesh Welfare Association. This commenced on 19th March 2009. A total of 10 women have enrolled on this course. The other course, which commenced on 24th March, is currently running at Spring Hill community centre. A total number of 13 women have enrolled on this course.

As the majority of women also have ESOL needs they are actively encouraged to speak with the tutor in English and are taught in English so that they can master key sewing related words. It is anticipated that some of the women from the course will move on and wish to go on a more advanced sewing course. Learning key English words at this stage will prepare them for more advanced courses in the future.

Self care course at Spring Hill

The self care course run by The Self Care team at East Lancashire PCT will be delivered at Spring Hill Community Centre. The course will consist of 3 sessions which will be held on 6th, 13th and 20th May. The course is for people who wish to make healthy choices for themselves and their families. It will look at ways of handling minor illnesses, coping with stress and anxiety and recognising the importance of healthy eating and regular physical exercise. The sessions will run from 10 am and finish at 1.00.

Volunteers

The Widening Horizons Project have signed up three volunteers, two of who have already started volunteering as support workers in the Sewing classes. The two ladies have extensive sewing experience and wish to, in the future to teach their own sessions. One lady has been taken on as a volunteer for helping women with a command of basic written Urdu and English. This course is due to start in April. The volunteers have expressed a keenness and willingness to develop their skills and utilise them in various areas.

Widening Horizons Steering group

The first WHP Steering group meeting was held on the 24th February 2009. The Steering group was set up to oversee monitor and evaluate the progress of the Widening Horizons project. The first meeting was attended by WHP staff, representatives from Accrington and Rossendale College, Lancashire Adult learning, North Lancs Training group and Enterprise4All. As the Steering group develops it is anticipated that representatives from Employment Services, Lancashire and Fire Service and LWNMEW Management committee will also be involved in overseeing the progress of the project.

Pendle Event

The widening horizons team have been very busy these last couple of months organising new courses and meeting new people.

The sequel 'Bring a friend party' has taken place at the Palatine in the Nelson area of Pendle and was a huge success.



There were a number of stalls from various partnership organisations including the BME NHS mental health team, Accrington and Rossendale College, Herbal medicine, Family learning team from Lancashire adult learning. There was a mehndi artist and threading artist to pamper the ladies as well as clothes stall, information from the NHS for the self care course, Information from the skills for life courses from Nelson and Colne College, Information about forced marriage surgeries from Practical Solutions and information provided from Ithaad.

Generally it was a fun day and lots of positive comments were given by you.

The Widening Horizons team would like to sincerely thank all the ladies who joined us and hope to see you all soon.

The Network says Goodbye to Amanda Daw – valued member.....

At the Network meeting on 18th March 2009, it was a time to say thank you and goodbye to a fellow member of Lancashire Wide Network – Amanda Daw. She was presented with a variety of gifts and a card.



Amanda said.....

The time has come to say good bye, I'm making a leisurely way back to home, taking the sites of Europe in first before leaving for Australia in September.

I started working with the Countryside Service with a six month job walking Widdop Moor as an Access Ranger. That six months turned into just shy of 4 years, with three and a bit years as a Social Inclusion Ranger. Over those years I have work with many different people from many different walks of life.

Working over here has been very different to that in Australia, as here, I have been more people oriented than natural environment. It has been a great pleasure for me to share my love of the natural environment with many who thought it was closed to them, whether for physical or social reasons.

It has been a privilege and a joy to work with you all.

Thank You

Amanda Daw

For those who wish to catch up with Amanda on her travels across Europe, check out the blog site at: www.sa1013.blogspot.com

Femocracy Project

Lancashire Wide Ethnic Minority Women's Network is working with the Fawcett Society* on a project on ethnic minority women's political empowerment called femocracy. The project aims to help ethnic minority women engage in politics and use their political voice: "Ethnic minority women are one of the most excluded groups from formal political decision making processes and are not accessing the tools of political power," explains Joella Hazel, who leads on the project. They are less likely to be registered to vote and also tend to be less engaged with mainstream politics than white women and ethnic minority men.

In the run up to the European Elections, femocracy will be working in partnership with ethnic minority voluntary and community groups to deliver several free workshops in and around Lancashire on politics and democracy for ethnic minority women. The events will build ethnic minority women's understanding of how democracy is organised, how to take part and influence decision making through exercising their right to vote, the relevance of politics and how politics impacts on their lives.

Femocracy will also be launching **Your Voice**, Fawcett's free guide to democracy with useful information about how ethnic minority women can access political power.

The events and guide are a great opportunity for ethnic minority groups in Lancashire to help raise awareness of the importance of ethnic minority women using their political voice. If you would like ethnic minority women that you work with to attend any of the events happening this month or you would like to order free copies of Your Voice then contact Joella Hazel by email to joella.hazel@fawcettsociety.org.uk or by telephone on 0207 253 2598.

*Fawcett Society is the UK campaign for women's rights. For more information on Fawcett please visit www.fawcettsociety.org.uk. For more information on femocracy and other ways to get involved in the project please visit www.fawcettsociety.org.uk/femocracy.



POLITICAL ENGAGEMENT WORKSHOP WOMEN ONLY

Fawcett Society in partnership with Lancashire Wide Network for Minority Ethnic Women is to deliver a **free** workshop for ethnic minority women on political engagement and voter registration on **29th April 2009**.

The event will provide an opportunity for women on the course to:

- **hear** Hear from political activists, such as as those on already on the National Advisory Group for Muslim Women or local ethnic minority women councillors from the North West region.
- **learn** Learn about how to engage with political institutions such as local councils and UK Parliament.
- **Meet and network** with other for women across Pendle, Accrington and Preston to meet and network with other colleagues on the course.

Date: Wednesday 29th April 2009

Time: 5.00p.m - 7.00p.m

Venue: Spring Hill Community Centre, Exchange Street,
Accrington. BB5 0JDQR

Refreshments will be provided and travel costs will be payable. on production of receipts.

For further information or to book your place please contact Jabien/Alison on 01254 392974

Booking your place is essential and will be on a first come first basis..



Community Interpreters' Course

(OCNW Level 3)

Starts Tuesday 2nd June 2009 10.00am - 3.00pm
(Over 7 weeks before the school holidays) at
Preston North End Sir Tom Finney Way, Deepdale,
Preston, PR1 6RU

Open Day will be held on Tuesday 19th May 2009 10.00a.m to 1p.m
(You must attend this to secure a place and for an English assessment)

FREE PLACES ARE AVAILABLE FOR THOSE WORKING UNDER 16 HOURS PER WEEK AND IN RECEIPT OF BENEFITS, VOLUNTEERS OF VCFS ORGANISATIONS.

Costs £110.00 plus £21.50 for accreditation if in full time employment.
Assistance with childcare costs may be available.

What is it all about?

The Community Interpreter courses recognise and accredit bi-lingual skills and increase basic skill levels in the community; and give people the confidence to progress to further study and employment.

Why is this for you?

It encourages learners to improve a range of skills by first celebrating their existing bi-lingual skills, and stressing the importance of having these skills formally recognised.

What will I learn?

You will learn the basics and core skills of working in the community and acting as an interpreter.

Requirements

A good level of English
A good level of another language

How do I reserve my place?

Contact Alison Alcroft at Lancashire Wide Network for Minority Ethnic Women on 01254 392974 or email alison@lancashire-bme-pact.org.uk for further information. **BOOKING IS ESSENTIAL**

This course is delivered by Workers' Educational Association North Western District and is supported by Lancashire Wide Network for Minority Ethnic Women and the Widening Horizon's Project.



2009
INCLUDE ME 2

FUN & SPORTY ACTIVITIES FOR GIRLS AGED BETWEEN 9-19 YEARS

**AND BEST OF ALL – THEY ARE ALL
FREE OF CHARGE!**

Current Activities for Girls aged between 9-19 years:

- **Swimming:** Saturdays - 3.30 pm at Hyndburn Sports Centre (transport is arranged from Saheli Centre, free of charge).
- **Badminton:** Mondays and Thursdays 7.00 pm – 8.00 pm, Sundays 2.00 pm – 4.00 pm at the Saheli Centre.
- **Circuit Training & Aerobics:** Saturdays, 2.00 pm – 3.00 pm

We also arrange activities in schools for example, boxercise at Rhyddings High School, every Thursday at 3.00 pm. Karate sessions to start soon.

All activities for women and girls are lead by female instructors.

VOLUNTEERING OPPORTUNITY! We are looking for volunteers to assist in the sessions stated above; develop skills and knowledge, free training and something extra for your CV!

Other Activities for Women, Men and Youth:

- **Aerobics:** Women only sessions every Tuesday 1.00 pm, Thursday 1.00 pm & Friday 6.30 pm at the Saheli Centre.
- **Local Walk:** Women only, every Thursday at 10.30 am
- **Sewing Class:** For women, every Wednesday at 1.00 pm
- **Women's Exercise:** Monday – Thursday at 11.30 am
- **Men's Badminton:** Monday – Friday at 8.30 pm
- **Boy's Badminton:** Aged 16 & under, every Tuesday & Wednesday at 7.30 pm.

More activities to be set up soon; if you are interested or would like more information please feel free to contact us.



PRESTON WOMEN'S REFUGE

**Specialist support for women from the
Black and Minority Ethnic Community**

- **Support is available in Gujarati, Punjabi, Urdu and English on all of our services**
- **Outreach service - providing practical & emotional support**
- **Support from someone who understands the cultural pressures that women face from their community**
- **Coffee afternoon for Black and Minority Ethnic women at the HOPE Centre (Tuesdays 1pm - 2.30pm)**
- **Support for victims of forced marriage and honour based violence**



*If you require further information about any of our services, please call the 24hr helpline on **01772 201601**.*

Alternatively you can drop into The Hope Centre, which is situated in the St. Johns Shopping Centre.



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The National Lottery[®]
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This is **YOUR Newsletter** – if you have any information you wish to publicise i.e. courses, training/social events, just let us know.

All contributions and input are welcome 😊

Use this **Newsletter** as a vehicle to reach a wider audience.

If there is anything you wish to share – just call us on

☎ **01254 392974.**

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