



Newsletter May - June 10

Forthcoming Events & Courses at the Forum:

- **North Herts Homes Tenants Coffee Morning**
Friday 2nd July 10am
- **NHDC Reduce, REUSE, Recycle Event*** Friday 16th July 12pm-3pm
*please drop off donations on Fri 9th, Mon 12th and Weds 14th before
- **Blood Donation Sign Up**
Friday 23rd July 9am
- **BASIC IT**
Wednesdays 10am-12pm
Starts 8th Sept
- **LIFE IN THE UK** Course starting Sept 2010
- **ESOL BASIC**
Tuesdays 10am-12pm
Starts 7th Sept 2010
Women Only - Creche
- **ESOL ADVANCED**
Entry Level 3
Mondays 10am-12pm
Starts 6th Sept 2010
Women Only - Creche

If you would like further information about any of the activities or would like to enroll on any of the above courses please contact Kava or Angela at the Forum.

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The North Herts Minority Ethnic Forum is a rainbow coalition of local black and minority ethnic (BME) communities. These include Italian, African-Caribbean, Polish, Greek, Chinese and various Asian groups. Our aim is to help these communities to overcome problems that prevent them from playing a full part in the social, economic and environmental life of North Hertfordshire.

SUMMER DATES FOR YOUR DIARY

Family Trips with children aged 5-13

Colchester Castle & Walton on The Naze Day Trip

FULLY BOOKED

Kew Gardens & Hampton Court Palace Day Trip - Thursday 29th July

Windsor Castle Day Trip - Wednesday 4th August

Paradise Wildlife Park—Tuesday

Day Trips for children

London Day Trip - Tuesday 27th July

Chessington World of Adventures - Monday 2nd August

London Zoo & Regents Park - Tuesday 10th August

Cheshunt Marina Activity Day - Monday 23rd August

To attend any of these trips forms are available from the Forum. There are different fees for the family trips. All children's trips are £5 per child. All places are given on a first come first served basis. If after booking, members fail to turn up without any notice any further bookings will be cancelled. Please note fees paid are non-refundable.

Aiming High Saturday School

The Aiming High Saturday school has been running every Saturday afternoon at the Forum since February this year. Our qualified teacher provides tutoring support in Math and English to BME children in years 5 to 8 from schools across the North Herts and Stevenage area. The support helps them improve in areas of weakness they have in the curriculum and allows for varied learning opportunities away from the classroom. We are supporting 10 children through this initiative currently and hope to support many more in the future. Parents have given positive feedback stating the school 'is a programme we don't want to end' and that it 'academically helping' their children.

AIMING HIGH SNOW CENTRE & AQUASPLASH TRIP

18 Children and young people participated in a half term activity in June to visit the Snow Centre in Hemel Hempstead and the Aquasplash swimming centre as part of the Aiming High project. The young people learnt how to snow board which is much harder than it looks and slid down the real snow drifts in large inflatable donut rings which was the easier option. The glorious sunshine was enjoyed in the afternoon with a relaxing session in the Aquasplash centre.

FREE NEW CHILDREN'S SPANISH LANGUAGE COURSE



Thursdays 4pm-5pm
at Unity House
For children aged 9-14

Starting Thursday 16th
Sept 2010

Running for 6 Weeks

Only 8 places

Book your child a place by
calling 01462 440224

Are you BME?

Do you need any information, advice or guidance?

If yes, our organisation is here to help. We have trained staff ready to help you with anything from housing queries, to benefits advice or health assistance. Please pop into the Forum or book an appointment by phone.

WE ARE HERE TO HELP YOU!



Yummy Mummy & Bouncy Baby Group

1st Monday/Tuesday of the Month 12pm-2pm @ Unity House

Come along for a chat with other Mums

Babies and toddlers can play together in a safe and relaxed environment

Have your baby weighed and receive free confidential advice from a Health Visitor

Next dates for your diary: Tuesday 6th July, Tuesday 3rd August, Monday 6th Sept

July Activities :

We're on the web:
www.nhmef.org.uk



Monday	Daily	12.30pm – 3.30pm	Senior Asian Men's Club (meet every wk)
Tuesday	6th July Daily Weekly (term time) Weekly	12.00pm - 2.00pm 12.30pm – 3.30pm 3.30pm – 5.00pm 7.00pm – 9.00pm	Mother & Baby Group—chat, play and advice (usually meets 1st Monday of each month) Senior Asian Men's Club (meet every wk) Italian Language School Ages 5-13 years - supported by the Italian Education Service Keep Fit Class—Women only
Wednesday	Weekly (term time) Weekly (term time) Daily 28th July Weekly	9.30am—11.30am 12.00pm - 2.00pm 12.30pm – 3.30pm 1.00pm – 4.00pm 6.45pm - 8.45pm	Sewing Skills must supply own materials Sewing Skills must supply own materials Senior Asian Men's Club (meet every wk) Italian Elders Group (meet last Wednesday of the month) ENAIPI Italian Language Class
Thursday	Weekly (term-time) Daily	10.00am - 12.00pm 12.30pm – 3.30pm	IT Level 3 Accredited Course Senior Asian Men's Lunch Club (meet every wk)
Friday	Daily Weekly @ Bancroft Hall 2nd July 2nd July 16th July	12.30pm – 3.30pm 10.00am – 4.00pm 6.00pm—7.00pm 7.00pm – 10.00pm 6.30pm – 9.30pm	Senior Asian Men's Club (meet every wk) African Caribbean Seniors & Carers Luncheon Club Italian Welfare & Social Assistance—INAS (1st Friday of the month) Italian Pensioners Club - FNP (1st Friday of the month) Italian Evening Meal Club (Hot meal served once a month 3rd Friday of the month)
Saturday	Weekly Weekly (term-time)	10.30am – 12.00pm 12.30pm - 2.30pm	Yoga Class Saturday School (English & Maths support for children in Yrs 5-8)