



NewsLETTER

North Herts Minority Ethnic Forum

January—March 2017

Our Newsletter is back!

We have got some exciting news! The Forum's newsletter is back!

The aim is to keep you informed of what has been going on at the Forum and most importantly of what events, activities and courses we will be offering! Hope you enjoy it!

Syrian Fundraising Lunch

A fundraising lunch was held at the Forum on Sunday, 5th March, on behalf of the 'Herts Welcomes Syrian Families' and the North Herts Minority Ethnic Forum in order to raise funds for Bilad Alshaam, a Hertfordshire based charity whose aim is to provide much needed help and support for Syrian refugees by providing emergency food baskets and milk powder to those in need on the Syrian border with Turkey, as well as finding shelter for young orphans.

The event was hosted by Veronica Raymond from 'Herts Welcomes Syrian Families' and Rafida Alhagiali from the Forum and attended by members of the local Amnesty International, Forum's Trustees, Dr Atef, a strong Syrian cause supporter, and the Syrian families, who have kindly done the day's cooking.

All those present enjoyed typical Syrian dishes such as kobba (minced lamb and bulgur wheat croquettes), kopsa (rice with chicken and vegetables), fatayer (cheese filled pastry) and mhallabier (rice pudding with rose water, cinnamon and almond). They also had the opportunity to chat about the Syrian conflict, humanitarian causes and listen to Syrian popular music.

The lunch raised the staggering amount of £ 710.

What's On

**Drop-In-Surgery:
Information, Advice and
Guidance**

**Skills Development and
Employability
Programmes**

Elderly People's Services

**Children and Young People
Services**

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Stop and Search Event

A community event in raising awareness of 'Stop and Search' run by Hertfordshire Police took place earlier on this year at the Forum.

The aim was to help the members of the local community to understand their rights if stopped by the Police, using interactive activities as well as case studies.

The participants found the workshop very informative as it assisted them in knowing their rights, those of police officers and PCSO's and how to best handle this scenario.

A similar 'Stop and Search' event combining with a fun workshop aimed at children and young people will take place at the Forum on 10th April. If you or your child are interested in attending, please contact us to book a place.



Stop and Search: Interactive Workshop



Fresh Samosas

Asian Cooking Samosa Day

At the end of January there was an 'Asian Cooking Samosa Day' at the Forum where 11 ladies learned the art of making the Indian snack samosa from scratch.

They all mixed, stretched and cut the dough before filling it with a freshly made vegetarian mix made with potatoes, onions, peas, spiced with cumin.

It was a successful day that ended with all of the ladies going home with their proudly made samosas to share their efforts with loved ones.

'It was a great day, we all enjoyed and had fun! Some made 5, some 8 but one lady made 10 samosas!' said proud Usha, who kindly shared her samosa making skills on the day.

Half-Term Activity: Pancake Day Competition

During the February half term, in anticipation of Pancake Day, children, youngsters and their parents met at the Forum for a Pancake Day Competition.

They got to show off their cookery skills by making fresh pancakes with their parent's help and decorating them with fresh fruits such as strawberries, blueberries, bananas and grapes and cream.

They winners were chosen based on their kitchen skills confidence, creativity and imagination in decorating their pancakes and involvement throughout the activity.

After much deliberation, 2 winners were picked! They were: Sophia, 6 and Leban, 10, who were presented with well-deserved prizes to take home. Congratulations to both of you!

After all the hard work, the children got to sit and enjoy their own tasty creations! And the grown-ups too!



Our Winners: Leban, 10 and Sophie, 6

Half-Term Activity: T-Shirt Design

We have also organised an Arts & Craft workshop of designing T-Shirts for the children and young people during the February half-term. It was a great fun day together with learning a new skill. Participants had the opportunity to do their art work on paper and then transferring this on their favourite T-shirts.



T-Shirt Design Workshop



British Red Cross First Aid Training

At the beginning of March, BRC trainers Jimmy and Sue joined us at the Forum to deliver First Aid Training. It was a popular 2-hour event that covered the basics of emergency First Aid in a relaxed and informal setting.

Using dynamic and interactive methods, the training wasn't just very informative but both practical and fun. The attendees got to actively participate by placing a dummy in recovery position and starting CPR (Cardiac Pulmonary Resuscitation) as per demonstrated.

Also covered were how best to deal with emergencies caused by head injuries, choking, bleeding through cut and accidental burns.

Jimmy and Sue were very helpful answering questions and well as posing questions that generated discussions amongst the group in regards to old emergency techniques and procedures.



First Aid Training: BRC Trainers Jimmy and Sue

What's on at the Forum:

We have a fantastic range of programmes which include new courses such as ESOL, English Speaking Club, Microsoft Excel, Basic and Advanced IT, a new Drop-in-Surgery to deal with addiction problems, English Homework Support Club for KS3 & KS4 pupils and exciting summer activities for children and young people (see the leaflet below).

In Partnership with:



Contact Us

If you would like further information about any of the activities, enroll on any of our courses or book an appointment for guidance and advice, please contact us.

North Herts Minority Ethnic Forum
Unity House

Whinbush Road, Ground Floor
Hitchin, Hertfordshire
SG51PH

Tel.: 01462 440 224

Fax: 01462 440 242

Email: nhethnic@btconnect.com

Visit us on www.nhmef.org.uk

Half-Term & Summer Activities



NORTH HERTS MINORITY ETHNIC FORUM



Programmes

Venue/ Dates

Healthy Cookery Sessions
(For parents and children, 5 sessions to cover diverse ethnic food)

16.02.2017, 13.04.2017, 31.05.2017,
26.07.2017, & 24.08.2017
Time: 11.00-14.00

Interactive Workshops:

- > Drug & Alcohol
- > Crime Prevention & ASBO
- > First Aid Training
- > Healthy Relationships (Teenagers only)

- > 04.04.2017 11.00 – 1pm
- > 10.04.2017 10.00 – 2pm
- > 14.08.2017 11.00 – 2pm
- > 18.08.2017 11.00 – 1pm

Multi-Sports Programmes

- In various parks in Hitchin & Letchworth
- Time: 10.00am -2pm

Kings Georges – 7th Aug, Ransom's Rec –
8th Aug, Jackman's Park – 9th Aug, Purwell-
10th Aug & Wilbury – 11th Aug

Boot Camp

From 31 July – 4th August
@ Bancroft Park, Hitchin from 10.am-4pm

Educational Family Day Trip:

- > Mill Green Museum & Roman Baths
- > Sea Side Trip

- > 11.04.2017
- > 30.08.2017



Lots of FUN ACTIVITIES for children and their families

Places are available on the basis of pre-booking. For more information please contact 01462-440224 or email : nhethnic@btconnect.com

Supported
by:

