

# CAMBRIDGE ETHNIC COMMUNITY FORUM

Newsletter: Issue Seven — May 2009



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## CECF News

The Cambridge Ethnic Community Forum had a very successful Annual General Meeting, on Monday the 16th of February, at the St Pauls Centre, Hills Road, Cambridge. This was well attended and our Chairman, Hazra Awal, opened the meeting by warmly welcomed all of the guests. These included the Mr Mike Dixon (Mayor of Cambridge), Mr Ian Nimmo Smith (Leader of the Council) and Mr David Howarth (Local MP for Cambridge). After the opening comments and initial business had been conducted reports were presented highlighting the progress that the Cambridge Ethnic Community Forum had been making. The outgoing CRISP officer, Mr George Jones was thanked for the major contribution he had made to the work of the Forum over the years. I then outlined some of the work I had been doing so far and exciting projects that were planned for the coming months. Elections were conducted and a new committee, or board of trustees was nominated for the challenges of the coming year. Our guest speaker Mr Kevin Coutinho, Equality & Diversity Consultant from the University Of Cambridge, gave an excellent presentation on the work he is doing and encouraged the BME communities of Cambridge to work with him. After closing comments by the Chairman some delicious food and refreshments were enjoyed by all.

Reported by Eddie Stadnik  
Development Officer

## Development

I have been continuing to develop agency and organisation links. Enclosed is a leaflet outlining the free services of one of those groups that I met with recently. The Cambridge and District Community Mediation Service (CDCMS) (Please note CFMS is a different service). I also met with Community 209 Radio, to discuss a project, which they would like to do, through CECF with the Black and Minority Ethnic (BME) communities in Cambridge...Watch this space!

Recently I met with the Cambridge Council for Voluntary Service to discuss another very positive initiative. They have funds to implement a BME Group Development Project, which can provide community organisations with some real help to develop their procedures, policies, financial management, develop a business plan, etc. A package of support can be developed for individual groups. More detail about this project is enclosed with the newsletter

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# CAMBRIDGE ETHNIC COMMUNITY FORUM

## Development (continued)

### Asylum Seeker, Refugee and Migrant Worker Project

The CECF project for asylum seekers, refugees and migrant workers has now started and so far we have had a positive response for the various services provided on site as part of this project. The Immigration Advisory Service have been providing a weekly advice surgery which has had an impressive take up, benefiting not only those mentioned previously, but the BME communities in Cambridge as a whole. The British Red Cross Refugee Service also provides a weekly advice surgery on site for advocacy and welfare issues. English Language one-to-one tuition has started and provides those with no, or Basic English with the opportunity to grasp the basics. This exciting project will be developed further over the coming weeks and months.

Reported by Eddie Stadnik  
Development Officer

### Cambridge Racial Incidents Support Project (CRISP)

Hello my name is Tony Lindsay and I have taken over the responsibility of the CRISP project from George Jones. CRISP is a project of CECF and is here to challenge racial discrimination, harassment and victimisation by providing support and assistance to those suffering from any action that they perceive is due to their race or ethnicity. Access to CRISP and the help and advice that it offers is free of charge. This may be in employment, housing, goods and services or education to give a few examples. It also includes such things as racist abuse, graffiti, physical attack or damage to property.

Like George, I was previously a Police Officer and have been involved in race equality work for over 15 years, where my experience covered advocacy, casework and training. I will always listen very carefully to complaints and provide an opinion in the first instance. All conversations are confidential and I ask for permission for cases to be discussed with my peers as I have access to legal qualified colleagues, offering their advice on a pro bono basis. It is important to note that as a client you may be referred to other agencies for further support and advice, this may include solicitors and may incur costs.

Currently working 10 hours per week (however this will increase if we secure funding for the services), I will be attending the office Wednesdays and Thursdays, normally between 10am - 3pm. Also I am in the process of designing a research questionnaire for the members of CECF and community groups in relation to discrimination, harassment and victimisation and that will be sent to you soon.

If you require assistance or advice please call me on Tel: (01223) 462615, if you reach the voicemail please leave a clear message with your contact details or alternatively E-mail me on: [tonylindsay@cecf.co.uk](mailto:tonylindsay@cecf.co.uk)

Reported by Tony Lindsay  
CRISP Officer

# CAMBRIDGE ETHNIC COMMUNITY FORUM

## Forum Field Project

A lot has been happening since receiving the 'Sustainability City Grant' in February. CECF put this generous funding to good use by renting an allotment on the Nuffield Road site. Enthusiastically, I felt fortunate at being asked to take the lead on such a project. I awaited in anticipation to receive applications from the initial 'Interest' forms that were mailed out to all our member groups. To my surprise, there was an immediate healthy take up, I was pleased with the outcome but more so with being given the opportunity of promoting community involvement and social inclusion by engaging a diverse range of communities on not only growing food locally but also helping create a healthy environment.

Meanwhile I eagerly went to view the area of land (approx. 251m<sup>2</sup>) that CECF had been allocated. I had not envisioned with what I was greeted with, I was taken aback facing a seriously overgrown area, couch grass, bind weed, docks, nettles, creeping thistles and just about every other weed you really did not want. Also a run down small shed and compost corner full of everything except anything of use, the only bonus being a couple of young established flowering cherry and plum trees. Due to the condition of the soil and the shed it required a complete makeover thus requiring substantial more effort from me than was anticipated.

On 4 April, I held an introduction to 'Allotment gardening' providing not only advice and tips on getting the most from your allotment, but provided the opportunity to all potential plot holders to meet one another, which was attended by 75% of the established gardeners and novices alike. Keith Jones (in association with The Akashi Project) gave a most interesting talk and encouragement on how to "Grow your own Veg" from seed. I learned all about sowing, thinning, weeding, feeding, and dealing with pests (slugs, pigeons).

I was so encouraged with this adventurous project that I have decided to take up one of the plots and develop it into a communal area for all to use in connection with the Forum Field project and hope to encourage social gatherings (dates yet to be confirmed) and might even have a competition to design the scariest scarecrow. Hopefully there should be more related workshops in association with The Akashi Project (themes and dates yet to be confirmed)

I knew that growing starts and ends with the soil, and not one for being put off, at the prospect of hard labour I implemented the following plan into action:

Stage 1 - removed most of the rubbish;	Stage 5 - created a central path with breeze blocks;
Stage 2 - hiring a skip to dispose of all the debris	Stage 6 - ordered a shed; (still awaiting delivery)
Stage 3 - have the land rotivated;	Stage 7 - repaired compost corner
Stage 4 - divided allotment into 8 equal (approx. 31 m <sup>2</sup> ) plots with paths in between;	Stage 8 - created foundation for shed to stand on

A few pictures showing of some of the work progress achieved so far:



On 19 April, all plot holders were invited to an induction meeting (on site), where I explained the Tenancy Agreement and Health and Safety Risk Assessment but most importantly allowed each participant to familiarise themselves with their allocated plot of land.

On subsequent development visits, I have welcomed advice from the on-site gardening community. It's great to see several plots already being set up (wigwams for beans, planting of salads and potatoes) and starting to be used though. I hope everyone involved will take pride and pleasure in growing and reducing our food miles and know that this project will lead to positive, measurable environmental results.

Reported by Mitesh Patel  
Project Support Officer



# CAMBRIDGE ETHNIC COMMUNITY FORUM

## Community and Cohesion News

### The Akashi Project

If you are like most people...

- You're likely to feel that climate change is a more serious threat to our world than any other
- You're probably aware that in many parts of the world, the effects are already being seen and include more extreme weather, droughts and flooding (You may even know people who are suffering)
- You know that human activity is to blame, and you probably feel that we all share at least some responsibility for taking action
- You'd probably like to be doing more if you knew what to do...weren't so busy...or felt it would really make a difference

This is where Cambridge Carbon Footprint comes in. As many of you know, we're a local organisation dedicated to helping people respond to climate change. We're passionate about bringing people together to create a low carbon future, which works for us all, and we really enjoy working with Cambridge's diverse communities. Many of you will know us through the Akashi Project, which involved lots of the groups represented in CECF.

We're delighted to be working again with CECF. Growing food locally is part of the big shift to low carbon living, and so we are very enthusiastic about supporting the Forum Fields allotment project. We also do sessions on what climate change means for you, workshops on home energy - getting those bills down, courses on low-carbon living and lots more. Do get in touch if you'd like to find out more, contact Siobhan Mellon, Akashi Project Co-ordinator via E-mail: [Siobhan@cambridgecarbonfootprint.org](mailto:Siobhan@cambridgecarbonfootprint.org) or Tel: 01223 460475 or Mobile: 07896 730922

### Interfaith Carbon Conversation

**Tuesday, 02/06/09, 16/06/09 & 30/06/09, 7:30pm – 9:30pm, Ross St Community Centre**

Yogaratra and I are very much looking forward to meeting you at the first session of the Interfaith Carbon Conversations course on Tuesday.

This link takes you to a map - <http://www.cambridge.gov.uk/public/maps/RossStreet-StPhilips.pdf>.

Finally, we ask for a £10 contribution towards the cost of room rental and the course booklet please. Thanks to those who have sent this in. If you haven't done so already, could you please either send a cheque made payable to Cambridge Carbon Footprint to Karin Holsinger and bring payment on Tuesday.

For more information contact Siobhan Mellon at Akashi Project Co-ordinator, Cambridge Carbon Footprint, c/o CAR, Unit 6, 23-35 Gwydir St, Cambridge, CB1 2LG or Tel: 01223 460475 (I am usually in the office on Thursdays) and at other times please call: 07896 730922

### Strawberry Fair

**Saturday 06/06/09, Midsummer Common**

The organisers of "Strawberry Fair" are asking all BME Communities in the local Cambridge area to take part and participate this year. Whether you would like to put on a store or perform on stage?

The organisers would like to know. For more information and participation forms, please visit:

<http://www.strawberry-fair.org.uk/performing.php>

# CAMBRIDGE ETHNIC COMMUNITY FORUM



## Health News



### Events from the merged Help the Aged and Age Concern

The first few months after the official coming together of Age Concern England and Help the Aged, being formalised on 1<sup>st</sup> April 2009, will provide an opportunity for older people from diverse backgrounds across England, to say how they would like to engage with the new charity.

A month-long series of 20 half-day events at 10 different locations across England starting in early May is being planned (Venue & Date confirmed in Cambridge is 29<sup>th</sup> May). The purpose of the half-day events is to introduce the new charity to as wide an audience of older people as possible and to find out how they would like to get involved with the new organisation. On each event day, there will be two meetings which people will choose upon registering [one in the morning (10:30am - 12:30am) or one in the afternoon (2pm - 4pm)], where a maximum capacity of 200, with a free of charge lunch provided for each attendee.

The charity is very keen to hear voices of older people from the Black and Minority Ethnic communities. To register for this event contact us by Tel: (08458) 884444 or Tel: (01952) 214076 or by E-mail: [haveyoursay@aptsolutions.co.uk](mailto:haveyoursay@aptsolutions.co.uk). (There will be a limited travel bursary. People will be asked to state their interest in claiming a bursary when registering)

### NHS Cambridgeshire

From the 2 March until the 29 May we shall be running our 13-week consultation on our Strategic Plan and five year vision for Cambridgeshire. This is one of our largest campaigns to date because we want everyone in the county to have their say about how we spend their money on health services over the next five years.

To read more about our strategic plan [www.cambridgeshire.nhs.uk](http://www.cambridgeshire.nhs.uk) (please fill in our quick online questionnaire).

For an information pack call 0800 279 2535 or E-mail [Ourfiveyearvision@cambridgeshire.nhs.uk](mailto:Ourfiveyearvision@cambridgeshire.nhs.uk). For more information contact: The Communications Office, NHS Cambridgeshire, Rachel Glendinning or Tel: (01223) 82490 or E-mail: [Rachel.glendinning@cambridgeshire.nhs.uk](mailto:Rachel.glendinning@cambridgeshire.nhs.uk)

### NHS East of England Long Term Conditions Service User Group

- Do you live in the East of England and have a Long Term Condition?
- Would you be interested in helping us to improve services for people with Long Term Conditions?

If you answered 'Yes' to both these questions we would like your help to make a difference to the lives of others living with Long Term Conditions in our Region. We need 20 people with personal experience of a variety of Long Term Conditions, either as someone living with a Long Term Condition or as a carer of a person with a Long Term Condition.

Closing date for applications is Friday 29<sup>th</sup> May 2009.

If you are interested in joining the group please contact Jane Ross on Tel: (01223) 597589 or E-mail: [jane.ross@eoe.nhs.uk](mailto:jane.ross@eoe.nhs.uk) for an application pack. If you would like to find out more please contact Heather Ballard on (01223) 597668 or Email: [heather.ballard@eoe.nhs.uk](mailto:heather.ballard@eoe.nhs.uk) or Douglas Smallwood on E-mail: [douglas.smallwood@diabetes.org.uk](mailto:douglas.smallwood@diabetes.org.uk) or Tel: (02074) 241100

# CAMBRIDGE ETHNIC COMMUNITY FORUM

## Training and Volunteer News



**EssayAssay can provide you or your organisation low cost, high quality copyediting, correspondence and academic writing assistance**

Graham Roberts is the CEO for EssayAssay, which is specifically established to help those from a BME background, to become more effective communicators in the professional world.

If you need help with any of the following:

- CV, Cover Letter or Job Application Writing
- Official correspondence - i.e. resolving disputes or making enquiries of utility companies or service providers
- General letter writing
- Essay or academic writing
- Proofreading

Please feel free to browse the EssayAssay website ([www.essayassay.com](http://www.essayassay.com)) or contact Graham Roberts direct on [graham.roberts@essayassay.com](mailto:graham.roberts@essayassay.com) for a no obligation enquiry/quotation.

## 209radio

209radio is a Community Radio stations, which essentially means that it is owned and operated by the communities they serve. Heavily dependent on volunteers and run on a non-profit basis, they aim to provide training and access to the media for those who might find it difficult to get their voices heard elsewhere. They are a new '3rd tier' in UK broadcasting, adding to the existing services provided by commercial operators and the BBC. Their content varies a great deal across the country and within stations themselves. You are guaranteed to come across something you will like and to discover something new!

209radio on 105 FM is committed to providing community access to the airwaves, and to offering diverse programming that reflects the needs and interests of Cambridge. They also carries advertising and sponsorship; as well as you gaining volunteer experience in sales and ad production whilst helping to support the work of this Registered Charity. They intend to provide more training schemes as the project grows.

Examples of some shows featured are:

- SOUL DISCOVERY - Soul & rare groove presented by Mick O'Donnell (<http://souldiscovery.209radio.co.uk>)
- POLISH WAVES - Keep up to date with local Polish news and events (<http://polishwaves.209radio.co.uk>)
- 105 BREAKFAST - Wake up with 209 every morning from 7-9am! (<http://breakfast.209radio.co.uk>)

Please contact the station for more information: 209radio is local, non-profit and volunteer powered. Tel: (01223) 488 418, Fax: (01223) 488 419, Mobile: 07968 898254, Web: [www.209radio.co.uk](http://www.209radio.co.uk). To get involved as a volunteer, contact us via E-mail: [getinvolved@209radio.co.uk](mailto:getinvolved@209radio.co.uk). Tell us about your news: [newsdesk@209radio.co.uk](mailto:newsdesk@209radio.co.uk) or write to 209radio Ltd, Citylife House, Sturton Street, Cambridge, CB1 2QF

## Events

**Park Arts Group – Carnival Workshops and Arbury Carnival (13/06/09, 11am)**

**Saturday 16/05/09, 23/05/09, 30/05/09, 1pm – 4pm, Meadows Community Centre**

There will be a series of free workshops with carnival dancer and choreographer Rosaria Gracia and also an opportunity to get drumming with local sambarista Emma from Thudbox.

To register or for more information, contact: Amy Wormold on Tel: (01954) 288488 or E-mail: [amy@start-srts.org.uk](mailto:amy@start-srts.org.uk) or visit the Website on: [www.parkartsgroup.org.uk](http://www.parkartsgroup.org.uk)

# CAMBRIDGE ETHNIC COMMUNITY FORUM



## Events (continued)

### A MONTH IN AFRICA

From Friday 01/05/09 to Saturday 30/05/09

MenelikEducation and Music are promoting 'A Month in Africa' Festival, with a celebration of music, art exhibition [in Michaelhouse] food and talks. We're holding many and varied events, including our monthly live music and dance night at the St Paul's Centre, Hills Road, which will feature the great Congolese musician, Mose Fan Fan. All details are on our Website: [www.menelikmusic.com](http://www.menelikmusic.com).

'Let's celebrate all that is beautiful about this wonderful continent from her people to her culture, languages and religions. Let's contribute to changing the negative image of Africa and encourage Africans and friends of Africa around the world, starting here in Cambridge, to promote it in the best way possible...'

Theodore Menelik-Mfuni  
Founder of MenelikEducation and Music

CECF particularly would like to promote one of the activities as part of "A Month in Africa":

### Children's Day

**16/05/09, 10am - 4pm, Trumpington Village Hall**

As part of the theme of "A Month in Africa", this is a great opportunity for the whole family to have a fun day out. There are a variety of activities taking place such as:

Dance	Story telling	Games	Book Reading	Drumming workshop
Perception of Africa workshop	Face painting	FREE Food	and much much more...	

Please try to attend and enjoy the Children's Day with the whole Family!!!

### Heart Of The World Festival "A celebration and exploration of music & culture from around the world" May 2009 – Various Times and Venues in and around Cambridge

The annual Heart Of The World Festival returns to Cambridge for a fourth year this May with a month of fantastic events reaching across the city and the region ranging from international performances to community events at venues in and around the city.

The various venues will be hosting a month of festivities and participatory events that includes live music performances featuring both local and international artists and boasting UK and world premiere events, club nights, a specially created programme of film screenings, music and dance classes, exhibitions and outdoor celebrations!

For more details of all the Heart Of The World events, including art exhibitions and workshops visit the Website: [www.heartoftheworld.co.uk](http://www.heartoftheworld.co.uk)

### Royal Navy Presentation Team

**Tuesday 19/05/09, Buckingham House, Murray Edwards College**

The Royal Navy are holding a 30 minutes presentation about "What does the royal navy do for the United Kingdom?" at Buckingham House, Murray Edwards College, Huntingdon Road, Cambridge, CB3 0DF. There are 10 tickets available. If you are interested in attending please contact Tony Lindsay on E-mail: [tonylindsay@cecf.co.uk](mailto:tonylindsay@cecf.co.uk).

# CAMBRIDGE ETHNIC COMMUNITY FORUM

## Services provided on CECF site



### Cambridge Racial Incident Support Project (CRISP)

Helps individuals who have experienced racial discrimination in employment etc, or have been a victim of racial harassment.

Every Wednesday and Thursday; 10am - 3pm  
To book an appointment please contact Tony Lindsay on  
Tel: (01223) 462615 or E-mail: [tonylindsay@cecf.co.uk](mailto:tonylindsay@cecf.co.uk)



### Italian Benefit Advice

Every 1st Friday of every Month , from 10am - 12 (noon)

To book an appointment, please contact Carlo Ciccarello  
Tel: (01223) 357889 or Mobile: 07912 034386



### Immigration Advisory Service

Community Legal Advice & Representation for Immigration & Asylum Seekers  
(For more information go to Website: [www.iasuk.org](http://www.iasuk.org))

Every Tuesday (appointment only)  
To book an appointment, please contact us on: (01223) 315877

## Drop-ins on CECF site

### General Drop-in Times and Free Computer use

Monday to Friday from 10am to 1pm

#### *CECF Staff*

Development Officer: Eddie Stadnik  
Project Support Officer: Mitesh Patel  
CRISP Officer: Tony Lindsay

#### *CECF Management Committee*

Chair: Hazra Awal  
Vice Chair: Mirza Baig  
Secretary: Valerie Berkson  
Treasurer: Joyce Andrade  
Members: Anil Soni  
George Akelinza  
Jason Yow  
Joseph Jabbie  
Maccalli Daniel  
Marta Maj  
Mahendra Soopaul  
Odhavji Bharadwa  
Patricia Crampton  
Rashid Khan  
Redge Carpen  
Rajni Shah

Developing Partnerships with  
ABMEC C.I.C.  
The Akashi Project  
British Red Cross  
Cambridge City Council  
Cambridgeshire Constabulary  
Cambridgeshire County Council  
Equality and Human Rights Commission  
Huntingdonshire Community Association  
Immigration Advisory Service  
MENTER