

# CAMBRIDGE ETHNIC COMMUNITY FORUM

Newsletter: Issue Sixteen – December 2011



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## CECF Introduction

The Forum held its latest Annual General Meeting in November. We had a very interesting presentation from Steve Morley, Sports Development Officer, with Cambridge City Council. He spoke about BME sporting opportunities. Our Chair, Valerie Berkson, also gave a very useful overview of our achievements and progress commenting on the dedication of staff and volunteers throughout the last year. The membership voted on some important changes to our governing documents and the way our organisation manages itself. This we hope will make us more accountable, both to our membership and funders.



Valerie Berkson - CECF Chair  
Eddie Stadnik - CECF Chief Officer  
Stephen Morley - Sports Dev Officer  
Cambridge City Council  
Mirza Baig - CECF Treasurer  
Emmanuelle Obikwu - CHES Caseworker

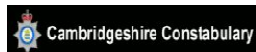
As we approach the end of another year I would like to wish everyone Seasons Greetings and a prosperous New Year.

## Development News

September saw the start of an exciting new initiative, led by the Cambridge Ethnic Community Forum, in partnership with the Cambridge City Council and supported by MENTER. This is the Asian Woman's Network. This is to develop an Asian Women's Network in East Cambridge. Serving ladies from the Bangladeshi Community in that area. It is being developed along the lines of a Social Forum where activities could be organised and issues discussed. Skills are being developed in areas of interest to the Bangladeshi Ladies and social issues explored. There are two venues - Ross Street Community Centre & Abbey Meadows. This project is a platform that could both help deal with issues of social marginalisation and be the beginning of a network that could be developed into a more formal group.

I am also happy to report that we were successful in bidding for a tender to deliver workshops to NHS Professionals. This training will be to deliver intercultural workshops for NHS staff as part of the Embedding Ambassadors in Community Health Project (EACH). A very useful part of this project will be that there will also be an opportunity for NHS staff to address the BME communities about areas of concern or interest. We have through the CHES project also completed and are in the final stages of negotiation about when to deliver a training package on cultural awareness and equalities to Cambridgeshire County Council - Adult Support Services. It is anticipated that this training will start taking place early in the New Year.

Supported by:



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# CAMBRIDGE ETHNIC COMMUNITY FORUM

## Development News Continued

As previously reported discussions have taken place with agencies and organisations, on how we might move the civic engagement agenda forward. I am glad to inform you that as part of our commitment to improve BME participation in public life an initial meeting has been set up with Councillors and representatives from the Cambridge City Council. This will be an opportunity for the City Council to improve its understanding of the issues the communities face. If deemed to be beneficial to all concerned then this meeting can be a foundation for further dialogue and could be developed as an ongoing service of the forum.

This first meeting will take place on Wednesday, 18th January 2012, at the Meadows Community Centre. It will be a 6pm start. I would like to take this opportunity to invite up to 2 representatives from your group, or community to attend. Please contact me to confirm your attendance.

Reported by Eddie Stadnik, Chief Officer

## Cambridgeshire Human Rights and Equality Support Service (CHESS)

### Good News for CHESS!!!!

#### Funding

The EHRC have confirmed in writing that we are to get the third and final year of our funding; this means that we will receive funding from April 2012 to January 2013.

We have submitted two funding applications for the outreach advice sessions and hopefully they will be successful and we will continue the outreach from April 2012.

We are continuously looking for funding opportunities and will update you during the year with any successes. The work in relation to measuring social impact is continuing and we will provide an update in the New Year.

#### Casework and volunteers

We have now opened **85** client case files so far this year, which is a **100%** increase on the number of clients that we supported in the same time period last year. We have recruited more volunteers to CHESS, if you are interested please get in touch with Federica Degli-Esposti...

[federica@cecf.co.uk](mailto:federica@cecf.co.uk)

to arrange a meeting to discuss our positions that are available.

#### Opening

We are closed from noon on the 23<sup>rd</sup> December 2011 and re-open at 10am on Tuesday 3<sup>rd</sup> January 2012.

We wish you all a wonderful festive break

From

**Tony Lindsay, Federica Degli-Esposti, Emmanuel Obikwu and volunteers**



# CAMBRIDGE ETHNIC COMMUNITY FORUM

## Health News

### LINK

#### Your Health, Your Care, Your Say...

Cambridgeshire Local Involvement Network (LINK) is an independent network of individuals and organisations working together to improve health and adult social care services. Anyone living in or receiving care in Cambridgeshire can join our LINK.



LINK has statutory powers to look at areas of concern with local care services where it has evidence of a problem, although we don't investigate individual complaints. Our Participants meet with NHS and Social Care commissioners and providers through regular Liaison Group meetings. We can ask questions about care services and are legally entitled to receive an answer!

When we talk about 'care services' we mean: health services such as those provided by a GP, a hospital, a dentist, a clinic or the ambulance service; and Social Care services such as day care, respite or residential care, carer support or assistance with disabilities.

LINK wants to hear the views of the diverse Cambridgeshire communities and give people the opportunity to share their care experiences. LINK listens to people's experiences of the care that they receive and gives them a chance to suggest ideas to improve it for themselves and others.

Do you use local care services, work with or support individuals in the local community who do? Then we want to hear from you, so please contact us to find out how we can work together.

Call us on 0300 365 1245 (lo-call number) or email us at [office@cambridgeshirelink.org.uk](mailto:office@cambridgeshirelink.org.uk) Find out more about our work or fill in our online care survey at [www.cambridgeshirelink.org.uk](http://www.cambridgeshirelink.org.uk)

### Cambridgeshire NHS Primary Care Trust Patient Advice & Liaison Service (PALS)

As a patient, relative or carer sometimes you may need to turn to someone for prompt help, advice and support. This is where PALS can help you. **Service Aims:**

- Offer prompt, confidential help & advice to resolve problems quickly about the NHS care providers by:
- GPs, dentists, pharmacists, opticians
- Community services (e.g. local clinic, health visitors, district nurses, etc.)
- Local Community hospital services
- Signposting service to Acute hospitals
- Help contact other organisations who offer advice, including independent advocacy services
- Listen to our patients, carers and relatives, to improve patient care
- Provide information about local health services and support groups
- Give guidance on how to access the NHS Complaints Procedure



Patient Advice and Liaison Service

Drop-in surgeries are held at the Cambridge Ethnic Community Forum the next one being on Wednesday 18<sup>th</sup> January 2012, 10am - 12.30pm

# CAMBRIDGE ETHNIC COMMUNITY FORUM

## Health News Continued

### Campaign tackling shortage of organ donors from BME groups on target

NHS Blood and Transplant's (NHSBT) current campaign to tackle the critical shortage of organ donors from black and minority ethnic (BME) communities has already achieved more than half its target to increase numbers signing up to the NHS Organ Donor Register (ODR).



'Real People, Real Lives, Real Action' is visiting six major cities with large BME communities to provide information, encourage more discussion and generate new sign ups. The campaign has already generated over 2,000 responses, building on a similar campaign earlier this year which saw around 1,500 people complete registration forms for the ODR.

While nearly a quarter of people waiting for a kidney transplant are Black, Asian or from another minority ethnic group, fewer than 2%\* of those who have joined the ODR to pledge their organs for transplantation after their death are from BME groups.

Tomorrow (Tuesday 29 November) MPs, charities, NHSBT representatives, and experts working in organ donation and transplantation will meet at the All Party Parliamentary Kidney Group (APPKG) summit to discuss the barriers preventing people from culturally diverse backgrounds from pledging their support for organ donation and to examine what more can be done to engage with these groups.

Speaking in advance of the meeting, Sally Johnson, NHSBT's Director of Organ Donation and Transplantation, welcomed the opportunity to discuss what is one of the biggest challenges for increasing organ donation in the UK:

"Most successful transplants come from donors who are a close match to the person receiving the organ. This is usually from within the patient's own ethnic group."

"Sadly, lower than average levels of donation from BME groups mean that people from these communities often wait three times as long for a transplant and are more likely to die before a suitable organ can be found."

"We are working hard to engage with people from BME communities so they understand the challenge their fellow community members face and recognise they need to act to save their lives."

"From previous research conducted by NHSBT, we know that there are many factors, including cultural and religious beliefs which have a bearing on individual and family discussions on this subject."

"We welcome this opportunity to discuss ways of improving engagement within these communities."

Sally Johnson has also been spearheading developments within NHSBT and the wider NHS to bring about increases in organ donation across the UK population as a whole, following publication of the Organ Donation Taskforce report "Organs for Transplants" in 2008.

UK-wide deceased donor numbers have risen by 30.3% since 2007/08 and excellent progress is being made towards the Organ Donor Taskforce target of a 50% increase at the end of 2013.

She added: "We have already achieved almost two thirds of the challenging targets set by the Taskforce, and we have a clear strategy in place to deliver the remainder over the next 18 months."



## Health News Continued

"There is a strong economic case for organ transplantation with the existing transplant programme realising gross annual savings in excess of £300m compared with alternative medical treatments.

"A further £200m\*\* in annual savings for the NHS is possible when the 50% increase in organ donor rates is achieved, an important goal for NHSBT."

UK kidney transplant figures already compare favourably with many other nations, currently standing at 46 per million population (deceased and live donors). Spain, who use an 'opt out' system for organ donation, and are currently the nation with the greatest number of donors, stand at 48 transplants per million population, only slightly higher than the UK.

NHSBT's donor line - 0300 123 23 23 - is available 24 hours a day, seven days a week with all calls charged at the standard local rate, even from mobile phones. You can also join the NHS Organ Donor Register at [www.organdonation.nhs.uk](http://www.organdonation.nhs.uk) or by texting SAVE to 84118.

\* 2% represents those on the ODR who stated their ethnicity where ethnicity has been recorded. Ethnic origin data has been collected through new registrations since 2002 and only through certain routes to joining

\*\* Report by the Specialised Commissioning Team, West Midlands - October 2010

### NHS Organ Donation Campaign Facebook Page



# CAMBRIDGE ETHNIC COMMUNITY FORUM

## Community Focus

We would like to encourage BME member groups and individuals to contribute to this section of the Newsletter, if you have such items of interests to share, then please contact Eddie Stadnik or Hena Haque via Email: [cecfenquiries@cecf.co.uk](mailto:cecfenquiries@cecf.co.uk) In this edition we are featuring , Black History Month, The Cambridge Regional College, Osiligi Troupe Of Maasai Warriors from Kenya, Cambridge African Network, Punjabi Cultural Society, Cambridge Day Limmud & Jewish Residents Association & World Peace Day.

## World Peace Day

**From Bollywood to flamenco, a kaleidoscope of music and dance in celebration of the city's diverse population was hosted by the Cambridge Ethnic Community Forum (CECF).**

In a packed Emmanuel United Reformed Church in Trumpington Street, representatives from a plethora of faiths spoke of how their religion or denomination embraced peace - between colourful visual and musical interludes. World Peace Day was established by the United Nations in 1981 and is usually celebrated on September 21. But due to the busy lives and previous commitments of the Cambridge residents taking part, the city's celebration was held on Tuesday evening. Member of the Cambridge Baha'i Association Paul Rhys welcomed all attending. He said: "It's lovely to see so many costumes and happy faces." He continued: "Peace and security are unobtainable unless peace and unity is established. We need to deal with each other with the utmost love and harmony with friendship and fellowship."



Jewish Kol Echad Choir performing

Marisa Johnson represented Cambridge Quakers by reading the peace declaration made to Charles II in 1661 - 350 years ago this year. She also referred to the New York Quakers' reflection on the 10th anniversary of 9/11 earlier this month. She said: "The US response was to respond to violence with violence. "New York had a meeting of its Quaker organisation to mark this anniversary and to remember there is always an alternative to violence as exemplified by Jesus who told us to pray for our enemies."

Mirza Baig, of the Cambridge Pakistan Association, gave a reading from the Qu'ran on the theme of peace and tolerance in both Arabic and English. "To maintain peace we need economic justice," he said. "We should do good and persevere patiently to ensure justice for all and this will ensue peace for all."

Theresa McIntosh, of Cambridge's Red Balloon Learner Centre, spoke of the centre's desire for peace in the hearts of its students who are no longer attending school as a result of bullying - more than half of whom have considered or attempted suicide. "All have become marginalised and we want to build self-esteem instead of self-loathing," she said. Ms McIntosh said creative writing was used as a vehicle for students to open up and read some of the pupils' work expressing a deep desire for peace and freedom to replace war and hatred before showing one of the student's illustration of a white poppy.

Mayor of Cambridge Cllr Ian Nimmo-Smith read a poem - The Guest House by Jelaluddin Rumi - and a Prayer for Peace by Hazrat Inayat Khan.

# CAMBRIDGE ETHNIC COMMUNITY FORUM

## Community Focus Continued

The celebration's entertainment was as diverse as its audience, with members of the Cambridge African Network - from young to old - singing, dancing and playing percussion wearing colourful traditional dress. There was a Bollywood-style dance display by the Cambridge Malayalee Association and classical Indian dancing by the Sanskruti School of Dance. Eva Simmons, board member of CECF and a member of the Kol Echad Choir - Cambridge's Jewish choir which performed songs in Hebrew during the ceremony - read her favourite poem, No Man is an Island by John Donne.

In conclusion of the event, she said: "I have enjoyed every one of the wonderful performances that many of you have given tonight. "It reminds me what I know and feel from the bottom of my heart is how wonderful it is to live in a country rich with cultural diversity and so many people with so many talents celebrating life in Britain." The celebration ended with Mitesh Patel from CECF lighting a candle followed by a short period of silence for prayer and reflection. **This article has been reproduced with kind permission from [Cambridge First](#)**

## Black History Month



Osiligi Troupe Of Maasai Warriors

On Friday 7th October the Cambridge Ethnic Community Forum was cordially invited to join with the Cambridge Regional College in a celebration of Black History month. They were hosting a performance of the Osiligi Troupe of Maasai Warriors from Kenya. We felt very privileged for this invitation, as it was not advertised as a public event. About 20 members of the forum both staff and volunteers attended what was an exciting and magnificent performance by the troupe. It was both interesting but also sobering to hear of how difficult life was for the Maasai. However as was mentioned as part of the presentation they may be poor materially but are rich culturally and spiritually. A highlight of this event was surely the invitation for audience participation. Tony Lindsay our CHES manager showed that indeed man could defy

gravity. Afterwards there was a sale of Maasai crafts and jewellery. A memorable day indeed and a big thank you again to the Cambridge Regional College.

The Cambridge African Network ended our participation in Black History Month with a Celebratory party at the Meadows Community Centre on Saturday 29th October. The Cambridge Ethnic Community Forum assisted with the media and marketing for this event as a result there was some media interest and for the first time the attendance of the Mayor of Cambridge, Councillor Ian Nimmo-Smith. Chief Officer was in attendance as a guest with volunteers on the night. Professor Michael Omolewa a pioneer of adult education and African history gave an enlightening discourse followed by an inspirational speech by the Rev Nigel Uden from Columbus Church in Cambridge. There were colourful performances by the Cambridge African Networks Childrens Dance Troupe joined by the Efua Sey Cultural Academy from London. The evening was rounded off by gorgeous African food. Everyone in attendance had a great time. A truly wonderful way to end Black History Month.



Efua Say Cultural Academy performing



# CAMBRIDGE ETHNIC COMMUNITY FORUM

## Community Focus Continued

### Punjabi Cultural Society Celebrating Diwali

Saturday 5th November, Punjabi Cultural Society Cambridge in collaboration with the Cambridge Ethnic Community Forum, celebrated Diwali. The forum had spent some time before the event helping in an advisory capacity with the planning and nearer the time with marketing, so it was great to attend and see a wonderful turn out on the night. As always Mr Kale their Chair had laid on a wonderful programme of activities. There was dancing performances and this year Bollywood dance lessons for the children which were a big hit. The atmosphere was fantastic, traditional Indian dress colourful and food delicious. A brilliant way to spend a cold English winters evening.

### Cambridge Day Limmud

The whole Jewish community of Cambridge worked together for over a year to plan organise and put on a wonderful day of Jewish Learning [Limmud] at Anglia Ruskin University East Road Cambridge site on Sunday 6<sup>th</sup> November 2011.

The programme for the day consisted of six sessions each 65 minutes long through the day. At each session participants had a choice of six presenters in different lecture rooms and had to chose just one. It was difficult to decide which one to attend because every presenter had a wealth of knowledge which they enthusiastically conveyed to their responsive and involved audiences.

In between sessions the over 700 participants who had travelled from far and wide to attend the event enjoyed the food ranging from coffee and pastries in the morning to soup, sandwiches and flans and fruit for lunch and tea and biscuits in the afternoon. There was the opportunity to buy books from Cambridge Heffers, toys and games from Lighthouse Toys of Histon, ritual objects and art from Gallery Gair of Leeds and handmade cards etc from their designer and as always the chance to talk to other participants and discuss and argue what had been presented at the individual sessions previously.

The 110 children who came [their ages ranging from nought to 16 years] had their very own sessions according to their age group. They heard from famous children's writers Adele Geras and Inbali Isserles, and made their own hummus from scratch. The children heard their own presenters to develop their ideas and leant songs and acted out some well known Bible stories. In their breaks, they played games outside and enjoyed their meals together.

At the end of the day everyone was buzzing with ideas and new knowledge as they prepared to travel home after a fantastic day in Cambridge. The event was publicised in the national news before and after the day itself.

Sessions included historian Emanuele Ottolenghi who spoke about 'Under the shadow of Iran's nuclear bomb', AB Yehoshua a well established Israeli author talked about 'Literature and culture' with Cambridge Professor Nicholas De Lange who has translated the former's books from Hebrew into English. Katie Green showed some current Israeli films and Daniel Cainer entertained his audience with his stand up routine.

It is hoped to repeat the Learning day in 2012 and readers are strongly urged to look out for the announcement and attend an absolutely unmissable event.

**Reported by Valerie Berkson of the Jewish Residents Association**



## Training and Vacancies



### Free help with **Job Search** at Cambridge Women's Resources Centre

#### Do you need help with.....

- Planning your job hunting?
- Identifying your skills and experience?
- Finding jobs to apply for?
- Writing a CV?
- Filling in an application form?
- Practising interview skills?
- Confidence Building?

#### **Return to Work**

An 8 week course from Monday 9<sup>th</sup> January 2012 for women planning to return to work – this course will get you started.

#### **Job Search Workshops**

Support with looking for a job now, available on Weds and Thurs mornings.

#### **One-to-one appointments**

Not sure what direction you want to go in? Make an appointment to see a Next Steps advisor on Tuesdays at CWRC

To find out more or to book places ring us or come in and ask at reception.  
All information is available on our website.

Hooper Street, Cambridge CB1 2NZ

Tel: 01223 321148

[www.cwrc.org.uk](http://www.cwrc.org.uk)



# CAMBRIDGE ETHNIC COMMUNITY FORUM

## Training and Vacancies Continued

The graphic features a vertical bar on the left with a multi-colored pattern of blue, red, yellow, and green. The main text is in blue and black. The Online basics logo is in the top right. Below the text are icons for an envelope, a computer monitor with a magnifying glass over the 'W' in 'www', a red padlock, and a keyboard.

**Need a little help getting started with computers and the internet?**

**Online basics**

**Online basics** is a great way for you to get started online, helping you to gain the skills and confidence you need to start using computers and the internet. **Online basics** will help you learn how to:

- Use a mouse and keyboard
- Search online
- Stay safe online
- Send emails.

Whether you're looking to develop internet skills for a new job or simply save time and money by using the internet to pay your bills – **Online basics** can help you get the skills you need to get online.

To find out just how easy it is to get started with **Online basics**, visit us at:

**Cambridge Ethnic Community Forum**  
62-64 Victoria Road, Cambridge, CB4 3DU  
FREE courses in partnership with **Cambridge Online** on Wednesdays from 12 to 3pm.  
Just drop in or call **01223 315877** for details

Or to find your nearest centre call **0800 77 1234** or visit **www.onlinebasics.co.uk**

**UK onlinecentres** **myguide** **Becta** leading next generation learning **REAL RECOGNITION LEARNING**

## Service User/Carer Involvement (SUCI)

SUCI try to involve service users in all aspects of their teaching with social work students.

A vacancy has arisen within their Programme Advisory Group (PAG) for a person from an ethnic minority background who has knowledge and experience of being a service user of either health or social services.

The group consists of service users, carers and representatives from community groups and organisations, lecturers and students. The PAG works alongside the social work team at ARU and is there to ensure that all students are aware of the reality of the experience of service users and carers during their training. They meet three times per year. Service users are paid for their time and receive travelling expenses to support their involvement. There are also other opportunities to get involved in teaching or provide advice from the expertise by experience that a service user has.

SUCI would like to know if there is anybody that would like the opportunity to be a representative of their community organisation and have their voice heard.

Further information can be found on their website: [www.anglia.ac.uk/suci](http://www.anglia.ac.uk/suci)

Their website is currently in the process of being updated so some of the information you may require may be updated over the next couple of weeks.

# CAMBRIDGE ETHNIC COMMUNITY FORUM

## Events

### **THE MYTH OF RETURN**

**A series of ten creative workshops relating to HOME, IDENTITY and DISPLACEMENT**

**An exciting free art project for BAME women exploring and celebrating your identity looking at the joys and struggles of living in two cultures and dealing with the loss and freedom that comes from having to live far from your place of origin.**

**For more details contact  
Norah Al-Ani 07981 950199 or  
Kay Goodridge 07974 786802  
who will be running the workshops  
from January - March 2012**

**To find out more about the workshops please contact  
Norah or Kay**



### **Polish Dance Spectacular**

**Saturday 25 February - Sunday 26 February 2012**

Presenting an exciting display of dazzling movement, a kaleidoscope of colourful costumes, with vibrant performances of dance, song and music that will thrill and enchant you.



12 nationally & internationally acclaimed dance companies, come together for the eighth time to present an atmospheric and enchanting song & dance spectacular, featuring over 300 talented performers. Enjoyed by thousands around the UK, now Cambridge has the opportunity to experience the richness and excitement of Polish folk culture for the first time.

A fabulous evening of entertainment!

[www.polishfolkloregruops.co.uk](http://www.polishfolkloregruops.co.uk)



# CAMBRIDGE ETHNIC COMMUNITY FORUM

## Services provided on CECF site

### Cambridgeshire Human Rights and Equality Support Services (CHESS)

Helps individuals who have been victims of discrimination, or who have been a victim of racial harassment.

Tues & Thurs 10am - 7pm  
Wednesday 10am - 4pm  
Saturday 10am - 2pm

To book an appointment, please contact  
Tel: **01223 462 615** or  
Email: [chessenquiries@cecf.co.uk](mailto:chessenquiries@cecf.co.uk)



### British Refugee Council Refugee Services



Every Friday  
10am - 1pm

For advice or to book an appointment please phone this number

Tel: **0808 808 2255**

Calls from land-line numbers and the main six UK mobile phone networks; 3, Orange, Virgin, Vodafone, T-Mobile & O2 are absolutely Free!

### Italian Benefit Advice



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

To book an appointment, please contact  
Carlo Ciccarello on **01234 357 889**

### Drop-ins at CECF

General Drop-in Times &  
Free Computer use

Tue 10 am to 4 pm  
Wed - Fri 10 am to 1 pm

### Developing Partnerships with

[The Akashi Project](#)  
[Cambridge City Council](#)  
[Cambridge Immigration Legal Centre](#)  
[Cambridgeshire Constabulary](#)  
[Cambridgeshire County Council](#)  
[Cambridgeshire NHS](#)  
[Citizens Advice Bureau](#)  
[Equality and Human Rights Commission](#)  
[Huntingdonshire Community Association](#)  
[South Cambridgeshire District Council](#)  
[MENTER](#)

### CECF Staff

Chief Officer:	<b>Eddie Stadnik</b>
Project Support Assistant:	<b>Hena Wali Haque</b>
CHESS Project Manager:	<b>Tony Lindsay</b>
CHESS Caseworker:	<b>Emmanuel Obikwu</b>
CHESS Administrator:	<b>Federica Degli-Esposti</b>

### CECF Management Committee

Chair:	<b>Valerie Berkson</b>
Secretary:	<b>Mrs Iqbal Warsi</b>
Treasurer:	<b>Mirza Baig</b>
Members:	<b>Abdul Rashid Khan</b>
	<b>Benedict Darkwa</b>
	<b>Eva Simmons</b>
	<b>George Akinza</b>
	<b>Mahendra Soopaul</b>
	<b>Mustafa Ongan</b>
	<b>Thakorbbhai Patel</b>
	<b>Kamila Lembrych</b>
	<b>Anna Mucha</b>
	<b>Dr Kashif Chauhan</b>
	<b>Dr Nadeem Abdullah</b>
	<b>A.Latif Rajput</b>
	<b>Farah Moughal</b>
	<b>Aali Sayed</b>