



NOVEMBER 2010

# YOUR VOICE

**NEWSLETTER OF THE BLACK & MINORITY ETHNIC FORUM**

*NORTH SOMERSET*

Welcome to the latest newsletter for the Forum, which has an education theme this time. There are many opportunities for adult learning in a whole range of subjects and we mention just a few of them that our members have been involved in. Let us know of any useful courses you have done and we can feature them in a future edition.

You are warmly invited to the...

**4TH ANNIVERSARY CELEBRATION & ANNUAL GENERAL MEETING  
NORTH SOMERSET BLACK AND MINORITY ETHNIC FORUM**

ACTIVITIES MUSIC FOOD DANCE DISPLAYS

**SATURDAY 27th NOVEMBER 2010  
12 noon to 4pm**

Boulevard United Reformed Church Hall,  
Waterloo Street, Weston-super-Mare, BS23 1LF

It's always a really good and enjoyable event, with lovely food and entertainment and a chance to catch up with old friends and meet new ones. It is also a chance to reflect on our work over the past year, make plans for the next and to elect the management committee for the coming year. We look forward to seeing you there.



The environment is our shared heritage, and like all things precious we all have obligations to look after it. In that shared aspiration, we look forward to more engagement with all the communities of North Somerset in the coming year and beyond. **THE ENVIRONMENT AGENCY**

## India Profile

The Indian subcontinent covers a vast and diverse area the size of Europe and is divided into the separate countries of India, Pakistan and Bangladesh. Each of these is also divided by region and district. India is a federal, secular, democratic republic with a constitutional system of governance and is divided into 28 individual states and 7 union territories. India has a population exceeding 1.13 billion people making it the second most populous country in the world. India's economy is the fourth largest in the world at US\$3.561 trillion, corresponding to a per capita income of US\$3,100. It is an incredibly diverse country with over 25 official languages and over 500 dialects spoken. All the world's religions are represented, although Hinduism is practiced by just over 80 per cent of the population. Many of the cultural themes in Indian society resonate strongly in the UK such as family and community.

Indian communities have been a valued part of the South West for a considerable time. Whilst many arrived after the independence of India in 1947, migration to Britain goes back much further than that. It is the direct result of the long contact between Britain and India. This contact with the UK officially began in the 17th Century when Queen Elizabeth I granted a charter to the East India Company. In 1608, the first British ship arrived in Surat on the west coast of India, in the state of Gujarat. Many Indians living in the South West are from this State. However, cross cultural exchanges occurred much before then via the great silk roads or routes connecting East, South and Western Asia with the Mediterranean, as well as North, East Africa and Europe over two millennia ago.

Modern India is home alike to the tribal with his anachronistic lifestyle and to the sophisticated urban jetsetter. It is a land where temple elephants exist amicably with the microchip. Its ancient monuments are the backdrop for the world's largest democracy where atomic energy is generated and industrial development has brought the country within the world's top ten nations. Today, fishermen along the country's coastline fashion simple fishing boats in a centuries old tradition while, a few miles away motor vehicles glide off conveyor belts in state-of-the-art factories.

T Brady and Devyani Rao (photos)



## Website and Logo

The Forum now has its own website at <http://www.ns-bmeforum.org> thanks to some hard work by one of our management committee members, Graham Li. We want to make this a useful site for all the community in North Somerset, and will aim to advertise future events as well as report on things that have been happening. We're particularly keen to put in information about BME groups and their activities, so let us know of anything you're doing and we'll aim to put it on the website. You can email to [bmeforum@srec.org.uk](mailto:bmeforum@srec.org.uk). We also welcome any ideas and constructive criticism!



Graham has also produced a logo which is colourful and sums up the way in which the Forum links different communities and groups. We would like to take this opportunity to thank Graham for all his efforts.

## Capacity Building Training: 21st June

Fola Kudehinbu the Assistant Director of Somerset Racial Equality Council (SREC) for North Somerset gave Capacity Building training to Management Committee members of the Black and Minority Ethnic organisations.

The members learnt about:

- Roles and responsibilities
- Stages of group development and the Transition Curve
- Establishing priorities
- Gaining commitment
- Individual Development

At the beginning, Fola explained to us the Race Relations Act 1976, the background of SREC, how SREC got involved with the North Somerset Council and the differences between SREC and the BME Forum. Then he talked about all the matters mentioned above.

From my point of view, this training has been very useful and of benefit for the Committee members who are or have been involved in any capacity in our main or linked organisations such as BME Forum, MFA, NiDA, Polish Association, Cameroonian Association, Cameroonian Childrens' Association, BME Senior Community Link etc.

At the end of the training, Fola agreed to have another Training Day for those who could not attend on that day. If you are interested in this please contact SREC office, 01934 414455.

T. Newbury



## Cookery Classes

The chairs of MFA and of NIDA are attending a healthy eating cookery course with SREC community development worker Miriam and will be able to pass on some useful information for the groups.

Also Age Concern has been running some "Older Men's Cookery Classes" which one of the members of the management committee has been attending. To the right are a couple of recipes from his class:

## English Classes

The Forum provides a free class every Tuesday afternoon at the Badger Centre in Weston from 2.30-3.30 thanks to two qualified volunteers. If you would be interested please contact us or just come along to the Tuesday drop-in at the Badger Centre. There are a number of places where speakers of other languages can learn English. Some are free and some you have to pay for.

## IT Classes in Nailsea

We have had 2 IT sessions in Nailsea supported by the Black Southwest Network and organised by Age Concern and SREC cdws. If you are interested in further classes please ring Miriam on 01934 414455.



## NIDA Dance Classes

Members of the Nailsea Intercultural Dancing Association (NIDA) have recently completed eight weeks of line dancing classes with support from North Somerset Council.

The group had always been keen to experience some professional dance training and this was made possible through a partnership between the Sport and Active Lifestyles team and Somerset Racial Equality Council (SREC).

Active Lifestyles Development Officer Bob Hill said: "We are working hard to support community groups in becoming more active. Line dancing was something this group wanted to try and we were really keen to get some sessions going."

SREC community development worker Miriam Robertson said of the dance group: "It was a brilliant opportunity for families to get together, exercise and have fun. We had a range of members from grandparents to grandchildren who really benefited from the classes."

Line dancing instructor Val Vella commented: "I have really enjoyed teaching this group and in the last two weeks it has been particularly rewarding to see them get to grips with the dances and enjoy it so much!"

The next challenge for NIDA is salsa classes and they are already planning their next series of dances.

## Oat biscuits

- 3 oz self-raising flour
- 3 oz porridge oats
- 3 oz granulated sugar
- 3 oz butter
- 1 tablespoon golden syrup
- 1 tablespoon milk



Method:

1. Grease a baking tray and preheat oven to 180c, Gas Mark 4
2. Sift flour into a bowl. Mix in the oats and sugar
3. Melt the butter, syrup and milk in a small pan and add to the dry ingredients. Mix well until combined
4. Place spoonfuls on the baking tray all the same size
5. Bake in oven for 10 – 15 minutes or until golden brown
6. Leave to cool for 5 minutes then transfer onto a wire cooling rack
7. Store in an airtight tin

## Shortbread

- 4 oz butter, softened
- 2 oz caster sugar
- 6 oz plain flour
- 7" round shallow cake tin



Method:

1. Heat the oven to 190c, Gas Mark 5
2. Beat the butter and sugar together until smooth
3. Stir in the flour to get a smooth paste. Turn out into tin and press with fingertips until flat. Prick all over with a fork and score the top with a knife
4. Chill in the fridge for 20 minutes
5. Bake in the oven for 15-20 minutes, or until golden brown
6. Set aside to cool on a wire rack. Sprinkle with a little caster sugar
7. Flavourings can be added to the shortbread – chopped glacé cherries, chopped crystallised ginger, chocolate drops





## Community Café

Members of the Members of the Black and Minority Ethnic Senior Community Link (BME SCL) and Miriam supported the latest community café in Portishead where older members of the community enjoyed a bit of pampering as one of the MFA members provided nail care and varnishing. People also enjoyed a taste of multicultural food provided by members from their home countries. Everyone enjoyed a dance following the steps of our local teacher from the Phillipines.



## Weston Community Show

On the 26th – 27th June 2010, BME Forum took part in the Community Show at the Beach Lawns run by Weston Town Council. There were many community organisations represented.

BME Forum represents groups who are already known in the community such as the Multicultural Friendship Association, Cameroonian Association, Nailsea Intercultural Dance Association, and BME Senior Community Link (BME SCL) in Weston Super Mare. Nearly 90 people came to our stand and were interested in knowing more about our group or, for some of them, learning for the first time about us. This was our opportunity to let the community know that we are in existence.

It was a very enjoyable experience to get involved in this event. BME Forum would like to thank the Town Council and those who organised this event.

T. Newbury



## MFA's AGM and Second Anniversary

Multicultural Friendship Association (MFA) held their Annual General Meeting on 30 September from 7 to 10 pm at the Weston Cricket Club. It was well attended by members. It was a very entertaining evening with MC Terence introducing a variety of songs from Poland, Indonesia and from Soal-Cake singers. Also dances including cha-cha by Mercy and Karen, Spanish Flamenco by Malcolm and Cameroonian children.

A big thank you was given to Somerset Racial Equality Council (SREC) in the persons of Quentin Isaac, who will be retiring at the end of the month and Miriam Robertson and to Wendy Bryant from VANS. David Onamade (Chief Executive of SREC) presented Certificates of Appreciation to the volunteers. Chair Carmella Kellaway had announced her resignation as she will be busy with various commitments but will take the Vice-Chair position.

Triliria Newbury was elected chair as former Chair Carmela Kellaway stepped down due to her many new commitments but accepted the position of Vice Chair, so she was thanked for her selfless contribution and wished good luck in her new ventures. Gloria Ingham was elected secretary for the second year and Grace Li as new Treasurer. Thanks were also extended to the new Management Committee members 2010-2011.

MFA has been successful in securing a Grassroots grant and a special thank you to Quartet was recorded. The event was very successful and everyone enjoyed the exotic foods served and last but not least a big thank you to Poppadom's Indian Take Away for their continued contribution and support to all our events.

Gloria Ingham

