



Connecting Communities

A Dudley Migrants' Voice Newsletter



Thierry Barholere

Editorial

I am pleased to introduce the third edition of the *“Connecting Communities: a Dudley Migrants’ Voice”*. This is an opportunity to have migrants in Dudley voice their opinions through writing while remaining connected with the wider community. Our primary focus has been to helping the reader gain an understanding of the contributions of migrants in to the community.

I would like to thank the migrant groups and all our readers who have sent us their contribution for this edition. I would also like to introduce to you the new editorial team that will take over the edition of this publication. The team will be led by Hanan Shire assisted by Eunice Kasule and Mandeep Arora. I’m confident that Hanan and her team will be updating our readers about migrants stories and activities in the community.

The last few months have been both exciting and challenging for some migrants here in Dudley as we will share in this publication. Nelson Mandela once said; *“After climbing a great hill, one only finds that there are many more hills to climb”*. We have learned to build upon our past success as we hope for the best future. We continue to extend our appreciations to Barrow Cadbury Trust and Dudley MBC for their much needed financial contribution toward this initiative.

It is my hope that you will enjoy reading this edition and most of all be able to contribute to the next one coming up in December. Please feel again free to like our Facebook page on www.facebook.com/5Estates Plus Project.

Finally, I would like to ask you to please save in advance the date of **Wednesday 18th December 2013 for the International Migrant Day event** to be held at Dudley College from 6pm. Further information will follow in due course.

Warm Regards
Thierry Barholere (Editor)

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“After climbing a great hill, one only finds that there are many more hills to climb.”

Nelson Mandela.

Learning from Mandela's attitude

In the last few months all the world's media turned to African continent especially in South African where particular attention was paid to President Nelson Mandela in his critical time. I was invited for a coffee with a group of migrants in Dudley on July 18th, The International Mandela Day also known as Mandela Day. They asked me, "... as migrants what can we learn from Nelson Mandela".

I started by mentioning that I was not yet born during the Apartheid and I was in my teen when he came out of prison. Nevertheless, my brother **Vital Barholere**, then human rights activist in the South Kivu/Eastern DR. Congo had Mandela's photographs on each wall of his room and at his working cabinet with Mandela's quote; **"It always seems impossible until it's done."** This was his inspiration to fighting against social injustice, oppression and suppression in his native land. From what I have gathered, a lesson from Mandela, all in one is- **A life beyond symbol.**

It took a painfully long walk to freedom by not only Nelson Mandela but all those affected by the struggle to liberate the country. Yet, emerging from the shadow and darkness of Apartheid, emerged the light of forgiveness. Liberation had seen brutal violence; it had cost many lives, and seen large numbers of anti-apartheid activists thrown into jail. Yet, Mandela was able to appeal to the national consciousness and call for unity. Indeed, in Mandela's defence statement in 1964 while he was on trial he stated:

"I have fought against white domination, and I have fought against black domination. I have cherished the ideal of a democratic and free society in which all persons will live together in harmony with equal opportunities. It is an ideal which I hope to live for, and to see realised. But my Lord, if needs be, it is an ideal for which I am prepared to die."

30 years later, even after he had spent all of that time incarcerated, he repeated those words. It was never his plan to dominate the white people. His walk to freedom was not led by the notion that the indigenous population have the right to certain resources, simply because they were there first. Rather, he had a concept of equality, a philosophy of fairness, and an ideal of harmony.

Before, during and after prison, Mandela was interested in white people being a key part in the development of South Africa. The dream of a rainbow nation had not faded. He knew that peace, stability and prosperity can only be sustained when there is equity and social justice. Yet, while we celebrate Nelson Mandela and talk of his remarkable journey, it is also important that we are able to learn from history.

President Nelson Mandela



"I hate racial discrimination most intensely and all its manifestations. I have fought all my life, I fight now, and will do so until the end of my days."

Without the critical reflection of history, there is a danger that it will repeat itself within modern society. Hence, we must take the lessons and understand that equality is in the interests of us all in our communities.

For a more prosperous society, for a more peaceful society, we must first and foremost have a more equal society. We should take the lessons and the values of Mandela's life story and attitude. To seek the greater good, even when there has been historical injustice. It is only then, that we shall have not only a big society, but also a fair society, a society where we all feel proud to be a part of.

The Mandela Days, July 18th as declared by the United Nations, is a global call to action for everyone to make positive contribution in the community where their live and beyond.

By Thierry Barholere



"Nothing for granted"

It is always a good privilege for me to be involved directly in my community. I have taken part in community big

clean up and always amazed to meet new people and make new friends. This has helped me develop confidence and a good understanding of different cultures within the community. The community big clean for example have helped understand that despite their origins, race, belief or perspective, people in the community are called to make a difference, support one another and achieve common purpose together within the community spirit. Getting involved in trainings organised for migrants can never be taken for granted.

I love living in Dudley.

By Yannick Zazi

“Being new in a new community”



My name is Eunice Namugga Kasule. I came to join my family to live in the UK last May and also looking forwards to continuing my studies. I live in Dudley and I have find it to be a nice place for me because when I arrived in Dudley, I didn't know anyone, no friends,

therefore, no social life. I would say that I did not understand people very well, their English accent especially when this is a mixture of a black country accent. But, thank God that progressively I have made connections with people who supported me and introduced me to the Centre for Equality and Diversity (CfED).

I was invited once to attend a community meeting led by the 5 Estatesplus Project and this was very encouraging. I started talking to different people without fear and attended community based training and workshops. For instance, I recently attended The ICT & Computer training for migrants which was organised by the 5 Estatesplus Project and this helped me a lot as I didn't have computer skills.

I'm also involved in volunteering in the community through CfED and I hope this will help me gain more skills for my future career and better knowledge of the community here in Dudley.

I have been in the country for less than five months and I'm pleased that I have made considerable steps to engage in the community. Of course this has been possible only through the support I have receive from the 5 Estatesplus Project. I'm very glad that will be able to contribute into the Dudley migrants newsletter working with the editor and my other colleague to produce the next edition. I have learn that, the secret of being happy is not doing what you like, but, to like what you do. I would like to encourage other migrants and non migrants to join the 5 Estatesplus project, get involve in the community and let change our community together.

By Eunice Kasule

“Starting up your own Business”

Within the current economical and social climate, life has become very demanding especially for migrants who no source of revenue. How easy can is it for migrants to engage in business venture? Is there any help available in the community? A group of migrants in Dudley had had series of events on issues of engaging in new ventures. Tony Andrew from the Skills Work Employment Development Agency (SWEDA) has been discussing with man and women in Dudley about Social Enterprise to ensure that the current debates and ideas in the social enterprise could be shared within the diverse community.



Tony Andrew (middle) with migrants in Dudley

Tony exposed very inspirational ideas and this was a good opportunity to make connections and learn from many ideas that had already flourished. He shared with the audience the tips about what to consider when engaging into new social venture and the impacts this will bring have on your life in the community. SWEDA will be holding more free events on self-employment in Dudley. These will normally start from 9:30am on Tuesdays 10th September, Tuesday 8th October, Tuesday 5th November and Tuesday 3rd December 2013 at Dudley Library, St James' road, Dudley, DY1 1HR.

For more information you can contact SWEDA on 0121 5252558 or email: www.sweda.org.uk

A new editorial Team for Dudley migrants' Newsletter

When Thierry offered me the volunteer editorial role for the Dudley Migrants' Newsletter few weeks ago, I excitedly jumped on the opportunity. It was only few days after our initial meeting that the immensity of the task sank in. And all the questions started pouring down; the main concern was are we up to the responsibility of representing the stories and experiences of immigrant communities in Dudley?



Hanan Shire

It turns out There was no need to be concerned; as soon as I met my team I realised my worries were futile and unfounded. And I thought to myself now here are two strong, talented young ladies with the desire to speak for their communities, build bridges and keep everyone informed.

Furthermore, they are actually volunteering their time and effort which is in itself an admirable thing considering that people of their age rather spent their time elsewhere and doing other things.



Hanan, Mandeep and Eunice

From our first meeting we agreed that It's very important for us to uphold the integrity and purpose of this newsletter and I have all the confidence that my team and I strive to accomplish exactly that. As always we will appreciate your comments, experiences and stories for the forthcoming edition.

See you in December.

By Hanan Shire

Volunteering opportunities in the community.

Cara Evans was invited to speak about volunteering opportunities and services that are available in Dudley. This was a great way to learn more about the benefits you can reap from investing your time in your community.



I have no doubt that this experience will be extremely useful in my practice as a student. I heard the opportunity to discuss with some participants who also suggested that they enjoyed the workshop and very happy to learn some of the challenges they are likely to encounter while working as volunteer. It was also interesting to hear some point of view from those who had accumulated considerable experience from volunteering in the community. We learned from each other and I'm determined to use these skills to develop my career, forge supportive relationship within the community.

By Tovy Ibandula

ICT & Computer Workshop

12/8/13 - 14/8/13



Vicky Ngamsha/facilitator

"I left the workshop very satisfied that participants were more confident and prepared to put their skills into practice. Every minute was incredibly productive and participants presented a phenomenal team that made the workshop richer and enjoyable." There were 9 students who attended.

Vicky Ngamsha

“Living in Dudley”

My name is Mandeep Kaur Arora, its been 6 years that I have been living in the UK, when I first came into this area, it was all very alienated as I didn't know the language or anything; everything was really new and different to what I have been use to see.



Experience in Dudley has been very welcoming and pleasant as people here are very friendly and helpful. I have done my schooling at Pensnett High School and college from Halesowen College.

School and College has really helped me to develop skills and be confident and has educate me to do something in life and the ability to be something with all the help and support from teachers and other members of staff.

I manage to get good GSCE grades from school and got my L3 Extended Business Diploma last year and have just recently gained another qualification in AAT L3 Diploma in Accounting. This has been all possible because of the continues support and motivation from teachers and people from local education centre for example after school classes in English and Math's in order to help us adjust in here well and quick.

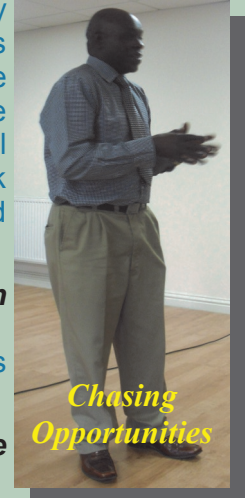
I have also got myself associated with Community work where I help them in desk work, producing and working on leaflets and an overlook of how work is carried out and how events are organised, what work goes into it and taking part in different activities.

By Mandeep Kaur Arora

“Why do I do it ?”

Tell me about yourself and what you do?

My name is Jean Dalton, I have been living in Dudley for 5 years now and I work as senior mental health nurse. I am currently running my own business in Dudley which is called **Carmona Care Ltd**. The business focuses on personal care for people mental health, physical and learning disabilities. We work specially with young people and adults.



For how long have you been running this business?

We have only 2 months in this field.

What motivated you to engorge in this type of business?

As a migrant particularly, I felt that there was a huge need to engage in this kind of sector to support my community. Most people from my community did not have much understanding and awareness of support network available for them in the community especially when it comes to health and social care.

There are some needs that order a good understanding of cultural elements. Also some will have the willingness to work within the field of health and social care but lack essential skills and trainings. Our aim is to be able to provide essential trainings to migrants to empower them engage into voluntary employment within the community or/and enhance their employability. This will then support their integration in the community. This is why Carmona Care provides Diploma level 2-3 and L5 in health and social care and various short courses. We also provide care for people who require personal care, whether from their own home or within a supported living accommodation.

Tell me about the challenges you face or are likely to face in the future?

Securing local contract especially from the local Authority given the fact that we are in the market. Getting funding for other community focus project with this current economic crisis. But I believe that we will get there through hard work and commitment.

Have you got a particular message to your community?

Yes, for all the BME community, please do not wait for any opportunity to land on their tables. Take the risk to do something one day you will reap from the time you invested. Get involved in your community and connect with others.

Jean Dalton interviewed by Yannick Zazi

Women's Creative Day Event

The Dudley Women's Creativity day on the 29th of June 2013 brought together women from all cultures and backgrounds.



The day was organised by Unique Women and packed with exciting activities aimed at encouraging women to not only take up a new creative vocation or hobby, but

also to showcase their talents.

Highlights of the day included Chipo Mudere launching her second book "Look and See" a true showcase of creativity, the book highlights the need for personal insight and reflection to achieve success.

Dudley Artspace sponsored 2 workshops, jewellery making and arts and crafts, these were a huge hit amongst the women and children with people taking home completed pieces of work.



Also on the day were makeup workshop by Mary Kay, dance workshop, ethnic clothing, custom jewellery and health and wellbeing from Forever Living products and Relive. Dr Cleopas Chitapa gave the Keynote speech encouraging women to expression and creativity. Overall



the day was a resounding success with many of the women keen to meet again for a similar event in the future.

By Rennie Mudzi

Inspired Communities: 6 Weeks Summer Scheme

A group of young people from migrant families attended a summer scheme during the 6 week school break organised by Inspired Communities based at 14 Canal Street in Brierley Hill-Dudley. Inspired Communities was set up to support people in the local community to access sporting activities and make it financially viable to do so.



Through this summer scheme young people from different cultural backgrounds participated in outing and sporting activities. This was a good opportunity for social interaction and development of friendships with other nationalities.

One migrant, Marianna from Latvia whose children attended the scheme said *"I am very pleased that this scheme was available especially for my children as I could not afford to continue working as a supervisor at Asda and organising child care during this period"*.

Paul Campbell, the director of Inspired Communities said:

" We encourage everyone to visit us and use our facilities/services. We promote equality between different groups in the community whilst also addressing the diverse needs of individuals..... We have a 2000sq feet communal Hall, licenced bar , beauty salon. Our venue is well equipped with Disable facilities."

For more information about Inspired Communities, please contact Paul Campbell on 01384 262811 or 07774641570

Breaking the barriers of Silence

The Unique Women of Excellence

organised a one day breast cancer awareness session during the Ethnic Minority Cancer Week on July 11th 2013 at Dudley Leisure Centre. The event was specific for women for African nations and helped to raise awareness of breast cancer while considering cultural issues. This was a great opportunity offered to both Women from African nation and health professional such as Dudley Public health Staff and other who have supported the event to explore cultural issues around cancer and how this particular group can be supported.



Talking about Cancer

The NHS Breast Screen Health Advisor gave a talk on the importance of regular breast checks from the age of fifty. Sue Barker shared her life experience with breast cancer and the measures she took to combat it.

Sue now watches what she eats and sells and recommends Forever Living Products for boosting the immune system. The Health Exchange team informed the women to manage their diet and exercise through a health exchange program.



The event was closed with a 45 exciting Zumba taster session from Kelly Powell.

Women enjoyed this session and have asked for more sessions to be organised in the future.

Physical activity and diet

One participant said, *“I have learned that diet and physical exercises can reduce the risk of cancer. Speaking with the health exchange team at this event I will try to stay healthy by making health food choices and also do some exercises when I can.”* The event also raised interests from participants to have this type of event or physical activities regularly so that people can be full aware of the issues of



cancer at take appropriate measure to reduce the risk. There was a feeling of satisfaction expressed by participants who believed that it was a very good opportunity

to meet with professional at the event and outline the support available in the community.

Learning from others' experience

Another participant mentioned: *“After listening to the testimony from the Cancer survivor, I understand that cancer can be beaten and the chances to overcome are much when you get the information about what you should do at the earliest stage”.*

There was a feeling of satisfaction expressed by participants who believed that; it was a very good opportunity to meet with professionals and learn about the support available in the community.



By Sarita Chitapa

Letter to the Editor.

I am writing to you to testify you and your organisation have done for me. You took my case with compassion and empathy, that shows the real people in the real world.



Without you I will be without a dream achieved, but you stood up and fought for me with patience and all went right.

Thank you very much. My pastor once said that “Everyone was created with his own gift, and each gift is meant to meet a need.” You used your own gift to help people in need.

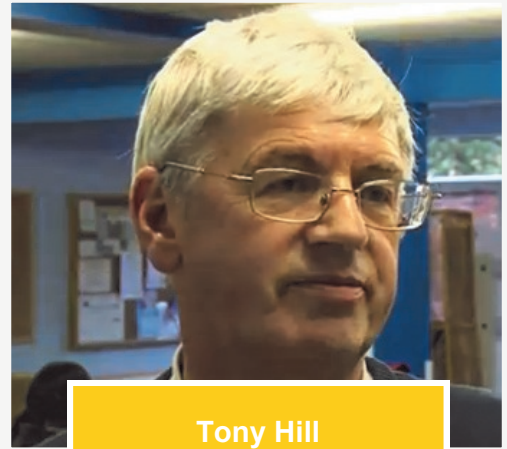
I came to you with desperation and nor more hope but you help me with your gift to overcome the stress and gave me new hope. I am now very happy and joyful I can continue my education and build up my future with hope.

I thank you so much for your time and all the efforts you put in place to help get rid of this situation.

May the lord blessed you and strengthen you with all your heart desire.

By Elise

Welcome Group-Halesowen



Tony Hill
Welcome Group Halesowen

“We have been operating for 4 years now and for 4 years the needs of people we meet have changed considerably.

We set up with intention of providing a welcome group to new people coming into Halesowen who knew nothing about our customs, our systems.”

This is extracted from the DVD ‘Our Story - Life Experiences of migrants in Dudley’ available on <https://www.youtube.com/watch?>

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