

## EMAG goes to the House of Lords

In February, Lord and Lady Sheikh invited EMAG to the House of Lords. We had a fascinating look at the way it works starting with a cream tea in the dining room. We then watched a debate on the treatment of children who commit offences. In our tour we had an informal meeting with Lord Tebbit who was charming and engaging and told us he had relaxed the rules of his famous cricket test. We went over to the House of Commons to view a debate on the moves by the European Union to have a role in the social care agenda. Returning to the House of Lords, Lord and Lady Sheikh showed us the library and other parts of the beautiful building. Lord Sheikh was keen to show us that in the House of Lords people with enormous skills and experience work cooperatively and intelligently to make the best possible legislation. We



Lord and Lady Sheikh with EMAG delegates

thank him and his wife enormously for a very interesting visit.

## Healthcare for London Consultation

Healthcare for London: Consulting the Capital is a formal public consultation that has been launched to ask Londoners their views on how the NHS in London could provide better, safer, and more accessible services.

This consultation is not about individual hospitals or clinics but aims to build on the solid foundations of the whole healthcare service to create individual patient care that meets the needs of all communities – now and ten years in the future. The consultation was launched on 30th of November 07 and lasted until 7th of March 08.

To make sure that patients get the best from health services, the consultation focused on the following proposals

- Staying healthy
- Maternity and newborn care
- Children and young people
- Mental health
- Urgent care
- Planned care
- Long term conditions
- End of life care

The consultation recommendations are based on 5 principals:

- Services based on individual needs and choices
- Localise when possible, centralise when necessary
- Truly integrated care and partnership working, maximising the contribution of the entire workforce
- Prevention is better than curing
- A focus on health inequality and diversity

### Events for your diary

Two Multifaith visits -

19th June 08 (Watford Temple and Southall Gurdwara) and 18th September 08 (Ismalia Centre and Regent's Park Mosque).

Bike Across Cultures event- 21st June 08.

Open Forum Meetings -

16th July 08, 19th November 08 and 11th March 09.

Annual General meeting - 10th September 08.

Multicultural event - 21st November 08.

## Edgar Road Support Group

- Wednesdays 12.15 to 2.15

The Group was set up in January 2001 to give support to the members of BME Community living on the Hounslow Heath Estate who were experiencing racial disadvantage and were finding it difficult to access mainstream services.

Our aim is to encourage people from diverse communities to become more integrated into their local area. Edgar Road Support Group is one way of getting more involved

We organise information sessions on identified topical issues such as racism, drugs, alcohol, and health issues, which are openly discussed among members. We have organised sessions on HIV/AIDS, DV, Stop Smoking and also provided help and support on one to one advice sessions on various issues such as Benefits, Housing, Repairs, and Police matters over the last six months- average attendance 20.

## Butts Farm

BME community living on Butts Farm Estate have been receiving advice, help and support on various issues twice a month on Wednesdays 10 - 12pm. 25 members have walked into the office to seek advice and EMAG has played an important role in advocating on their behalf and resolving the issues.

## Cultural Event

- Sunday 30th October 07

44 women dressed in pink and red celebrated Karva Chauth at Hounslow Heath Community Centre, a fast undertaken by married Hindu women who offer prayers seeking the welfare, prosperity, well bring and longevity of their husbands.



*Support group members and the Mayor of Richmond enjoying the multi-cultural celebrations*

## Multi-cultural Celebrations

23rd November 08

Once again members of the support groups including children enjoyed a party to celebrate multi-cultural festivities. The event was family entertainments. Guests included the Mayor of Richmond, local police, statutory and voluntary organisations. The highlight of the event was Harjinder Dhillon from RHP walking on burning coat, of course not in the community centre but in the car park area. Cold but pleasant, all young and elderly sang songs and applauded Harj for this wonderful act. During the evening 18 volunteers from Global performed singing and dance act.

Everyone thoroughly enjoyed including the Mayor of Richmond.

## ESOL - English for Speakers of Other Languages

Working in Partnership with Richmond Adult & Community Centre Hounslow Heath Estate Community Centre attended by 52 students welcomed by Asylum Seekers/Refugee community.



## A success story of a member of Edgar Road Support Group attending ACL programme

Nahid Nurestan a student of Multicultural Fashion and Healthy Exercise classes is extremely happy because she managed to lose weight within 12 weeks of attending exercise classes. Nahid had to redraft pattern of her dress by 2 to 2.5 inches from the initial pattern which she prepared before she started attending healthy exercises classes.

She has benefited both from Healthy Exercises by losing weight and by pattern drafting in sewing classes.

Quote: 'I have gained confidence and practice in reshaping the garment by putting darts which is not a part of curriculum. Thanks to EMAG for organising these classes'. *Nahid Nurestan*

## er Languages

lege, these sessions are held on Wednesdays and Thursdays at  
ents learning Basic and Level I. The sessions are popular and



*Busy sewing*

## Adult Community Learning Programme

Emag has been promoting Lifelong Learning by qualified Tutors and Trainers in partnership with Richmond Adult Community College.

For 2007-08 we enrolled 70 learners to improve their level of communication, raise self-esteem, confidence, learn to remain healthy and active and to ensure families have the basic skills and understanding to assist their children in their education.

By learning new skills the members will improve employment prospect and improve their communication between minority ethnic and monolingual families in the area.

The activities of the programme meet the Government's Life Long Learning and quality assurance measures.

The programme includes:

- Healthy Living and Exercise - an opportunity to keep fit and healthy -20 members
- Multi Cultural Fashion Basic and Level. 20 members learn to create their own patterns that are made to measure for multi cultural garments. Also the opportunity to use commercial patterns and make garments ie: salwar, kameez, skirt, blouses trousers.
- Water Life Saving Skills (learn to Swim) - 10 members
- IT learning skills (Meeg)- 18 members

*Staying Healthy*



# Minority Ethnic Elders Group

Since our last MEEG update we have gone through a bit of a transformation! It is a really exciting time for all our current and future members as we have established a wider variety of services to our offerings.

Our membership has soared to 117 members, an increase of almost 20% since last year. As always, we aim to keep our members both physically and mentally fit with entertaining trips and activities.

We have had a wide variety of speakers visiting the group who have come to discuss informative issues such as Recycling, Richmond aid, Crime Prevention and Safety at Home. Here members are encouraged to participate in the information sessions by asking questions. For those members who struggle with English as a first language- help is at hand with MEEG staff and volunteers translating into community languages.

The Stretch and Movement sessions are as popular as ever, as are the Health Walks to the pleasant Murray Park in Whitton. The IT class has also maintained its popularity- with us now offering not only a basic but an advanced course to teach new skills to the members who successfully completed last year's course.

In addition to all these activities, MEEG now hosts a Cultural Programme celebrating all major religious events. Amongst others, the members enjoyed a Christmas lunch on 20th December 2007, with a surprise guest, Father Christmas! And a Diwali party on the 15th November 2007, with traditional costumes and dancing.



*Stretch and movement session*

This year's trips saw us visiting Hastings in July, where members enjoyed a windy walk by the sea and a beach picnic with a great atmosphere of a true group-sharing, laughing and singing together. Our second was a regal affair, when the group visited the Queen at Buckingham Palace and enjoyed a lunch in St. James's Park. Highlights of this trip were viewing the exquisite Royal memorabilia from the Queen's wedding, even including the Queen's wedding dress.

*Learning IT skills*



## Quotes

**'We all smile in the same language'**

*proverb-Mexican American*

**Men hate each other because they fear each other, and they fear each other because they do not know each other, and they don't each other because they are often separated from each other.**

*Martin Luther King*

**You must not lose faith in humanity. Humanity is an ocean; if a few drops of the ocean are dirty, the ocean does not become dirty.**

*Mahatma Gandhi*

Let's Strive For

**Community Harmony**

**Cultural Diversity**

**Rejection of Violence**

**Resolution of Conflict**

**Reconciliation of Differences**

# New immigration point system goes live in Britain from 29th February 2008.

The British government has launched the first stage of new points-based system for migrants from outside the EU. Migrants from EU countries- with the exception of Romania and Albania- face no restrictions on working in the UK. The government says that the point-based system is the biggest change in UK immigration policy 'in a generation' and will attract migrants with the right skills to boost Britain's economy while easing pressure on local public services.

Immigration minister Liam Byrne said the changes, which he says are based on Australia's immigration system, offer enough flexibility to respond to changing economic conditions.

## Migration: How points will work

A points-based system: five tiers

There are five tiers within the points scheme within which people applying to work in the UK would be categorised.

### Tier One: Highly Skilled

The most skilled professionals will automatically have enough points to come to the UK without a job offer and seek work or set up a business. This tier includes entrepreneurs, top scientists and business people. Tier one is the first part of the system to be rolled out with ministers saying it will be fully operational worldwide by the end of summer 2008.

### Tier two: Skilled with job offer

This covers people with qualification or important work related experience in a huge range of sectors from health service workers to white-collar jobs and the trades. People in this category will be given points on their talents and will be allowed into the UK if they have a job

offer in a "shortage area" such as nursing. Tier two will come in to force from late 2008 and employers will need to register as a sponsor. The government says that employers who don't meet strict criteria could be barred from bringing in foreign workers.

### Tier three: Low skilled

Until now, the government has allowed temporary migration to jobs in hospitality, food processing and agriculture from all over the world.

It is has now cut these permissions in favour of workers from the expanded European Union, who do not need prior permission to arrive. No date has been set for this tier to be activated. Officials say they believe vacancies can be filled with EU workers.

### Tier four: Students

This will come in to force in 2009 and covers those paying for tuition in the UK Universities and colleges increasingly depend on the income from overseas students-and many institutions have developed formal links with counterparts abroad. In previous years student visas have proved controversial, with allegations that it was a route open to abuse.

### Tier five: Temporary workers, Youth mobility

This will include professional sports people or professional musicians, who want to "work" in the UK for an event such as the Olympics or a football match, or a concert. The youth mobility aspect is intended to cover cultural exchanges or working holidays by young people. This will be in force before the end of 2008.

The full documents are available on the UK Government's Border and Immigration Agency website.

EMAG does not give any advice on immigration.

## Community Police Partnership

The Community and Police Partnership (CPP) meets once every two months at York House, Twickenham to discuss all aspects of policing within the London Borough of Richmond upon Thames. The aim is to facilitate co-operation and understanding between local police and the community they serve. Effective policing can be achieved only with the consent and co-operation of the public. By its constitution, the CPP maintain its

independence from the Police and Borough Council. The membership includes senior Police Officers, Councillors, local members of parliament, statutory agencies as well as voluntary groups such as EMAG, Neighbourhood Watch, Victim Support and other groups.

Members of the public are encouraged to attend meetings in order to raise general policing issues.

## Ham Ethnic Minorities Support Group

Ham Ethnic Minorities Support Group opened in October 2007. The club is meeting every other Tuesday from 4:30 to 6:30 at Ham & Petersham Youth Club. 17 members are affiliated and average attendance is 14. Children take part in different activities such as football, art, puzzles while mothers relax and cook a healthy dinner. Health walks are organised every other Monday from 9:30am to 10:30am. Ham group celebrated Christmas Party Tuesday the 11th of December 07. Families enjoyed the party, special food; music, dancing and other surprises were planned. All members received a gift and participated in the decoration and planning of this event.



*Christmas celebrations at Ham Ethnic Minorities Support Group*

## Healthy Diet Club & Control Weight Support Group - Another EMAG initiative:

It is a pilot project funded by Richmond and Twickenham PCT in response to Choosing Health, a national initiative with a preventative approach tackling health inequalities and improving access to vulnerable and disadvantaged groups.

The club was launched on January the 25th of March 2008 at Whitton Community Centre. Members meet

every Friday from 10:00am to 12:30pm. People from 6 different nationalities attend these sessions. Club offers healthy cooking recipes, walking for (40 minutes), keep active ideas, control and losing weight within a support group. We have registered 23 members very keen to lose weight and stay healthy, average attendance is 18-20 each week.

## Castlenau Support Group

Castlenau Support Group was launched on the 26th February 2008. There was good response, 13 people including women turned up. We will provide help, information and support to all the members of BME communities. Currently we are holding one session every month. We are asking our members to identify activities we should hold and may be increase to twice a month. Activities will include healthy exercises, discussion sessions and talks on identified topics. Workshop for learning to speak English and computer skills will be introduced depending on demand.



*A friendly chat*

## EMAG FACTS

The Ethnic Minorities Advocacy Group (EMAG) is an independent voluntary organisation working for equality and fairness for the ethnic minority communities living and working in the London Borough of Richmond upon Thames. EMAG members include representatives from different ethnic minority groups, individuals, local councillors, council officers and the police

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Members - if you would like to make comments or contributions to the Advocate please contact us at EMAG.