

# Roshni Newsletter

1st Edition

Autumn 2011 Newsletter



## Editors Note

Welcome to the first edition of the Roshni Quarterly Newsletter. We hope you find it informative, and keeps you up to date with our services and activities. If you would like to include an article in the newsletter please get in touch with the Roshni Advocacy team.



## About Roshni...

Roshni is a citywide centre for South Asian women who are currently living or working in Sheffield. Our organization provides a voice for marginalized and vulnerable women, offering practical and emotional support through:

**Youth and Mentoring**-providing guidance and assistance to young Asian girls ages between 13-25 who may need help with education, personal issues, may be NEET ( not in education, employment and training) or at risk of becoming NEET due to disengagement from mainstream services and opportunities.

**Training & Engagement**- helping Asian women of all ages to learn new skills and develop themselves through courses and programs such as English, IT, Financial Independence, sewing etc.

**Safe & Secure Project**- supporting elderly women 50+, helping them to access services and providing them with opportunities to engage with the broader community.

**The Cares Project**- supporting women who care for people with mental health issues through providing emotional support and awareness.

**Advocacy Support Service**- Providing emotional and practical support to vulnerable Asian Women. We can help you with:

- Making phone calls

- Writing/explaining letters
- Giving information about other services and signposting you
- Building your confidence
- Providing a confidential space for you to talk

**Our team of volunteers and workers speak Urdu, Punjabi, Hindi and Bengali**

Roshni has had a successful 2010-11. Join us to celebrate "20" years of Roshni at our AGM in January in 2012. Details of which will be out shortly.

Please contact the centre to find out how you could benefit from the services we have on offer Tel: 0114 2508898.



**Would you like to advertise in this space?**

**Call the Roshni Advocacy Team on  
0114 250 8889**

**Would you like to advertise in this space?**

**Call the Roshni Advocacy Team on  
0114 250 8889**

## Events & Activities

### Update On Events and Activities

Since April 2011 Roshni has organized activities and events, which include:

- ESOL Classes level 1 & 2
- Introduction to Play-work
- Fit As A fiddle Women's Chair aerobics in partnership with Activity Sheffield
- Safe and Secure Group sessions for older women
- Carers Group Sessions (for carers of people with mental illness)
- Trip for Carers to Chatsworth House, and joint activities with St Wilfrids which include belly dancing.
- Box-Fit Boxing for girls 13—25's
- Outreach sessions in Firshill Primary School in partnership with South Yorkshire Police and PCT
- Workshops aimed at Bengali and Pakistani clients on budgeting, and how to manage your own money in partnership with Citizen Advice Bureau DSU.
- Day trips to Bridlington, a trip to Bradford and a mother and daughters shopping trip to Birmingham – famous Asian retail shops.
- Play work activities for young girls in the school holidays on mehndi and calligraphy.

To mark **Ethnic Minority Cancer Awareness Week**, Breast Cancer Care & ROSHNI hosted a Women's Cancer Awareness Open Day on 13 July 2011. The event provided information about breast, bowel and cervical cancers and what BME communities should do to access support.



444 London road, Sheffield S2 4HP

Phone: **0114 250 88 89** for more information

Charity Registration Number: 1007292



Hello Everyone,

My name is **Sarah Marsh** I am a Trainer and Assessor at Sheffield Out Of School Network. I am part of a team who deliver courses aimed at people who work with or are wanting to work with children in play work settings. Personally I have been involved in working with children since my own son was very young and have worked in various settings with children all of which I have enjoyed.



Recently I delivered at Roshni an Introduction to Playwork course. It was aimed at people who want to start to work with children in playwork settings and it covered various aspects of a playworker's role. I thoroughly enjoyed delivering the course. All the ladies were keen to learn and were always very welcoming. A big thanks to all.

### What's on at Roshni ...

- English and IT classes (all levels) at Roshni from 16th Sept—25th Nov on Fridays between 10-12.30pm. For more details contact Nuzi at Roshni.
- Coffee mornings (Health & Wellbeing) starting from 29th of Sept, every Thursday from 10-11:30am at Roshni (coffee mornings will include: mehndi sessions, yoga, cancer awareness, Indian head massage, art therapy and many more)
- Every Weds Chair Aerobics at Old Sharrow Junior School 2-3pm.
- Trip to London for Diwali (Green St) for Shopping!!! On 20th October 2011 8am-9pm. For more details contact Mona Rehman at Roshni.
- 6 weeks **FREE** training on **Financial Capability** starting from 2nd of November, every Wed from 11-12:30pm. Call us to book a place.
- Health and Well-being sessions for Bengali clients.

Roshni is planning **Eid Party Fund Raising Event on Tuesday 22nd of November 2011 at Old Sharrow Junior School**. This year we would like to donate all raised funds to the most vulnerable and isolated women in our community.

We will be holding food, henna, clothes, brick-a-brack stalls in addition to other activities. We are looking for people who can help run stall or would like to donate samosas, rice, chatni, pakoras, cakes, drinks as well as adults and children clothes (nearly new) and items for a brick-a-brack stall. Please contact Roshni if you can assist.