

# Roshni Newsletter

2nd Issue

Winter 2012



## Editors Note

Welcome to the **Winter 2012** issue of the Roshni Quarterly Newsletter. We hope you enjoyed reading our autumn issue and found it useful. We aim to publish it on quarterly basis and keep you up to date with our latest services and activities. If you have any suggestions, or comments, do drop us a line –we would love to hear from you.



## Highlights from the Roshni Advocacy Service

The Advocacy service is considered to be the heart of Roshni. It is delivered by two part time coordinators and a part time Bengali advocacy worker alongside a vibrant group of volunteers that speak Urdu, Punjabi and Bengali. The project is aimed at South Asian women from different backgrounds and cultures. The project deals with a wide range of issues such as benefits, immigration, housing, domestic abuse and debt. However at times all clients want is a friendly ear to listen to. We also work alongside many agencies that we signpost clients to. Due to the tough economic recession Asian women are now faced with many challenges and pressures, in many cases they have no-one with whom to share their worries and concerns.

Through the project we have witnessed dire poverty in areas of Sharrow and Nether Edge. To challenge this Roshni worked alongside local supermarkets and volunteers from the community to create food parcels. Last November we provided food parcels to 17 clients and their families with small children( with no access to public funds) who have fallen into critical poverty and extreme financial difficulties. Some of the clients had not eaten a proper meal for weeks and were barely surviving on dry snacks, and just before Eid-ul Adha we prepared food parcels and distributed to the most needy amongst our community so that they were able to cook an Eid meal.



To our joy we had a fantastic response from various members of our community: individuals as well as businesses. There is no doubt that the current crisis is spurred by delays in or the stopping of benefit payments or the refusal of crisis loans from the social fund and in case of some of the Asian clients—no eligibility to public funds. Even when benefits are granted, it can take many weeks for the money to come through.

On 22nd November 2011 Roshni organized an Eid Party, at which we raised **£500** for an **Emergency Fund** for clients in extreme difficulties with no access to public funds. We would like to offer our deepest thanks to all the following donors: **Kashish, Imrans -The Wicker, Ozmen Supermarket, Deli Express, Madina Stores, Al-Madina Halal Grocery, Alyan, Old Sharrow Junior School/ Sharrow Community Forum, as well as all practitioners** who committed their time and resources freely to support this event.

Busy clothes stall at Eid Party.

A volunteer doing henna



Roshni massage therapists who supported Fund Raising Eid Party.

## Roshni's 20th Anniversary!

Believe it or not, Roshni is celebrating its 20th anniversary this March. Roshni was established in 1992 with the aim of advancing the education and welfare of South Asian women in Sheffield. We will be marking our 20th year at our AGM (Annual General Meeting) on **Thursday 25th of January 2012** at St Mary's at 10:30am. Come along to celebrate our achievements! Our very special guest speaker, Humera Khan, will be coming all the way from London, from An-Nisa Society, a women-managed organization working for the welfare of Muslim families. More about Humera Khan on page 2.

## Events & Activities

### Update On Events and Activities

It has been very busy this Autumn working with clients and arranging activities.

**Carers Project** During Autumn the carers project has delivered the second round of the carers tailored training programme. The aim of the training is to allow carers to explore a wide range of issues and topics that relate to the duty of being a carer. This included; their roles and responsibilities; addressing mental and health needs with family and friends and most importantly, self development.

As an Eid treat we took the carers to Cineworld cinema to watch a Bollywood movie. The carers really enjoyed themselves as they went to the cinema for the first time. We have helped a number of carers in applying for a **Carers Break Fund** which gives them a chance to go on holidays or spend some time doing something they enjoy. If you know any female carers who look after someone, suffering from mental health, get in touch with either Shabum or Nadia.

**Safe and Secure Project** Roshni's Safe & Secure Project has managed to secure funding to continue to run for the next 2 years. We aim to begin the new year with a 3 month weight loss challenge called '**Meri Sehat**'. This challenge is aimed at Asian women who need help to focus on a healthier lifestyle. We also hope to attract more older Asian women to our project through outreach sessions and partnership work with other organisations. The Safe & Secure project aims to focus on reducing isolation and enabling older Asian women to take more active roles in their communities. We look forward to 2012 and working closely with our clients and partners.



### Coffee Mornings for Bengali Women

During November and December Roshni arranged 3 coffee mornings for very isolated and hard to reach Bengali women living in the area. Unfortunately there is no specific provision of services or activities for them. Roshni has identified and been trying to fill this gap for some time. We were delighted to see Bengali women attending the coffee mornings. Based on the positive feedback, Roshni has decided to organise more sessions from January 2012 on parenting skills, health and wellbeing, sexual health, as well as knitting, crochet, and self grooming. Many thanks to Farhana and volunteers for organizing those coffee mornings! For more information call Roshni on 0114 2508898.

**Humera Khan** will be a guest speaker at Roshni AGM. On 25th January 2012. She is one of the most important Muslim voices speaking and writing in Britain today. Founder of the pioneering **An-Nisa Society** in Wembley, she has been an activist and educator for over 20 years, working in race relations, the voluntary sector and social services for people of all backgrounds and faiths. Humera is also a commentator, contributing regularly to mainstream and independent media, as well an author of a groundbreaking series on Islam and sexual health. No stranger to current debates on integration, multiculturalism and community cohesion, Humera was a member of the Cattle Commission established in the aftermath of the 2001 disturbances, sat on the Forced Marriage Working Group and the post-7/7 Preventing Extremism Together taskforce. Humera helped found Britain's leading Muslim magazine, **Q-News Magazine** of which she remains Contributing Editor today. Humera has been a pioneer in the struggle to have faith-based identities - especially that of Muslims - recognised. She remains a powerful, critical and independent advocate for positive social change and an inclusive, just Britain.



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

- **English** classes for beginners from Thursday 12th January 10-12pm
- Self Help IT classes from 6th January 9-12pm. For more details contact Saima at Roshni
- Mentoring Project coming to an end in February
- Every Weds **Chair Aerobics** at Old Sharrow Junior School 2-3pm
- **Interactive Urdu** classes for girls 8-13 years old on Saturdays from 11-12:30pm, starting 21st Jan
- Health and Well-being coffee mornings for Bengali clients starting from Jan 2012 (day/time tbc)
- Monthly **group sessions for carers**
- Weekly 1-2-1 youth support work with young Asian women aged 13-25 years

**And finally we would like to thank all staff members, volunteers, MC members, partners as well as all Roshni supporters and well wishers for their invaluable contributions during 2011. Thank you and all the best in 2012!**

444 London road, Sheffield S2 4HP

Phone: 0114 250 88 89 for more information

Charity Registration Number: 1007292