



asian resource centre
croydon

ARCC Newsletter - May 2009 - Issue 17

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ARCC HEALTH CHAMPION



Following a successful bid to the London Catalyst charity, ARCC Ltd has delivered its very first Asian Health Champions project. The project was delivered over a number of weeks with input from external trainers. Students undertook courses in First Aid, Food Hygiene, Confidence Building, Nutrition, Health & Safety as well as looking at some of the health inequalities that are specific to the wide range of Asian communities in Croydon.

The idea for the course came about as a direct result of calls from the community for a health based course that was delivered in a culturally sensitive way. Once details of the



course were announced the first course was full within 24 hours, an acknowledgment of the need of this type of work amongst Asian communities in the Borough.



The sessions were a mix of classroom learning, reflective journal as well as presentations. By the end of the course each participants had gained five external certificates which was presented at a lunch by Cllr. Mike Selva and ARCC Vice-Chair Mrs. Ghazala Mirza.

The lunch was interesting in that all the participants prepared a healthy dish each week which they had cooked with

their new skills and knowledge learnt on the course.

To acknowledge the hard work of the participants ARCC arranged tea with his Worshipful the Mayor of Croydon Cllr. Robert Askey. It gave those taking part a chance to meet the Mayor & have a tour of the Council building as well as a chance for the Mayor to learn about the project and what the participants had learnt. A new course which was delivered within a week started on the 7th May and we hope to have a new course starting in September 2009.

We are delighted by the response to the project from both the participants and the wider voluntary sector, it is satisfying being in a position of having people on a waiting list for our courses, and I guess it's an indication of our ability to meet the needs of the Asian community in Croydon. The course was led by Joseph Jeffers.

Croydon Mela

Come & join ARCC at the Croydon Mela at Lloyds Park on **Sunday the 2nd August 2009**. We will once again be hosting the "ARCC Classical Stage" set in a colourful tent with an intimate atmosphere.

The stage will provide tranquil sounds of classical music from the Indian sub-continent & unlike the other stages, it carries a calm & relaxing mood for you to unwind. The performances on our stage normally starts just after lunch, so please arrive early in order to get a good seat.

The Mela provides a perfect platform for different community groups to come together to celebrate diversity in music, dance & food.

We are very proud to be working with the local communities and Croydon Council in promoting community cohesion through the Mela. (Pictured below: Performances on last years Classical Stage)



FREE RESPITE CARE

Our FREE Respite Care Programme, funded by Croydon Council's Social Services Department has recently been extended until March 2010.

This is excellent news for all the carers of elderly Asians living in the Borough of Croydon who are in need of a break from their normal duties of caring for someone in order for them to recharge their batteries.

The FREE Respite Care is available for a maximum of four weeks per calendar year, which can be availed in one booking or broken up in to different weeks over the course of the year as per the clients requirement.

So if you are a carer looking after an elderly member of the family or friend due to ill health, disability or any other reasons then you are entitled to a FREE break!

The service is being provided at Aashna House, a Residential care Home in Streatham Vale. The centre is exceptionally well liked due to its professional, relaxed and friendly atmosphere as well as for being able to cater for the varying dietary requirements and cuisines. All the staff at the centre are also able to speak the various Asian languages which is an added bonus for elderly clients, for most of whom English is not their first language.

For further information and booking availability please contact ARCC on 020 8684 3784.

ARCC AWAY DAY - By Ghazala Mirza



The ARCC away day at the Copthorne Hotel at Effingham Park in January 2009 proved to be a real corker! The beautiful surroundings coupled with the Hotel's efficient hospitality relaxed everyone and helped tackle the day's agenda with energy and determination. In a nutshell, quite a lot was achieved with much enjoyment and merriment! In other words no one realised how hard they were being worked!

The morning session was spearheaded with Joseph Jeffers, ARCC Capacity Building Manager delivering the first part of the Trustee Training. This was followed by an overview of the Board Members which led onto the ARCC Board of Directors Meeting. One of the key areas of discussion within this meeting was the ARCC Strategic Plan amongst other day to day issues.

The excellent lunch was followed by the second part of the Trustees Training. Various other topics were also touched upon, including an interesting session on an overview of local needs and working with the Voluntary sector in the Borough of Croydon.

It was unanimously agreed that a great working day was had by all and that this was due to the efficiency and hard work put in over the preceding weeks by Mashhood, Mamun and Joseph. Until next year.....au revoir!



IT Classes



Hi Everyone... My name is Margaret Coleman and I have been teaching at the Asian Resource Centre of Croydon since they started using CALAT (Croydon Adult Learning and Training) tutors in their training programmes back in March 2003.

My latest assignment is teaching the New Clait syllabus to an extremely hard working, dedicated group who are keen to obtain the certificate to help them obtain work. Although the course has only been going for the past five weeks I have already seen great improvements in their skills.

I am though a hard task master and each week they take home rather a lot of homework but I must say their diligence in completing their assignments is paying off.

Though some of the lessons are hard graft we have a laugh and if anyone was passing the door they would wonder what was taking place (in an exam based computer class). But the main thing is the students feel comfortable and able to learn and

never stop asking questions. It's good when students enjoy coming to class and are so eager to learn and also put in that extra bit of effort to obtain their goals. So I will end by saying a big THANK YOU to the Asian Resource Centre for making this possible. Well done everyone - keep up the good work - there is no end to what you can achieve with the right attitude and the yearning to learn.

Margaret Coleman
(Tutor)



Capacity Building Project Update "Dependence to Independence"

The project started in February 2008 with the recruitment of a Capacity Building Manager (Joseph Jeffers) with responsibility for delivering a planned programme of Capacity Building over a period of three years.

The project is funded by the Lottery & the target is to work with 30 community groups, charities and individuals to build their capacity to deliver high quality projects based on the need of their target group.

The first group of 10 organisations have now completed year one of the project. A total of 56 policies and procedures are now in place for groups delivering services in a wide range of areas ranging from work with children to arts, music and the elderly.

90% of the groups who took part in the project had no adequate child protection training, child protection policy or appropriate insurance in place. Most groups relied on nothing ever going wrong.

100% of groups had not applied for external funds partly through lack of awareness of funds available and partly as they were unable to submit appropriate policies required by funders.

100% of the groups who took part only took part in as much as it could lead to them getting funds from external services.

90% of groups working with children and vulnerable adults had no CRB checks in place, often groups were working with over 40 children at any one time with not enough staff or volunteers in place.

100% of the groups who took part in year one had never evaluated their service delivery. 10% were aware of monitoring but decided not to undertake the work.

Less than 10% of those taking part had not undertaken management committee training, as a result few were clear of their roles and responsibilities as trustees.

How far has the project achieved objectives as set out in the original application?

It is clear having studied the original application to the Lottery (BASIS) that not only was the project needed, the project has met 98% of all the objectives set for year one in the application. The number of people who completed the project in year one is 90% which is excellent given the level of commitment that was required throughout the project. The project was both ambitious and from the evaluation forms submitted by those taking part much needed. Without question a remarkable high level of achievement by ARCC Ltd has been achieved in year one.

Has the project contributed to the long term sustainability of Asian Community groups in Croydon?

From documentation and evaluation forms provided by ARCC Ltd as well as discussions with trustees from some of the groups taking part it would be fair to say that whilst there is a great deal of work yet to be delivered the feedback at this stage is very positive.

Yoga Classes - harmony in mind & body



ARCC has been running Yoga classes for the past three months for two groups of women focusing on improvement in health and general well being through the art of Yoga.

The sessions are currently being held every Tuesday and Friday morning's at ARCC. When the classes were first advertised in our last edition of the newsletter we were inundated with calls from the public wanting to participate and learn more about Yoga and as a result we organised two separate sessions, however in spite of this we still have many people on the waiting list for the next phase of the classes.

Both the Yoga classes are being taught by Vicky Patel (pictured above) who is a experienced Yoga teacher, teaching Yoga to a variety of communities for a number of years. Whilst speaking to Vicky about Yoga she mentions that: -

"Yoga means gently disciplining the body and mind to achieve through balance, a state of harmony or enlightenment. Yoga is not just a series of physical or mental exercises nor is it just a philosophy, but the theory and the practise of becoming healthy strong and content; learning to be at PEACE WITH OURSELVES, a practise that begun thousands of years ago"

If any women are interested in participating in our Yoga classes please call us to check the availability on 020 8684 3784 during office hours.

FREE Light Bulbs



ARCC has continued to work in partnership with EDF Energy's "Energy Efficiency Commitment Team" in providing FREE energy efficiency light bulbs to promote energy saving initiatives.

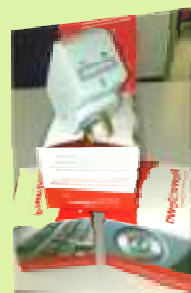
The scheme is aimed for the priority groups and aims to alleviate fuel poverty for people on low incomes and those receiving benefits. To find out if you qualify for the scheme please get in touch with us at the contacts at the back of the newsletter.

FREE PowerDown Sockets

ARCC is working in partnership with "e-on" UK's leading integrated power and gas company.

We are providing FREE PowerDown energy efficiency sockets designed to be used with home computers to households in receipt of any type of benefits.

When you switch off your computers the power is still being consumed until the main plug sockets are turned off. The PowerDown socket works by sensing when devices have been switched off and cuts power automatically to these devices thus saving you money on your electricity bill and cutting down on Co2 emission. For further information please contact us.



Shishukunj – (Meaning 'Children's Garden')



Shishukunj aims to provide a positive environment for the holistic development of children in terms of mental, physical, spiritual, emotional, cultural and social development.

Providing activities in: Mother-Tongue, Gujarati Classes, Baudhik (*Sessions which help to teach positive values and are also informative*), Games (*learning international games*), Baal Sabha/Manoranjan (*A time for children to display their talents*), ECA (*Extra Curricular Activities*) and Talim sessions (*training and development of children to become future leaders in the organisation*), amongst others.

Regular sessions are held on Sundays (during term times): - 09:00am to 12:30pm at the "The Archbishop Lanfranc School, Mitcham Road, Croydon, Surrey, CR9 3AS"

Annual Activities (*in conjunction with their other 2 centres in North London*): Shishu shibir (*away camps for those under 9 year old*), Jeevan Ghadtar Shibir (*away camps for those over 9 years*), Picnic and Sports Day (*for all the family to take part in*) are just a few.

For further information please contact Shantibhai Shah on: 07947 752484 or Hansaben Shelat on: 07946 522072. You can also get in contact via email: office@shishukunj.org.uk or visit their website: www.shishukunj.org.uk

Articles For The Next Edition

If you would like to include any articles in the next edition of the ARCC Newsletter, due to be published at the end of September 2009 please contact: Mamun Khan on 020 8684 3784 or email him direct: mamun.khan@arccltd.com

Fashion Show



Apsara Arts will be holding a spectacular fashion show on Sunday 28th June 2009 at 3.00pm at the Whitgift Centre, Croydon.

The fashion show will take you on a journey of Asian fashion in London over the last four decades. The fashion show will feature range of glamorous saris, sparkling Salwar Kameez, funky children's outfits, men's Sherwanis, colourful accessories and stylish shoes with a surprise finishing display. It is a fabulous Free family show.

Healthy Asian Cookery

Learn to cook healthy traditional recipes that are low in fat, sugar and salt

Sessions are run by women from the local Asian community

Fun & Free

Bhavna Patel
Parchmore Community Centre
53-55 Parchmore Road
Thornton Heath
Friday 5-7pm

Jaya Ramalingam
West Thornton Community Centre
731-735 London Road
Thornton Heath
Tuesday 1-3pm

For further information 020 8274 6122

Croydon **NHS**
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