

Bristol Globe

No. 3 June 2013

Celebrating diversity in the City of Sanctuary

£1



INSIDE

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mayors**

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domestic violence**

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Bristol Globe goes from strength to strength ...



Bristol NUJ members are very pleased to see that **Bristol Globe** magazine has returned for a third successful year. The magazine has been very warmly received and we hope it sets an example for communities up and down the country.

We congratulate **Bristol City of Sanctuary** in winning wide support for its important work in welcoming refugees to the City. We have supported City of Sanctuary since the idea was first raised.

Bristol NUJ is the city's number one organisation for media workers. We have around 350 members in newspaper and broadcast journalism, publishing, web publishing, photography, PR and more. Discover more about the union at www.nuj.org.uk, visit our Bristol website or email bristol@nuj.org.uk



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The magazine that celebrates Bristol's diversity

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We should be proud this is a place for those seeking freedom



A message from the Editor

THE hideous murder of Drummer Lee Rigby in broad daylight outside Woolwich barracks in May is a stark reminder of where extremism can lead. World history is peppered with examples, from the Inquisition to the Holocaust. Britain has its own shameful examples closer to home – from Cromwell's pogroms in Ireland to the IRA bombing campaigns in England, from Elizabethan persecution of Catholics to Queen Mary's persecution of Protestants. The merciless, tit-for-tat nature of such excesses should be warning enough that violence provides no answers.

Outpourings of hatred and intolerance, whether against Christians, Jews or Muslims, Gypsies, Roma and Travellers, or same-sex marriage for example, are reminders that the carapace of civilisation is easily crushed. It is less than 70 years since the last prosecution for witchcraft in the UK, just one reminder of the many oppressions that women have endured down the centuries.

Restricting freedom of expression is one of the many forms that oppression can take. A brave few may risk all by confronting tyrants and totalitarianism, but the many tend to retreat into a silent world of despair. Their pent-up frustration may one day explode into unreasoned violence.

One alternative is to flee to a place where voices can be heard. Britain should be proud that it is a destination of choice for those seeking freedom, hope and peace. As the old British Telecom advert said, and all psychotherapists will tell us, 'It's good to talk'.

In its third issue, Bristol Globe again gives voice to some of those who have come to our 'City of Sanctuary' and contributed their talents to community life, including journalism students from the University of the West of England who have written many of the stories.

I recently contributed to a debate in the Palace of Westminster which asked 'Does multiculturalism in the UK have a future?' The answer was a resounding YES, but we ALL have to work at it, and challenge the hate speech of all those who seek to destroy community cohesion. Bristol Globe is part of that challenge. I hope its contents will encourage others to reject extremism and rejoice in the variety of our multicultural city.

Mike Jempson

Director, The MediaWise Trust

BRISTOL GLOBE

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• If you have any comments, complaints or suggestions about BRISTOL GLOBE please email bristol@cityofsanctuary.org



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REFUGEE WOMEN OF BRISTOL

Refugee Women of Bristol provides a drop-in at Malcolm X Centre every Tuesday during term time. We welcome women from refugee and asylum seeking backgrounds, women on a spouse visa, and women who gained refugee status in another European country before coming to the UK.

We provide a number of activities including English classes from pre-entry to entry 3 level, lunch club, free crèche, sewing and yoga classes, appointments with a careers adviser, and regular workshops.

We have Somali, Kurdish and Arabic speaking Community Workers and an Information and Advocacy worker able to help with filling in applications, read letters, liaise with other agencies, and provide support at appointments.

Email: info@refugeewomenofbristol.org.uk

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BHN is the ONLY organisation in Bristol directly providing accommodation to destitute refused asylum seekers. We estimate there are over 100 refused asylum seekers; we currently host only 20. We need you to join us in solidarity with refused asylum seekers!

If you want to host a destitute asylum seeker in your home or get involved as a volunteer in any other way, email us at wearebhn@gmail.com or look at our website: <http://bristolhospitalitynetwork.wordpress.com/>



Baker Brown Associates supports Bristol City of Sanctuary and World Refugee Week 16-23 June 2013

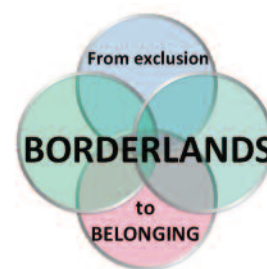
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Borderlands is a charity that works with alienated and vulnerable people in Bristol such as asylum seekers and refugees, homeless people and people living with addiction to drugs and/or alcohol; we also work with people who have been trafficked.



We run a 'drop-in' with ESOL classes and a hot meal on Tuesdays and ESOL classes on Mondays at the Assisi Community Centre where asylum seekers and refugees can eat and share their experiences if they wish and get listening support and advice from others who have been in similar situations.

Contact John Flannery, Chief Executive Officer, on 0171 983 3920 for more information.

Borderlands (South West) Ltd, The Assisi Centre, Lawfords Gate, Bristol BS5 0RE. Website: www.borderlands.uk.com

FORWARD MAISOKWADZO meets the city's first Muslim Lord Mayor and hears about his ambitions to boost transplants and blood transfusions

FARUK Choudhury, 38, is one of the youngest Lord Mayors of modern times and the first Muslim to hold the ancient position. He wants to use his term of office to encourage more people to donate blood, and to contribute to the Lord Mayor's Appeal Fund which helps disadvantaged young people in the city.

Since last year, Bristol has had two mayors – a city mayor who wields political power, currently George Ferguson, and the ancient ceremonial post of Lord Mayor now filled by Faruk.

Originally from Bangladesh, Faruk has been a Labour councillor for Easton since 2007. He came to UK in 1999 after studying politics at university in Bangladesh.

Faruk has been involved in politics from early age, a passion ignited by his father and uncles.

"My uncle, Abdul Khaliq Choudhury, was the first elected chairman of Golopgonj Union Parishad (regional assembly). My father was a politician too. I represented my school.

"I campaigned for my post office in my local area in Bangladesh, and so it continued." He was inspired by Mahatma Gandhi who campaigned for peace and unity – ideals Faruk says are "as fundamental today as they were in his time."

When he moved to Bristol from London with his wife, like so many, he instantly fell in love with the city. Describing Bristol as his adopted home, he says:

"It's an amazing city for its friendliness, diversity, culture, College Green, historical landmarks and buildings. Most weekends there is something going on. It's a buzzing city – kite festivals, balloon festivals, and cultural events."

His wife Shilpi will be the Lady Mayoress. They have a son, Ishaac aged 10, and two girls, Sanyia, aged five, and Nusaybah, three.

At his inauguration a jubilant Faruk said: "It is one of my best days in my life so far. It is a very privileged position, a figurehead for the city; ambassador for the city; first citizen for the city.

Promoting unity

"I'm so pleased to represent this great city. I will do everything I can to promote unity, and respect diversity and British values. Every community, like the Muslim community, and every citizen is a part of this great city."

"My personal cause is Britain's shortage of transplant organs and some blood groups, especially among BME populations. Many people die unnecessarily each year as a result of donor deficiency. As Lord Mayor, with my wife Shilpi, we will work to encourage 'give blood' sessions especially within BME communities, and to encourage people to become organ donors as well.

"There are some misconceptions within certain faiths about being a donor, but there is nothing in any religion which prohibits people from donating blood or organs."

Faruk considers himself a happy and approachable person, and would love to meet his other heroes Nelson Mandela and Barack Obama. But he is especially keen to communicate with young people.

"Part of my role will be to visit schools to talk about citizenship, motivation, encouragement and the inspiration to succeed," he says. "As someone who was educated in a third world country, I have seen that it is up to the individual to grab the opportunities that are there.

"We're no longer competing only locally, or nationally, but globally. We need to be prepared. I'd be happy if I manage to



Privileged to serve: Faruk Choudhury

Picture: SIMON CHAPMAN

'I'm so pleased to represent this great city and promote unity'

inspire one young person to say 'If Faruk can do it I should be able to do it', he declares.

For the moment Faruk has put his own plans on hold. He was due to start a law degree at Exeter University in September 2013, but he has deferred it to focus on his new role as Bristol's top citizen.

• During his year in office Faruk can be followed on Twitter @bristolordmayor, on Flickr at www.flickr.com/photos/bristolordmayor and on <http://bristolordmayor.wordpress.com>

CHARLOTTE SEXAUER chats to the red-trouserred architect who became Bristol's first elected mayor in 2012

GEORGE Ferguson is looking forward to working with two colleagues who might have been considered rivals for the role of the city's public representative.

Bangladesh-born Faruk Choudhury is the city's first Muslim to be Lord Mayor, the city's ceremonial leader, while the new High Sheriff – the Queen's representative in the city – is Dr Shaheen Chaudhry, born in Pakistan but brought up in Knowle.

Commenting on the diversity the trio represent George says: "It's wonderful, it sends out all the right signals.

"I want Bristol to be welcoming – without judgement, whatever people's circumstances, and that applies to asylum seekers as it does to anybody else."

In January he wrote to the Home Secretary demanding that local authorities be allowed to assist refugees in danger of destitution. The move came after the council passed a City of Sanctuary-inspired motion condemning Government policy which forces asylum seekers into penury.

"The Government needs to have a more human stance. No civilised city should be prepared to leave anybody in a state of total destitution," he says.

In the longer term he hopes

for a happier Bristol with "much greater recognition of other people's needs. We're quite a divided place but need to strive to be more united."

He cites his proudest achievement, the conversion of the Tobacco Factory theatre and leisure complex in Bedminster, which he saved from demolition, as a perfect example of "regeneration through mixed uses and an incremental approach which is people-based.

"It was the place where everybody worked; it was the

heart of the area. We've given it a new purpose, brought in life, work, all forms of use. That's helped regenerate the area and

'You engender local spirit and a much healthier and sustainable economy if these services are provided on a smaller scale.

Bristol has a huge 'third sector' and we could use it much more effectively'

its independent spirit."

He'd like to use the lessons he learned to improve other parts of the city, but knows it's not that easy.

Though he has big plans for an arena in Temple Meads to bring everyone together, George doesn't think buildings are the answer.

"Life has moved on. Huge institutions are dominating the market and their interest is in turning things around, not in city making."

He regrets the council's over-

'I want Bristol to be welcoming – without judgement'



Advising and supporting citizen complainants



It is about time the Government and the newspaper industry came to an agreement on how to implement Lord Justice Leveson's Inquiry recommendations.

The public deserve an independent media regulator free from political or proprietorial influence.

The MediaWise Trust, University of the West of England, Oldbury Court Road, Bristol BS16 2JP; 0117 93 99 333
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City mayor George Ferguson, right, with Cllr Faruk Choudury, who takes the ceremonial role of Lord Mayor

Picture:
SIMON
CHAPMAN

I'm going to be really tough on transport. It's not sustainable to have everybody driving cars'

centralisation of services and the tendency to rely on big national and international contractors rather than keeping things local.

"Things are done the cheap, hassle-free way, but people feel disconnected from the services, and it doesn't benefit the local economy to take the money out of the city rather than recirculating it.

"You engender local spirit and a much healthier and sustainable economy if these services are provided on a smaller scale. Bristol has a huge 'third sector' and we could use it much more effectively," he says, acknowledging the hard work done by community organisations and charities.

He has put his money where his mouth is by taking his salary in Bristol Pounds, the local currency devised by a not-for-profit social enterprise.

Things need to change if Bristol is to be a healthier,

happier and greener city, and George says he won't hesitate to be strict where he needs to. "I'm going to be really tough on transport. It's not sustainable to have everybody driving cars."

He wants to see "a much more walkable city, with better air quality, and where we're a bit less selfish about the way we do things".

He has been inspired by Copenhagen and Bordeaux which took radical steps to make their city centres attractive and welcoming, and is keen for Bristol, which has twice been shortlisted, to achieve the status of a European Green Capital.

Running the city has been a challenge thus far. "There's always going to be things thrown my way, but nothing beyond expectation," says George whose four year term began with "a little hiccup".

Having resigned from the Liberal Democrats to run as an independent he was determined to form an all-party cabinet, but Labour would not play ball.

"I ended up with three out of four main political parties in my cabinet, which only goes to illustrate the strings are pulled from somewhere else," he says

ruefully. "It's wonderful for me to be an independent, because I can take decisions that are not bound by party negotiations."

After the 2013 elections which

gave Labour a majority on the City Council, the party has agreed to join the city cabinet. We shall have to see if that makes it easier for the mayor to


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I made it to a new life – but my mother didn't



From the Horn of Africa to the heart of Bristol, ELLEN MAURO traces a young man's journey towards a new life

THE last time Biniam Afawarq saw his mother was a cold night two years ago off the coast of Turkey. She had just boarded a raft with more than a dozen others to make the perilous journey across the Aegean Sea to Greece.

As he watched her drift out to sea, Biniam began to panic. His father had been arrested by government forces in their home country of Eritrea when he was a young boy. His mother was the only person he had left in his life.

"All I could do was tell myself it would be OK, that I would see her on the other side," he remembers.

Biniam, 22 years old at the time, and his mother, Rahwa, had made it safely across the Middle East at the start of a journey they hoped would lead them to a better life in Canada.

The raft returned hours later and Biniam set off. Every time the vessel was rocked by the waves, he became more worried about his mother and more eager to find her waiting when he arrived. But Biniam never saw her again.

As he sips a coffee in Bristol's bustling Cabot Circus, that night seems to have happened in another life. Biniam rarely shows any signs of emotion

about his tragic past. He is warm, upbeat, and funny; happier than he ever thought was possible.

"In Bristol, I've felt like a bird being freed from its cage," he says. "And I'm so happy that I finally have a place where I can feel at home."

"It was my mother's dream for me to have a good life. I still cry about losing her but if I think about what happened all the time, I will go crazy. I'm trying to be happy and make something of myself because I know that's what she wanted."

Biniam was granted asylum and moved to Bristol about six months after losing his mother. He spent his first weeks in the city sleeping on the streets in midwinter, and struggled to find a place to live. He had no money, few clothes and no job. Every morning he woke up wondering if he would be able to feed himself that day.

A good feeling

"When I first arrived in Bristol, it was very difficult and I felt like, 'here we go again'," he remembers. "But I knew that I could have a future here—I had a good feeling about this place."

With the help of refugee aid groups and the Red Cross, he found accommodation and he began working as a cook at a popular city centre restaurant. In his spare time, he takes online courses and volunteers at Bristol's Refugee Rights.

"My life has always been one problem after the next," he

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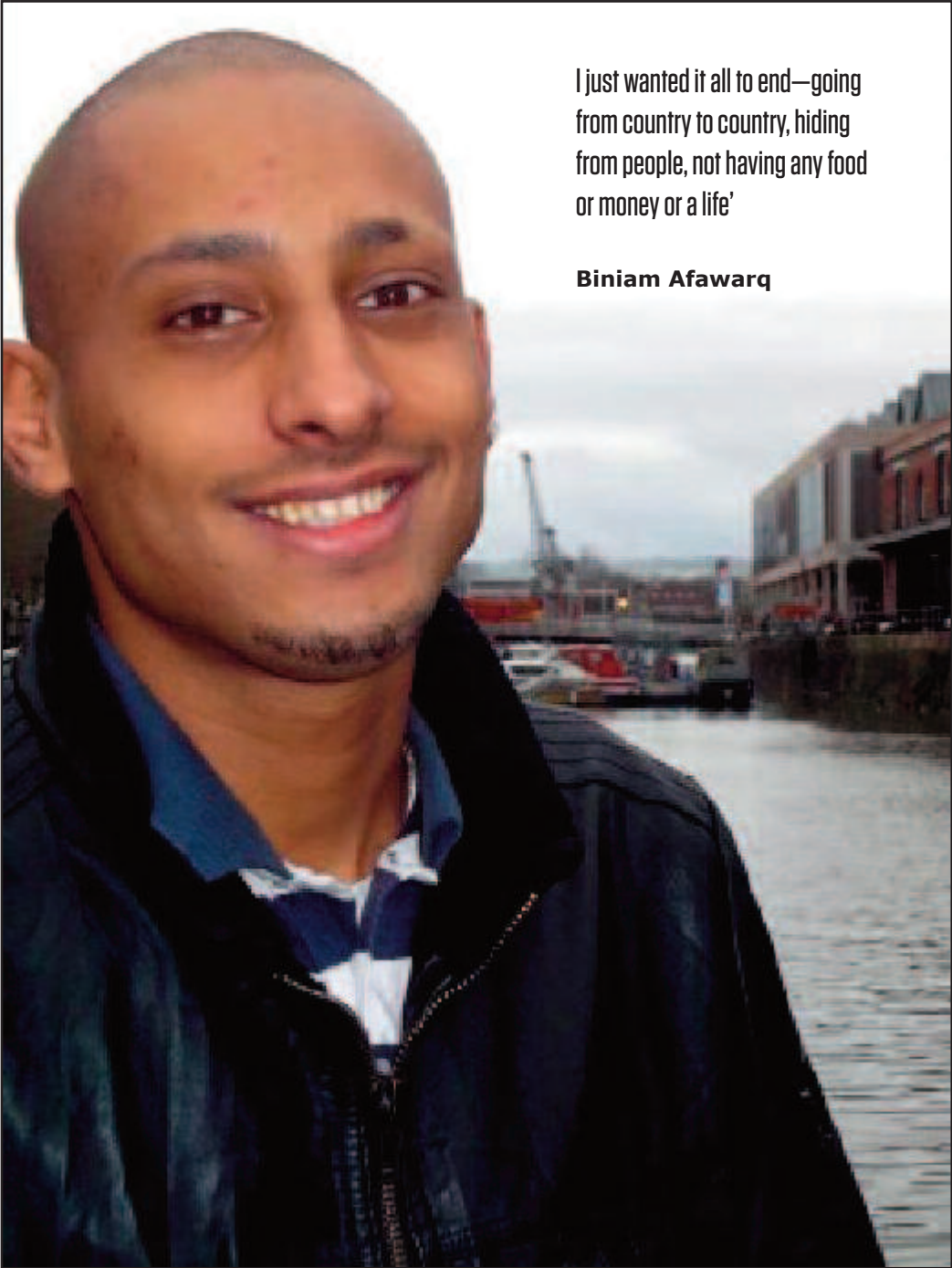
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I just wanted it all to end—going from country to country, hiding from people, not having any food or money or a life'

Biniam Afawarq

were to help them cross into Greece.

At the coast, they were told that women and young children would cross first. It was a decision that changed Biniam's life forever. When he got to Greece, his mother was nowhere to be found. He crisscrossed the nearest city for hours, searching every street for his mother, not knowing if she was alive or dead.

It was a pattern he repeated for days, wondering whether she was doing the same thing. He never found her, but one thing he knew for sure - his mother's wish that he should have a better future.

After months of living on the streets and begging for food, Biniam decided he must leave Greece. "I felt like if I could survive, it would make her happy," he explains.

With money given to him by a girl he met in Athens, he flew to Paris and was taken in by members of the Eritrean community. They were kind to him, but having left Eritrea so young, he didn't feel one of them and, knowing no French, knew he must move on.

"I just wanted it all to end—going from country to country, hiding from people, not having any food or money or a life," he says. "I knew it would be the same in France."

Seeking refuge

Biniam made his way to Calais and climbed into a truck trailer, praying it was bound for England. When it stopped hours later, his prayer was answered: he was in the UK.

"I can't tell you what that moment felt like," he says. "It was such a relief—I felt like a load had been taken off me."

Within weeks, Biniam was granted asylum. At long last he felt he had a chance of a new life in Bristol – and a chance to make his mother happy.

"I just hope that if she is alive, she can feel that I made it and that I'm happy," he says. "I just hope she knows that I've made her wish come true."

"And I hope I see her again."

says. "But Bristol is where I've been able to be happy."

It was a twisted path that brought him to the city. Biniam was only four when he left the tiny, repressive African country where he was born.

The United Nations estimates that about 3,000 people left Eritrea in every month of 2011. Many more don't make it, gunned down at the border under a 'shoot to kill' policy.

Human Rights Watch called Eritrea a "giant prison", with thousands of political prisoners arbitrarily detained, sometimes in storage containers in the desert, or in underground jails.

It was in one of these secret facilities that Biniam believes his father's life ended.

"I don't know or remember much about him," he says, more in anger than sadness. "He was arrested when I was a young boy and we never heard from him again."

Across the Red Sea

Fearing they would be killed if they stayed, Rahwa fled with her son across the Red Sea to Yemen. She had to work six days a week for 12 hours a day, while Biniam struggled to make friends and fit in. Loneliness was his companion

for the rest of his childhood and teenage years.

"It was horrible but my mother was just doing everything she could to give me a chance at life," he says. "All she wanted was for me to have a good future."

After almost two decades, Rahwa devised a plan for them to join a distant relative in Canada. But first they had to cross the Middle East and Europe. The first stop was Istanbul in Turkey, where they stayed for three days before setting out on foot for the coast in the middle of the night with 30 others. Human traffickers

This year former TV presenter **SABRINA ESUKA** has been visiting friends from Mauritius, Angola, and the Philippines and discovering similar customs.



Mauritius

THE world is a big place with many different cultures and traditions – European, Asian, African, Hispanic. The multicultural island of Mauritius combines many of them. My first visit there was very interesting, enjoyable and unforgettable, with a rich variety of foods. It is a paradise for the senses, not only for the eyes with its beautiful landscapes, but also for the palate and the people, whose roots reach back to India, Madagascar, China, East Africa and France.

My first host, Danielle Dimeo, tells me Mauritians are very social and friendly people, and when you visit them at home the hostess will give you a warm welcome with a kiss or hug, and give you slippers to wear. She will show you to the living room and may serve you tea or coffee with such delights as pancakes or a glass of lemonade and a snack of fried banana.

Danielle's gastronomy is a mixing of flavours and aromas inherited from the different migrations in Mauritius' history. That means she has to present to her guests different beverages and desserts.

Mauritius has strong ties with French culture, and has retained a sense of 'savoir vivre' and French cuisine. So Danielle serves her guests bouillon (broth), tonne a la salade (tuna salad), civet de lièvre (rabbit or hare in red wine) or coq au vin, all served with a good wine. But she has to include some exotic ingredients from the island to confer its unique flavours.

She might also prepare Indian food – lima beans in masala sauce is a favourite curry, with chutney, rougaille (tomato paste, very popular with fish) and pickles. And she always serves Chinese food such as hakiem, a local version of spring rolls, crispy chicken and crispy squid.

Danielle is proud to serve to her guests Mauritian dhal, the island's staple diet—a mix of fried carrot, baby corn, soya bean, or tofu – as a main course. It is served with rice and with fish, fowl or red meat, and copious spices and local vegetables such as chokos, red pumpkins, squash and greens. This may be accompanied by a biryani of



Danielle serves a traditional welcome with her daughter Natalina

Different ways of giving the guest a home from home

delicately spiced potato and meat in a yogurt-based sauce.

For dessert, Danielle often serves vanilla coconut cream with cake. She may put on some local sega music, and tell her guests about the island's most impressive festival, Cava Dee, when the women dance in sensual ways to lure partners – but they are not allowed to kiss or touch.

When the guests have to go, it is kisses all round, and the host will accompany them to their car or the bus stop.

Angola

Despite Angola's liberation struggle in the 1960s and more recent civil wars which ravaged the country and destroyed many cultural traditions, it remains one of the richest countries in Africa with a diversity of mineral resources such as diamonds, copper, gold and phosphates.

Marguerite Kiala told me about its rich tradition of hospitality. The most common courteous greeting for Angolan people is



Marguerite Kiala: Angolans love entertaining friends and family

the handshake, but close friends may embrace, give two kisses or offer a friendly back slap. Never be rushed when greeting your guests, she tells me, but take time to show them around your home before you bring them to the living room.

It is vital to ask your guest about the person's family during the greeting time. When you are a guest in an Angolan home maintaining personal space is not appropriate, because if you back away, you may give offence.

As a guest, you would bring fruit, flowers or chocolates for the host. A small gift for children if they are in school is always appreciated. Out of respect, gifts are not always opened when you receive them.

To start, Marguerite offers a drink such as Coca Cola or Fanta, tea or coffee with cake, or Angolan beer – Cuca or Nokal.

Angolans are extremely hospitable, and

love entertaining friends and family in their homes. Back in Luanda, she says, they may also entertain their guests in a restaurant or café, having adopted Portuguese influences, including a later dinner time of 8pm.

For the main course Marguerite always serves sopa (cabbage) mixed with spaghetti and makoso (pig's trotter), cashupa (beans) mixed with stewed beef, fish, maki (eggs) all eaten with poa (bread). For dessert, Marguerite serves bitabe (banana) and ananas (pineapple). Later she will put on some kizomba music for guests to dance to and digest their meal.

If your guest is a single woman she may be given money as parting gift; if the guests are parents then a bag with notebooks. The host will kiss them twice, and accompany them to the car or the street.

Philippines

As with Angola, so too in the Philippines. A handshake with a friendly smile is the standard greeting, explains Marie Jo Lopez, but if you are a close friend the host may hug and kiss you.

Marie, a waitress and classical music student, tells me that if you are invited to a Filipino home for dinner you will take sweets or flowers to the host, but do not offer chrysanthemums or white lilies. To avoid any hiya (shame), gifts are wrapped elegantly as presentation is very important. Once again, they are not opened when received.

If you are invited to someone's house it is best to arrive 15 or 30 minutes late, explains Marie. Guests and hosts dress smartly because appearance matters. The guest also has to give a positive compliment to the host, for example, "I like the way your house is decorated."

Marie offers her guests tea or coffee. For the main meal, the guest must wait to be shown where to sit as there may be a seating plan. Meals are often served buffet-style.

Hold the fork in the left hand and use it to guide food onto the spoon in your right hand. Filipino food is influenced by Western and Asian cuisines.

As a snack, she serves pan de sal (salt bread) and torta (omelette). The main dish is rice with adobo (a stew of pork or chicken), lumpia (meat or vegetable rolls), panat, kare-kare (oxtail stew), pinakbet (vegetable), longanisa (sweet sausage) and dinuguan (pork blood soup).

For dessert Marie offers chicharon (deep fried pork or chicken skin), halo-halo (crushed ice with evaporated milk), puto (white rice cakes), or ensaymada (a sweet bread with grated cheese on top). To drink, she will give tanduay khun, San Miguel beer, coconut arrack and tuba. When the guest is eating, Marie's duty is to entertain. She will put on Filipino folk (karaoke) music or hip hop.

When guests leave they will be given some of the remaining food to take home, and a warm farewell. Their host may accompany them to their car or give them a lift. As a sign of politeness guests send a handwritten note of thanks to their host. It is a sign that you have class.

Marie Lopez



Milcah Kadondi



Layla Ismail



Muna Talha

Time to spice up your table

Nothing introduces you to a culture like its food. Here we bring you a complete meal from three very different traditions

UGANDA – starter

Matooke and groundnut sauce

Milcah Kadondi offers a traditional dish from East Africa.

Ingredients

6 green bananas (matooke)
Juice of a lemon
1 onion diced
1 cup of groundnut sauce
1 teaspoon turmeric powder
1 teaspoon cumin powder
4-7 cloves garlic minced
2 tablespoons of oil
Salt and pepper

Method

Peel the green bananas and chop into chunks. Juice the lemon into water and rinse the bananas. Bring to the boil until soft; drain and mash. While this is happening, dice the onion, mince the garlic and saute in some oil for a few minutes.

Add the dry spice and saute for 1-2 minutes. Add the groundnut sauce and stir continuously. As the sauce heats up it will thicken. Thin it with a little hot water.

Serve the matooke with the groundnut sauce.

SOMALIA – main course

Rice and chicken

This recipe from Layla Ismail also appears in a cookery book produced by Refugee Women of Bristol – available from Refugee Week, June 16-23, onwards!

Ingredients

2 cups of rice
½ small bag of peas
4 chicken breasts
1 bunch chopped parsley
1 bunch chopped spinach
1 teaspoon turmeric
1 teaspoon coriander powder
1 teaspoon cumin powder
3 teaspoons chicken stock (jumbo)
Salt and pepper
4 cups hot water
Oil for cooking (sunflower/vegetable)

Method

Rice: Heat oil in frying pan and add the rice; stir until all the rice is covered in oil. Dissolve stock powder in warm water and add to the rice. Cover and cook on medium heat.

After five minutes add the peas and turmeric, and turn down the heat. Add spinach and parsley, and mix

thoroughly.

Chicken: Cover chicken in coriander, cumin and salt.

Roast in the oven at 180 degrees C. Serve meat with rice

SUDAN – dessert

Shaaria

This is a favourite Sudanese sweet from Muna Talha.

Ingredients

200g pasta nests
1/2 cup sesame oil
1 cup sugar
tsp salt
tbsp butter
2 tsp sultanas or coconut (optional)

Method

Put oil in a pan and fry the pasta nests until golden. Pour a little boiling water over it and immediately cover pan with lid. Take lid off and let steam escape, pour water after a few seconds until pasta almost covered.

Add salt and cover pan and cook for 5-10 minutes. Add butter, stirring occasionally while simmering.

Cover with sugar, stirring until sugar melted and noodles are tender.

You can stir sultanas or coconut powder in when you add water at the beginning.

From Bangkok to Bristol, with love

A spectacular Buddhist wedding at the Thai Festival in Queen Square last year was a dream come true, writes **ARNOLD SALTIRIS**

WHEN Mark and Yin tied the knot in a Bangkok register office in 2002 it was the not the wedding they had hoped for.

"I had visa trouble and the whole thing was rushed," says Mark. "There were no family present and no ceremony."

They had met on the island resort of Phuket two years previously. Mark Minto, then 39, was drawn by Yin's "beautiful smile". He plucked up the courage to ask her out.

Within a year they were engaged, but they had no idea it would be more than a decade later, and a chance meeting on the other side of the world, that would bring them the wedding they desired.

The couple moved back to Bristol and soon their son Kai was born.

"The (second) wedding was completely unplanned," says Mark. "We met Desy Walsh, the organiser of Bristol Thai Festival, at a Thai dinner. She was on the look out for Thai women to take part in a beauty contest. She mentioned that they could offer a wedding service and urged us to take it up."

Despite their nerves about taking part in what was to be the first festival of its kind in Bristol, the offer proved too tempting.

"We thought it would be a great chance for our family and friends to get together and share this very happy moment with us," explains Mark. "So we said 'Yes'."

And so on a hot July Saturday the crowds who flocked to Queen Square witnessed a traditional Buddhist wedding ceremony amidst the sights, sounds and smells of Thai music and cuisine.

"I've never seen a ceremony that has been attended by so many guests like this before," said Yin.

It kicked off with the groom's parade. Mark, dressed in white and accompanied by his parents, drummers, banners and excited festival-goers processed around the square. His parents carried silver dishes piled high with money, symbolic of the dowry traditionally given to the bride's parents, but nowadays usually returned. The couple then met in the presence of Buddhist monks beneath a colourful open canopy.

The highpoint came with the pouring of water from a conch shell over the newlyweds' hands.

It signifies both cleansing and a blessing for a happy and



Properly hitched: Mark and Yin are wed in a Thai ceremony

prosperous future. "Having our friends and family pour the water and wish us luck was very touching, and not something I'm going to forget anytime soon," says Mark.

After the wedding they stayed on at the Thai festival – where Yin came second in the beauty contest!

No doubt they will be back to recall their belated wedding when the Thai Festival returns to Queen Square from 19-21 July.

• For more information see <http://www.desythai.com/bristol-thai-festival-2013.html>



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A home for those with

VERITY JONES calls in on Bristol Hospitality Network, whose members provide a home for destitute asylum seekers

AFTER fleeing a country in the grip of a civil war or the hands of a corrupt government, arriving exhausted and deflated in the UK, a six-month asylum application process will seem daunting. To then have your plea for refuge denied, with the chance to appeal taking up to 10 years, can leave even the strongest souls devastated.

When faced with absolute desperation, when the options are so few there seems little reason for optimism, it can take something special to make you feel safe.

The number of refugees and asylum seekers fleeing to the UK is a controversial issue. As the recession takes its toll on and unemployment rockets, many blame it on the influx of 'foreigners'. There are others however who feel it's their place to extend solidarity to those who truly need it.

If an individual is denied asylum in the UK the Home Office allows them to stay in the country to appeal. Asylum can be denied on a number of grounds. If any paperwork is missing or incorrect it can jeopardise a claim.

Other problems can stem from mistranslation of a statement, or



inappropriate representation during the case. Each application for asylum is a lengthy process, during which the individual may not work or apply for

Esam Amin: 'I feel very happy that there is someone here to support me. There was a time when I felt very desperate'

benefits. The idea that someone would rather live in such destitution than return to their country of origin only cements the reality of the hardship from which they have fled.

The Bristol Hospitality Network (BHN) was formed in 2009 to offer solidarity to those with nowhere else to turn. It estimates that there are as many as 150 asylum seekers in destitution in Bristol.

Rachael Bee has been involved in BHN since it began as an outreach of the Bristol Refugee Rights organisation. She said: "It was clear there just wasn't the capacity to accommodate them all. We got together a group of people to create a housing scheme."

They now have seven houses as well as a network of hosts welcoming individuals into their own homes.

A host can provide far more than just a home; they are a link to the community and the culture a refugee or asylum seeker is fighting to be a part of.

Rachael said: "The network don't just pay the bills, they create a safe environment and stable community for people to trust in."

Kate Oliver, a 58-year-old manager in the voluntary sector, found herself with a spare room when her daughter moved out. As a trustee of the BRR she already knew something about what was needed.

For almost a year Kate hosted a woman from the Horn of Africa who was appealing against the rejection of her claim for asylum. With a stranger in her house it took a while to get comfortable being together; Kate remembers how her new houseguest was "sad and guarded."

She recalls: "Meal times were an opportunity to meet and touch each other's lives. At first they were clearly an ordeal." Accepting such generosity from someone who starts as a stranger can be a difficult thing to appreciate.

Kate explains: "When there was some hope that the claim would succeed it was a delightful, precious taste of the warm,

My film will show you what it's really like

ESAM AMIN, one of the refugees helped by Bristol Hospitality Network, was so affected by the knife-edge experience of applying for asylum that he made a film

Iam a Kurdish asylum seeker from Iraq. I have made a film called 'Is this Sanctuary?' about how it feels to go to the police station to sign in as required by the UK Border Agency. I interviewed other asylum seekers before and after they signed in, and also the

volunteers who support us. All those whose applications have been temporarily refused have to sign in regularly. It is a terrifying experience.

We never know when we go into the police station whether we will be allowed out again or if we will be detained, without warning, in only the clothes we stand up in.

I hope my film is enlightening and will help people to see the reality of the pressure under which asylum seekers are living in Bristol, and elsewhere. I hope it raises awareness about our campaign, Dignity for Asylum Seekers.

Please take five minutes to watch my film, and the rest of the blog.

• <http://asylumseekersinbristol.blogspot.co.uk/2013/05/IsThisSanctuary.html>

nowhere else to turn

intelligent person we were living with, free just temporarily of the dark cloud of depression, fear, anger and isolation that destitution means for anyone."

It is up to individuals to obtain paperwork to support their application. This often puts family members at risk to gather and send information across dangerous borders or through corrupt governments.

Documents

But even when the documents arrive, the problems don't end: a report in November last year found that there were up to 100,000 unopened letters at the UK Border Agency, resulting in enormous backlogs. This causes further delays, frustration and strain.

Rachael says many people seeking refuge find it hard to put trust in the UK authorities. Even after a long period of destitution, a person is usually only

granted refuge for five years. They may reapply at the end of this period to stay longer; such instability, however, can affect everything in a person's life from the relationships they forge to the future they invest in.

Esam Amin, 32, is originally Kurdish and came to the UK in 2007 after fleeing from Iraq. He recalls, "If I had stayed there, it would have cost me my life."

After having his application to remain in the UK refused in 2010 Esam was left destitute, with nowhere to live and severe health problems including heart disease that needed constant medical attention.

He remembers how his life was changed by BHN. "They took responsibility for my life, providing food and shelter as well as working hard to find a solution for the denial of my application."

Esam has lived in one of the network's houses for a year and a half now, finding support and comfort in the people around him. He said: "They also helped me to visit

a GP, explaining to the doctors what was wrong when my English was not good enough. Their efforts have helped to improve my health.

"I feel very happy and grateful that there is someone here to support me. There was a time when I felt very desperate."

As well as giving refuge to people with nowhere else to turn, BHN provides support to the hosts. They give up their homes, time and money to someone who is never likely to be able to pay them back, except in lasting friendship and gratitude.

Kate calls the BHN volunteers "super-supportive". She sums up her hosting as "a chance to keep learning what it is like without the freedoms that as 'valid' passport holders we take for granted."

Kate also has a recommendation to anyone willing to share their home; "If you have a spare room, give it a try, and change yourself ... for the wiser!"

• bristolhospitalitynetwork.wordpress.com

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ILE JARRETT meets the woman behind this year's St Paul's Carnival

AFRICAN CARIBBEAN: Carnival

CLEO Lake arrived in St Paul's from Jamaica as a little girl with a small brown suitcase, an oversized coat that looked as if it had swallowed her, and a bright Rasta hat that she cherishes to this day.

"Green for the land, red for the blood we have shed, black for the people, and gold for the riches from the land," explains Cleo. "I loved that hat. When I held it I felt nothing could go wrong."

Early on Cleo discovered a natural knack for learning languages and dancing, as a form of expression and as a way of bringing her closer to her roots.

Her father died hours before her tenth birthday, bequeathing her a golden pendant of Africa. It was no surprise when she decided to visit South Africa after leaving Colston Girls School.

"My father had always talked of Africa being the motherland and the cradle of civilization," she says. "Receiving his golden pendant made visiting the motherland an obligation, not a holiday."

Volunteering in a township school, she says she was as much a student as a teacher. Three staff taught 70 children aged from two to eight.

"I learned that the problems I had in my life were nothing compared to what these children faced."

She also learned Xhosa tribal dances, and on returning to Bristol she shared this knowledge, joining Trinity Dance Troupe and later Bristol Fusion Dance.

"Through dance I am touched with the undeniable force of history," she says. "As I became more in touch with my roots I felt that the eurocentric art of ballet was not for me."

"The rhythmic movement of African and Caribbean dance just takes over my body. I forget all my problems. It is my drug."

Now Cleo has a new challenge as chair of the St Paul's Carnival. Carnival has become essential not just for the black community but also Irish, Polish and other minority ethnic communities.

The event has had its problems in recent years but she believes she can rekindle its spirit "to rebuild a fractured community and a fading legacy."

Appropriately enough the theme of this year's Carnival is Migration. It is on Saturday 6 July.

• www.stpaulscarnival.co.uk



Cleo Lake:
'The rhythmic movement of African and Caribbean dance just takes over my body. I forget all my problems'
Picture: IRVEN LEWIS

The elegant struck back

ELIZABETH HORTSMANN-SNELL
finds out more about a martial arts
dance born out of slavery

BRAZIL: Capoeira

NEVER heard of Capoeira? You may know its 'street culture'

derivatives – hip-hop and breakdancing – and seen the many films influenced by it, from Flashdance to Ocean's 12, Thor and even Harry Potter.

Capoeira is a Tupi word, a native language of Brazil before colonisation, and refers to the grasslands of the interior. It began as a secret martial art developed by Africans transported from Angola, Congo and Guinea as slaves by the Portuguese in the 15th century.

Played out as an elegant dance-like game to the sound of percussion, it appeared to the slave masters as a playful acrobatic performance. To the dancers it was a means of escape and defence, permitting the possibility of freedom and strength, self esteem and reliance.

When slavery was abolished in Brazil in 1888, capoeiristas were hired by criminal gangs as bodyguards and hitmen, and soon its practice was banned. But by 1937 the Brazilian government recognised Capoeira as a national folkloric art. The ban was lifted in 1940 and Capoeira schools flourished. There are two in Bristol.

Bristol Capoeira Angola meets on a Thursday evening in



Hamilton House, Stokes Croft. There is a children's session on Tuesday afternoons. Its popularity is growing, according to leader Ollie Dennison.

The warm-up begins in a circle, followed by small jumps and high leaps. Then it's time to balance, placing one leg out straight, then lowering to a one-legged squat.

Next it's the ginga, a low rocking side-to-side motion, first forward then backward, passing those still going forward. It is an exhilarating way to gain confidence in proximity to others.

Learning how to fall and to manoeuvre from the fallen position is also fundamental.

The next thing is to mirror a partner's movements, including

moves that at slavery



Moving: Acrobatic artistry at Bristol Capoeira

Picture: AMELIA STEWART www.ameliastewart.co.uk/

cartwheels and handstands. The more advanced demonstrate strength with hovering handstands, walking on their hands and spinning on one hand while in a handstand.

Now it's time to play Capoeira Angola to the rhythm of a battery of instruments – the birimbau, a single stringed percussion instrument; pandeiros, a hard-framed drum; atabaque, a tall wooden Afro-Brazilian hand drum; agogo, a multiple bell; and a Brazilian rattle, the ganzá.

Players take it in turns to enter the circle and perform their moves. The dynamism of the

moves determines the tempo and rhythm of the music. It's a magical experience that brings on the goosebumps.

Dancer Brian Mannion summed it up. "Capoeira has an awful lot going for it, because it encompasses human unity through songs, music and rhythm, which although structured, allow for free spirited movements."

• *Capoeira Angola*: call Bob on 07734 038837 or Ollie Dennison on 07890 381992

• *Bristol Capoeira*: call 07882 745860, email claudiocamposrosario@hotmail.com, or visit <http://www.bristolcapoeira.com/>

YULIYA KOSHAJEVSKA meets an American who believes dance can help people understand each other

BULGARIA: Balkan dance

EMILY Nisbet was born in Indiana and has lived in Illinois, but is now happily married in Bristol. She is the founder of the Balkan Dance House, a studio that unites people from different cultures around traditional dance from the Balkans.

Emily specializes in dance from Bulgaria, Macedonia and Serbia, but also from Albania and Romania, as well as Greece and Turkey. Only a few of her those who come to her classes are from the Balkans.

"Some like the music; some like the intellectual part of the dance; others just like the fact that it's good exercise," says Emily. "But anyone who has started with Balkan dance once can't stop."

Balkan dance steps range from the very simple traditional village dances, usually based on a walking step, to very complex dances with fast, intricate steps.

Emily has only been to Bulgaria once, but she grew up with Balkan rhythms. Her mother used to take her to a similar dance studio

back in the US. When she moved to Chicago, she met Bulgarians who became some of her best friends. She began to explore their culture and is now familiar with many Bulgarian traditions.

"It is great to know people who are willing to share their culture," she says. "I like dancing and getting people together."

Her attitude contrasts with the scaremongers who have been predicting chaos when restrictions imposed on migration from Bulgaria and Romania are lifted in 2014.

Some people even seem to think they are one and the same country, like Bosnia Herzegovina. In fact they speak different languages, Slavic and Romance. Romania is twice the size of Bulgaria.

Emily believes cultural activities can help to break down stereotypes, and that her work can present the different cultures of the Balkans to local audiences. Participants in the Balkan Dance House performed to a packed Colston Hall during the Mystery of Bulgarian Voices concert in 2011.

Emily has taken a break from dancing to have a baby, and is planning some surprises when she reopens her studio this autumn.

• For more information visit <http://www.balkandancehouse.com/>



Balkan dances are rooted in village customs

There is always a buzz of activity outside the former pub that houses Crisis Centre Ministries in Easton. ABUBAKAR HABIB and JESSIE ARLETT went to investigate

Meet the Good Samaritans of Stapleton Road

THERE is a smell of fresh baked dough in the air, and people are queueing outside the Wild Goose Cafe on Stapleton Road. Food is being served much like school mealtimes – no money is changing hands.

This is one of many activities run by Crisis Centre Ministries (CCM), a Christian project for the homeless and those addicted to drink or drugs. Originally based in City Road, St Paul's, the Wild Goose came to Easton in 2010.

Inside there is a warm, cheery atmosphere. The clients, a mix of ethnicities and genders, chat about current affairs. The walls are covered in posters advertising some of the other services offered by CCM – East Bristol Food Bank, a Ladies Only night shelter, and courses in life skills and training for employment.

Assistant manager Karen Robinson is clearing up, but people are still coming in. "We are closed," she tell them, then asks "Do you mind some mash? Or you can have some cake and tea if you hurry."

It is typical of the approach here, an open-hearted expression of the Christian faith. With lunch over, Karen begins to prepare supper. She and her volunteer colleagues supply hundreds of people with what may be their only hot food.

Every Tuesday there is a drop-in advice service for those who may find more formal settings like hospitals problematic. No food, smoking or drinking is the only



Night shelter: Val Thompson says the work is 'at times heart-breaking'

rule here. Karen explains that those who wish to move away from the chaotic lifestyles of the homeless and addicted can attend courses which help to prepare them for a more stable existence and employment. The courses are free. Some

students have gone on to gain qualifications.

The new food bank supports people referred by doctors and social workers. Donations come from schools, churches, businesses and supermarket shoppers. Volunteers pack the food in carrier bags so recipients can collect it unobtrusively, as if they had just been shopping.

Meanwhile Val Thompson looks after the women who come to the CCM Spring of Hope night shelter. It opened in December 2011 to provide a safe place for homeless women on the two nights a week when St Julian's night shelter in St Paul's is closed.

"It is heartbreaking at times," says Val. "Especially with the older women, who could be my mother. It's shaken me."

Val's faith keeps her going. "I would like to hope that I am portraying how Christ would like us to be – caring,

CHELSEA LESLIE met up with Rizwan Ahmed at the Bristol Muslim Cultural Centre

RIZWAN Ahmed has a tough job on his hands. With dwindling funds the Bristol Muslim Cultural Society (BMCS) has had to downsize, moving from a prominent location on Stapleton Road to more modest accommodation in nearby Mivart Street, Easton.

Yet both interest in Islam and antipathy towards Muslims are on the increase. There has been a rise in Islamophobia, and in burglaries among Bristol's Asian communities, and Rizwan has been working with the police to help people protect their homes.

"My sister was burgled last year," he

Undaunted by cuts, promoting

says. "They took absolutely everything. She was devastated."

Rizwan has been with BMCS since 2006, having started as a volunteer.

BMCS prides itself on being open to all, and Rizwan recalls the lengths they went to to reunite the family of a local Englishman living alone who fell ill. The group also ran a Muslim-Christian art project for young people to learn about each other's heritage.

The society provides a drop-in advice service as well as sports, after-school, and social and religious activities.

Members also give talks to schools and work with the media to improve

understanding of Islam. A total of 117 events were attended by nearly 4,000 people in 2010-11.

During the same year almost 3,000 people made use of their advice services, almost a third of whom were not from minority ethnic communities, and almost half were women. Rizwan believes the society's new, more discreet address will encourage more women to visit.

The big event of the year is the Islamic Cultural Fayre held in Eastville Park every summer. What began as a humble day out 12 years ago has now become an important date in Bristol's calendar. The Fayre now attracts over 12,000 visitors

Easton has suffered a bad press as one of the poorest and most multi-cultural square miles in Bristol, but it is a lively neighbourhood with a proud history. Road schemes and council estates have disrupted the warren of miners' cottages that grew up around Easton Colliery more than a century ago. It was birthplace to Ben Tillet, who helped develop the modern trade union movement. As we see here, today's residents have developed an extraordinary range of self-help groups

compassionate and loving. It doesn't matter what we look like, or the situation we are in.

"I like that moment when I can be there to listen to these vulnerable women," she says. "Hopefully it can open them up to where they may have been going wrong."

She is delighted when she sees change happening. "With the younger women it is great to see them going back into education and shared accommodation."

Val uses her spare time to raise funds. There are now more beds in the shelter, and a shower room, and women can use a computer to check emails. She would like the shelter to be open seven nights a week, and give the women more privacy during their overnight stay.

• To find out more about CCM visit <http://www.crisis-centre.org.uk/> and download their newsletter StreetWise

MODUPEOLUWA FALODUN meets a 72-year old whose life changed when she came across the Sick Cell and Thalassaemia Centre on Stapleton Road, Easton

TINA Johnson-Martin was diagnosed with sickle cell disorder (SCD) 49 years ago as a child in Jamaica.

"I was the cranky one who was always in pain," she said. "There were times when the pain was so intense that I found it difficult to explain how I felt."

"The hospital was of no help because of the lack of technology to conduct tests. I was even called names by nurses who had no awareness of SCD. Some believed I was a drug addict who lied about being in pain to get drugs!"

"It was 1963 before a doctor finally diagnosed me. I was relieved," she said.

"I had my first daughter that same year and began to pay more attention to my health. I started drinking plenty of water, eating good food and fruit, exercising daily and dressing warmly all the time. The doctor explained these were ways of preventing constant crises."

"Each SCD crisis is a bitter experience. I bleed from my eyes, my kidney bleeds and I feel pain in every part of my body."

Tina's life changed when she joined Bristol's Organisation for Sick Cell Anaemia Research (OSCAR). Founded in 1984, and now funded through the NHS, it conducts tests for a variety of related conditions and supports those affected.

Marjorie Richie, a midwife, nurse and certified genetic counsellor with OSCAR,

A healthier life thanks to OSCAR's help

explains that SCD is inherited from both parents. It is most prevalent in people of African, Afro-Caribbean, African-American, Asian and Mediterranean descent and affects one baby in 2,000.

"Since 2004 every baby born in the UK has been tested for sickle cell and thalassaemia," she says.

The condition gets its name from sickle haemoglobin, which makes red blood cells rigid and sickle shaped. They are then less able to squeeze through small blood vessels. "These easily become blocked, preventing oxygen from getting through and causing severe pain and damage to organs," explains Marjorie.

While research continues in the hope of discovering a cure, Tina now helps others by talking about her condition in group meetings at the OSCAR centre.

"They never stigmatise," she says. "They are always ready to support at any time. My daughters also have the sickle cell trait so they take good care of themselves."

"Before there was not much awareness of SCD. Now a carrier can live a happy life thanks to groups such as OSCAR."

Tina is living proof of that.

• www.oscarbristol.co.uk 0117 951 2200

our culture

and 80 stalls, and has live performances, a fun fair, and activities for all the family.

"The Fayre is organised by the community, for the community," explains Rizwan. "I don't think any other Muslim event in the UK has achieved so much positivity."

"We need to make moves towards becoming a social enterprise," says Rizwan, conscious of how the voluntary sector has been hit by council cuts. "We're lucky that for big events, like the Fayre, the whole community will come out and support it."

• www.bmcs.org.uk

SUNDAY MARKET



Every week 10am - 2.30pm

The Sunday market is one of Bristol's top community markets, offering affordable food and crafts, locally made bread, cakes, farm food, sausages and pies, flowers and much more.

Our vintage & retro market 'Retroville' is on the first Sunday of every month, with clothing, jewellery, homeware, furniture and records, running alongside the regular market.

WWW.TOBACCOFACTORY.COM

The first four Bristol schools and colleges have been rewarded for signing up to



Rhythmic: Tibetan musician Tashi Dhondup

BRISTOL has declared itself a City of Sanctuary – proud to extend a welcome to people seeking refuge. Now the same principle is being extended to schools.

The first four institutions awarded School or College of Sanctuary status were City Academy Bristol, Ashley Down School, Compass Point: South Street School, and City of Bristol College.

A School or College of Sanctuary is one committed to being a safe and welcoming place for people whose lives were in danger in their own country. It helps its students, staff and community understand what it means to be seeking sanctuary, and extends a welcome to everyone as equal, valued members of the school community.

Participants at the award ceremony were treated to music from Zimbabwe and Tibet, presentations from the colleges and schools, speeches from the Lord Lieutenant and city MPs, plus a specially composed Song of Sanctuary by Richard Barnard, sung by Ashley Down primary school choir.

Forward Maisokwadzo, coordinator for Bristol City of Sanctuary, sees the initiative as vital in building a culture of welcome.

“It brings very real benefits to the schools and colleges involved,” he says. “As well as promoting active citizenship and social inclusion, it provides valuable learning opportunities. It covers such topics as human rights, citizenship, religious education, social justice, diversity and interdependence.”

There are three simple principles to being a School or College of Sanctuary:

1. Learn about what it means to be seeking sanctuary;
2. Take positive action to embed concepts of welcome, safety and inclusion within your school or college and the wider community;
3. Share your vision and achievements – be proud.

● Find out more: Bristol@cityofsanctuary.org, 0117 941 5969



Song of san



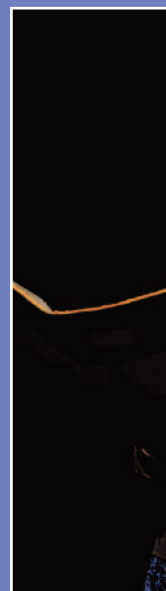
**Receiving S
Bristol Mary
of City of Br**



Fardousa Diisow, a parent from Hannah More Primary



Backer: Stephen Williams MP



Sherrie Eug

The City of Sanctuary principles of welcome, safety and equality for all



Sanctuary: children from Ashley Down primary school sing the specially-written song Pictures: SIMON CHAPMAN



School or College of Sanctuary awards from Lord Lieutenant of Bristol, from left, are Gill Kelly of City Academy, Terina Lewin of Bristol College, and Lawrence Pitt of Ashley Down primary



Ene Hart, MC for the day



Supporter: Kerry McCarthy MP



Beat: Zimbabwean musician Cecilia Ndhlovu

Childhood memories: Some days can only get better, says refugee MOHAMMED

WE arrived in Bristol during the night. We were in our car and it was dark. All I could see was the rain constantly pattering on the window.

The wind was blowing noisily. There were loads of cars on the road and no people. I was nervous and tired. This place felt alien to me. There were five people in the car – my family. Brothers young and old slept in the car together and my stepfather was driving. He seemed happy, which made me feel more confident.

We stopped outside a strange house. It was very different from where I was from. I was going to see my mother for the first time in seven years. I was five and my little brother was 11 months when my mother left Somalia.

We stepped out of the car and there stood a lady at the door. I asked my stepfather, "Who is this lady?" My stepfather told me: "This is your mother."

We were surprised. I felt like giving her a big hug. We walked up the small path to where she was. I was at the front so I was the first to hug my mum. She started crying and wiped her eyes on her sleeve.

When I went to bed that night I walked up

A family reunited after seven years

the stairs with tears welling in my eyes I was so happy. I had missed her so much and I was glad to be back with my mother as she means the world to me. My world shattered when we were separated and I cried for the person who gave me life.

At home everyone wakes up early when the sun comes up. You don't need an alarm clock. When I got up that first morning in Bristol I went to the kitchen to get a glass of water. My mum was in there crying so quietly, as if she was afraid that she might wake me up. I looked at her and then turned away because I didn't want to see my mum cry. I realised she must have missed me as much as I missed her.

The next day I went outside to play football, my favourite sport. It was another rainy day. I was new to Bristol and got lost in its million streets. I saw an old man but I didn't know how to ask the way home. I

just walked around in circles for what felt like hours until at last I found my way back home.

Soon I went to school. It was strange and when other people and students talked to me I didn't understand them. I felt like they were swearing at me. I had no friends and no other family here in Bristol.

I had no confidence and sometimes the other kids would take the mickey out of me and be rude. The work at school was hard. It was hard to adjust to my new life.

Now I like Bristol. I feel better about being here now that I can speak a bit more English and work better at school.

• Mohammed wrote this about arriving in Bristol and being reunited with his mum after seven years of separation. He was only 12 years old. Now 18, he is a student on a BTech course in Business Studies at City of Bristol College



Safer Bristol

Our job is to make Bristol safer for all citizens and visitors. As a partnership, we are responsible for co-ordinating actions which tackle the adverse effects of crime and drugs on communities.

Our work includes tackling anti-social behaviour, hate crime, and violence against women and girls as well as violent crime and acquisitive crime (e.g. burglary and robbery). We work in partnership to reduce crime and fear of crime and the harmful effects of substance and alcohol misuse on individuals and communities. We are committed to listening to and supporting victims of crime including offering restorative approaches that repair harm.

To find out more about the partnership and services available please go to www.bristol.gov.uk/saferbristol

Contact us by e-mail safer@bristol.gov.uk or by phone **0117 914 2237**



Tackling abusive relationships

CHRISTINA ZABA and REBECCA DAY report that the 'war against women', and children, is not just about physical assault

HE said: "I hate wife-batterers. They're disgusting." And then, coolly, he added: "There are so many better ways of harming a woman." This is the mindset of an abuser – someone who seeks power and control in relationships, and will use a range of cruel techniques to get it, no matter what it takes.

They harm by humiliation, or by outright fear. They destroy by sexual, physical, financial or emotional methods that often leave no mark.

Domestic violence is the secret crime. Victims of the abuser's mind-games often think it's their own fault. They ask themselves what they did wrong, not realising that abuse is anything but accidental. It's mostly deliberate, planned, and escalating. And it devastates lives – sometimes even ending in murder.

The Home Office defines domestic violence as: 'Any incident ... of controlling, coercive, threatening behaviour, violence and abuse between those aged 16 or over who are, or have been, intimate partners or family members...'.

Police and courts do take action. But first the victim needs to seek help – and that can be difficult. In Bristol, several public and voluntary agencies have joined forces to create the Violence against Women and Girls Prevention Group.

The group meets several times a year to plan campaigns, run workshops, raise awareness, educate and support. It works with schools, special interest groups and others in our city.

During their lifetime one in four women in the UK will experience some form of domestic violence. Between 2010 and 2011 there were 7,503 reported cases in Bristol alone, though two thirds of cases are said to go unreported.

Montpelier-based theatre group Unique Voice is visiting primary and secondary schools to raise awareness.

Commissioned by the council's Children and Young People's Service, the initiative is supported by Bristol Old Vic stalwart Sir Patrick Stewart.

The theatre group was founded by Bath Spa graduates Krystal Keeley, Cat Sparkes and Clare Farnham, and originally catered for



Sir Patrick Stewart visits a Unique Voice workshop

adult audiences. They decided to reach out to children in order to promote healthy relationships from an early age.

"We introduce the show as about healthy relationships," explains Krystal, 25. "We try to steer clear of mentioning domestic violence because this has so many negative connotations."

Their drama 'Me+You = 4eva' highlights grey areas in relationships between males and females. In workshops afterwards children are able to identify with the problems raised.

"People often don't recognise they are in an abusive relationship," claims Krystal. "Our performances hope to establish some of the difficulties that can arise, allowing children to relate."

"We have to make changes to the show for east Bristol, because of the area's cultural diversity," she goes on. "We started with focus group involving parents and teachers, and it was decided the performances need to be made more universal."

Another action group, Bristol Against Violence and Abuse (BAVA), champions intolerance to gender-based violence and promotes equality between men and women. Its strategy to change attitudes, behaviour and practices through education, training and campaigns is supported by the council's Safer Bristol scheme.

- www.uniquevoice.org
- If you believe yourself to be in an abusive relationship contact Bristol Against Violence and Abuse www.bava.org.uk

FOR MORE SUPPORT
AGENCIES TURN
THE PAGE ...



Krystal Keeley:
'People often don't recognise they are in an abusive relationship'

War on Women 2001-2012 Shocking Stateside Statistics

| | |
|---------------|---|
| 3,073 | Killed in terror attacks in US |
| 2,002 | US troops killed in Afghanistan |
| 4,486 | US troops killed in Iraq |
| 11,766 | US women killed by husbands or boyfriends |

(Source: FBI. 9 Oct 2001 - 6 June 2012)



BRISTOL TRADES UNION COUNCIL

Founded 1873

TRADE UNIONS WORKING IN THE COMMUNITY

President: Mike Langley, Vice President: Simon Chapman,
Secretary: Andy Robertson

0117 951 6584

WOMEN COMBAT VIOLENCE

MARYSE SUGIRA and REBECCA MEGSON turn the spotlight on Bristol women who are determined to challenge the despicable treatment faced by many women worldwide

ST Valentine's Day will never be the same again. This year it saw the start of One Billion Rising, a global campaign against gender-based domestic violence.

It is the latest manifestation of a move dating back to 1998 when a group of women in New York declared 14 February V-Day, for Victory and Vagina as well as Valentine. The idea was to highlight all forms of sexual violence including rape, incest and female genital mutilation.

In Bristol the gauntlet was taken up by Jodi Ahmed who organised 'flash mobs' around the city to raise awareness about the number of women hurt and killed by husbands and partners.

"One in four women have been violated in some way," says Jodi. "You can easily name four close friends, it could be your mum, sisters, aunties, daughters."

There were big demonstrations across the world, but Jodi was disappointed at poor coverage by the UK media, and appalled to see that when the issue was debated in Parliament only about five MPs were present.

"There is a high percentage of people

Turn the tables on traffickers and abusers

thinking that domestic violence is something that should not be spoken about," she says.

"But it is not a private matter. Women who have experience domestic violence are frightened, and few speak out when they have been victims.

"There is a lot you can do to support a friend in that situation. Try to restore and increase their self-confidence and self-esteem so they can stand up against domestic violence themselves."

There is another silent group of women

and children in our midst. The police estimate there may be as many as 75 houses in Bristol in which women, and some men, are trafficked for sex.

Gillian Douglas of Bristol City Council's Safer Bristol project says the true extent of trafficking in the city is unknown. The victims are extremely vulnerable and unlikely to identify themselves. They fear not only their traffickers, but the risk of deportation if identified to the authorities.

Some have taken great risks to start a new life in Britain. Frequently they are told they

ADVERTISEMENT

Eating out can make a difference

Three of Bristol's favourite restaurants have more than food on the menu – they also appeal to customers to support the Severn Project.

Started by Steve Glover on waste ground in Keynsham, the Severn Project helps people who are socially excluded, often through drug and alcohol problems.

It's a thriving horticultural enterprise, offers several NVQ courses and unlike some other recovery schemes, sets no end date for help offered to individuals.

Steve needs a tractor...



Steve Glover is an energetic and skillful chap that grows a large proportion of our excellent, fresh daily, salad greens on 4 acres of land in Keynsham. We have worked with Steve since he began his horticultural business in 2010 and what makes his model very interesting is that his co-workers, or 'clients', are all undergoing drug rehabilitation and social reintegration.

Now the project is ready for the next growth stage and a £7,000 Tractor is needed. So far Steve has managed with near minimum funding and been self-financing by selling produce but next phase will require outside help. Should you wish to help Steve and his 'clients', please make a donation when you pay the bill.

Arne Ringner

RESTAURANTS PARTICIPATING:



GLASSBOAT

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The Severn Project is a Community Interest Company (07253111)



have incurred massive debts for their transport, and to pay them off they are forced into various forms of exploitation. Some are required to guard cannabis farms. Avon & Somerset police found 676 such farms in 2012 alone.

Gateway

As a major transport hub, with an airport, two mainline railway stations and major roads in all directions, Bristol is an ideal gateway for the traffickers. The international trade in people is estimated to be worth more than £20billion, on a par with drug smuggling and the arms trade. In effect it means there are more slaves in the world today than ever before, and one in eight are in Europe.

There have only been four police investigations locally, but several women have now devoted their lives to the issue.

Working in an orphanage in Ukraine, Kate Garbers was horrified to discover that many of the children would end up trafficked into the sex trade. Back in Bristol she set up Unseen, which provides a safe house and support for trafficked women.

Jan Martin is another Bristolian who feels passionately about this sickening trade. She set up a group called Bristol Anti-Sex Trafficking in 2012. "I just can't be a bystander," she says. "Even if it takes the rest of my life to change things for just one person, I have to do it."

Trish Davidson was recovering from a serious illness when she first heard about these modern forms of slavery while attending a talk at her church.

"I was shocked to discover that slavery goes on today, right here in Bristol," she says. "I felt a calling. I had to get involved

and do something about it." Trish set up Unchosen, an anti-trafficking charity to promote awareness through film campaigns. "I was incredibly impressed with film as a medium for getting a difficult, challenging message across," she said.

A filmmaking competition run by

Taking a stance: The 1bn Rising event in Bristol, above



Unchosen will screen its winning entries during Anti-Slavery Week in October.

Jan Martin's group have held some dramatic 'happenings' including painting a mural and holding a demonstration opposite one of the city's many massage parlours – often a front for prostitution.

Thanks to these women and their supporters, the city council now has an anti-trafficking officer to galvanise authorities and rescue agencies to work together.

Meanwhile Jodi Ahmed and her friends hope to put together a scheme which will allow them to go into schools to talk about domestic violence. As she says, the future is the hands of the new generation.

- www.onebillionrising.org
- www.unseenuk.org
- www.unchosen.org.uk

Find out more ...

• If you have been affected by any of the issues mentioned in this article, or would like to help, you may wish to contact:

Bristol Domestic Abuse Forum 0800 6949 999

National Domestic Violence Helpline 0808 2000 247
helpline@womensaid.org.uk

• **Police** If someone is in immediate danger, call 999
www.avonandsomerset.police.uk/community_safety/crime_reduction/violent_crime/domestic_violence/index.aspx

• If you come across a potential case of human trafficking contact the **Migrant Rights Centre Bristol** 07827 979641
info@migrantrightscentre.org.uk

• **National Health Service**
www.bristol.nhs.uk/your-health/domestic-abuse.aspx

• **Sexual Assault Follow-up & Empowerment**

www.safelinksupport.co.uk

• **Next Link Housing**
www.nextlinkhousing.co.uk

• **Victim Support**
www.victimsupport.org

Contact-us/south-west

• **Women's Aid (Bristol)**
0117 944 4411

helpline@womensaid.org.uk

• **Safer Bristol**
www.bristol.gov.uk/page/safer-bristol

• **Children and Young People's Service**
www.bristol.gov.uk/page/children-and-young-people



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Language4Rights

ESOL (English as a Second Language) Volunteer Mentor Scheme

The Language4Rights mentoring scheme has been going really well with new mentors joining us every week to support newly arrived migrants and asylum seekers learning English and finding out about life in Bristol. Some of the mentors have enjoyed it so much they are now working with more than one individual. This term the focus has been on learning English for employment and further education. We are organising workshops to find out about the recent welfare changes. Language mentors and their mentees benefit from one another while learning English, culture and creating opportunities for mutual understanding.

Language mentor – Gloria, postgraduate student

“Opting to be a language mentor has been extremely worthwhile. Activities included reading aloud, practising and using pronouns, the simple past tense and articles. We also practised formal letter writing and differentiated it from informal letters. There were opportunities to visit Bristol Museum and Art Gallery. Mahassin is now confident in visiting venues she was shy of at first. She is now a more outgoing learner. It has been a totally humbling experience for me to contribute in a very little way to such a good cause. I am grateful for this opportunity.”

Language mentee – Mahassin, single mother from Chad

Mahassin is a refugee who has lived in Bristol for one year. She wants to do a science access course in September 2013 and that is her motive to improve her English.

“During my sessions with Gloria, I made a lot of progress in my English. We practised how to use the past and present simple tenses, pronouns and nouns. She has taught me how to write formal and informal letters. I improved my keyboard skills, reading, writing, punctuation and grammar. I learned how to put sentences together and to use the right verbs. I am keen to study for International English Language Testing System. Thank you so much.”

Language4Rights has been developed by Bristol City Council’s Community Learning team to meet the needs of ESOL learners who cannot access mainstream provision.

Suad Abdullahi, Migrant Learning and Support Co-ordinator
Email: suad.abdullahi@bristol.gov.uk

0117 903 9750

Married couple Deni and James tell BRIGITTE NICOLAS how meeting and moving in together was overshadowed by the daily struggle of caring for a disability, until they found help

AROUND the table the conversation focuses on food. What's a good way to cook an excess of pumpkins? What is cornmeal porridge? Plum crumble is passed round and the cook takes pleasure in telling that it has added nutmeg and cinnamon. "Don't you change your crumble recipe, it's the best," one woman tells her sister across the table.

A man walks past and asks with a grin, "What are you celebrating?"

"We've just had a meeting," says Hazel. "We do things properly at Bristol Black Carers."

Hazel Brittan is adult care services manager at Bristol Black Carers (BBC). What unites the group is that they are all carers or are cared for – not necessarily black – and have just attended a monthly support meeting.

Hazel is the first point of contact at BBC and a carer herself. When people contact the charity she will set up an assessment to see how they can best be helped, signpost them to other agencies, or will send information by email or post.

This meeting was focused on dealing with stress. Previous meetings have helped with the often strained relationships between the carer and the person they look after.

That is one problem Deni, 50, and James, 45, have not had. "I feel less stressed when I am with James," says Deni.

BBC has given them opportunities they wouldn't otherwise have had. James is grateful that the charity "understands the issues" and offers more personal help than they can get from the council.

Bristol Black Carers was set up by Ena Smith and Elaine McCarthy in 1997 to help black and ethnic minority carers who were not using the services available to them. The group doesn't discriminate – it helps people from all backgrounds.

James and Deni have been married for eight years after meeting on a dating site in 2003. James has had to deal with spina bifida hydrocephalus (water on the brain) all his life. At the time Deni was looking after her two young children and worked as a school care coordinator.

Soon after they met, Deni became James's care assistant. As they were in a relationship they had to agree this with social services, but Deni says, "It was the best thing to do at the time."

The one problem was that James lived in Bournemouth. Long distance relationships



are common with dating sites, but for James the commute was not easy. He would spend a week in Bournemouth with one care assistant and then travel to Bristol to stay with Deni for a week.

More than once he got left on the train. The railway staff he relied on to help him were not very apologetic. "I got vouchers once as compensation," he says. "It didn't happen very often though." He has had to learn to take such things in his stride.

Their decision to get married meant that Deni could no longer be a paid care assistant to James. Instead they received a care allowance.

Difficulty

It did not cause the couple much financial difficulty but Deni says, "It was a huge change in status. I went from being employed to receiving allowances. It was difficult because I was doing exactly the same things, but didn't get the time off."

The trouble did not end here. Deni's house was not adapted for a wheelchair and James spent most of his time upstairs, as it was very difficult for him to be moved.

To avoid irritating the sores that develop when James had been bed-bound for a long period, Deni had to lift him herself. It was difficult to explain this to nurses who expect them to use a sling as a safer method. "I really struggle with the professionals' view of what it is like for James," she says.

She found a way out of her frustration in writing poetry. In a poem called "The

Caring Wife' she talks about the day-to-day struggle of caring while "the world carries on oblivious".

Now that Deni and James have found better accommodation and Deni's children are away at university they hope to find more time to join in the trips out of town and to the theatre organised by BBC.

Each carer at the support group meetings is in a different situation. Some are caring for children, some for parents and some for partners. Problems can range from the logistics of childcare, to learning how to motivate the person they care for. In some cases the carers are children themselves and BBC has a young carers service and a youth group called Young and Caring.

Find out more ...

Bristol Black Carers

0117 314 4664/6/7

www.bristolblackcarers.org.uk

Unit 20, Easton Business Centre, Felix Road, BS5 0HE

- For more about **direct payments** go to www.bristol.gov.uk/page/health-and-adult-care/direct-payments

or call **Care Direct** on 0117 922 2700

- Help finding out what **benefits** you are entitled to: www.turs2us.org.uk

- **Bristol Citizens Advice Bureau**

www.bristolcab.org.uk 0844 499 4718

- For **respite care** which allows carers to have a break go to www.bristol.gov.uk/page/respite-care-adults



Gym gives

Tackling local issues including gang culture through its community sports programmes, Bristol Boxing Gym has formed quite a reputation, finds KARA LEWIS

NESTLED on the borders of St Paul's adventure playground sits one of the city's finest boxing venues. Housed in a 19th century church, Bristol Boxing Gym is a defining part of the community.

"We've been here for 40-plus years and we'll be here for another 40," says Martin Bisp, one of the organisers.

Business analyst by day and volunteer boxing coach by night, Martin has taken an active role in the club over the last 12 years. After a car accident forced him out of the ring in 2004, he started running one session a week at the gym. Today, he serves as the gym's right-hand man, filling the roles of competition matchmaker, secretary and youth engagement coordinator.

"We believe that we have a social responsibility. The St Paul's community

'Boxing promotes a healthier lifestyle, and it is a great form of self-defence for women'

Anyha Kerr, boxing coach and former boxing pro, left

Pictures: KHALI ACKFORD



Bristol Refugee Rights is a Bristol-based charity engaged in human rights work for asylum seekers and refugees. We welcome all asylum seekers and new refugees to the drop-in Welcome Centre on three days a week in St Paul's.

Wednesday 10.00 – 12.30

English classes and crèche, help with solicitors, housing, money problems

Thursday 10.00 – 3.00

with hot lunch, help with solicitors, housing, money problems
Computer class and crèche (until 12.30)

Friday 10.00 – 12.30

English classes and crèche

Every day there are hot drinks, snacks, games, arts and someone friendly to talk to. We are an independent charity. All our services are free and delivered by volunteers.

BRR members are also involved in many local campaigns to support the rights of asylum seekers and refugees in the UK. Together we create a place of solidarity and trust. We challenge the injustices that we experience and witness in the UK.

Bristol Refugee Rights is supported by Bristol City Council, Church Urban Fund, Redland Society of Friends, Quartet Community Foundation, The Henry Smith Charity, JP Getty Jnr Charitable Trust, Refugee Action, British Red Cross, Allen Lane Foundation, BBC Children in Need, Big Lottery Fund, Awards for All, Migrant Impact Fund, Neighbourhood Partnership, Tudor Trust and Lloyds TSB Foundation for England and Wales



SAFETY – SOLIDARITY – ACTION for CHANGE

youth a fighting chance



'St Paul's has got so much to offer. We feel we have a part to play in that community'

Martin Bisp, Boxing Gym coach

years, ex-professional boxer and national finalist Anyha Kerr has run a female-only boxing class for women. It has met with great success, with participants ranging from 14-66 years of age.

Boxing bestows a wide range of benefits on women. Anyha explains: "Not only does boxing promote an overall healthier lifestyle, but it is a great form of self-defence for women."

In addition, the gym holds a female-only yoga class targeting Muslim women.

"Cultural and religious beliefs have inhibited many women in the community from participating in classes and due to this, we wanted to do something that didn't exclude anyone," says Martin.

"The aim of the class is to alleviate social isolation and expand local women's social circles in order to remove any barriers to the community mixing freely."

No-one excluded

The class is heavily subsidised to ensure no one is excluded on the grounds of cost.

Last December Bristol Boxing Gym became part of the Global Alumni for the Fight for Peace Project. Founded in Rio de Janeiro, it combines boxing and martial arts with education and employment training to improve the lives of young people from deprived areas. At Bristol Boxing Gym it aims to work with gang members to help them get back into education and become active members in society.

"It takes a lot of intelligence to run a gang. So rather than dismiss them, we are going to harness their ability to command people, their presence and take that and use it for good," says Martin.

Funding is the final hurdle and the gym will be seeking advice from Fight for Peace to help with grant applications.

Bisp hopes the project will make gang members realise they have much more to look forward to than just going to prison.

"St Paul's has got so much to offer," he adds. "It is stigmatised by drugs and gangs, but that is a small part of a much larger place and we feel we have a part to play in that community."

• www.westcountryboxing.com/community-sports-projects.html

trusts us and we feel we have to play a part in it," says Martin.

In 2007, Bristol Boxing Gym started a scheme called Community Sports Projects to engage with local youth by holding non-contact boxing sessions. What started off as just one meeting a week soon transformed into a much bigger venture. Today, the project holds after-school clubs five days a week and runs programmes with schools throughout Bristol and South Gloucestershire. It works with troubled students – some of whom are on the verge of being kicked out of school. The aim is to improve behaviour and increase self-confidence through hard work, discipline and respect.

"We are all about creating that positive feeling which makes you feel like you can take on the world," says Martin.

"This is what we are trying to instil – just because you may come from poverty and you may not have a great family life, it doesn't mean that's your lot. You can be whatever you want to be, you just got to

keep pushing." Rashami Jones, an amateur boxer, says: "Because the gym is in an area that has a bit of a reputation, it gives kids the chance to get out of that situation and put themselves in something more constructive rather than just being out on the streets."

Boxing allows disaffected youth to channel their energy and aggression in a constructive way, Martin explains. The hard physical work they put in results in the release of endorphins, and this gives them a feeling of self-worth. Those who stick with it also have a chance to enter competitions.

Zahoor Zaman has two boys, aged 12 and 13, at the gym.

He says: "It's the best thing that's ever happened. They get the young kids in here, training, promoting their health, their condition, the environment and they also are entitled to a crack at competitions. I hope it continues."

The gym also aims to mobilise female involvement in sport. For the past few

Paul Stephenson won the OBE for his services to equal opportunities and to community relations in Bristol. The reasons are clear, writes MIKE JEMPSON ...

THROUGHOUT his 75 years Bristol hero Paul Stephenson appears to have been in all the right places at the right time and used his presence to make changes for the good. His story is truly history.

Having survived childhood as a lone black face in the white wilds of Essex during World War II, he had his first real taste of the taunts of racism on the streets of Romford. Then he joined the RAF and met the Queen Mother – who assumed he was American since he was black and wearing a uniform. His devotion to youth work began during the 1950s in the UK and Germany, before he arrived in Bristol to work in St Paul's.

Inspired by the example of Rosa Parks' refusal to move off a 'whites only' bus seat in Montgomery, Alabama, in 1963 he organised a successful boycott of the Bristol Omnibus Company, which refused to employ black or Asian drivers or conductors. The boycott lasted 60 days,

Telling the story of the man behind Britain's own civil rights boycott

after which the company revoked its colour bar.

That brought him national attention, and some notoriety locally. The following year he was arrested by eight police officers when he refused to leave the Bay Horse

pub in Lewin's Mead because the landlord would not serve him. He was taken to court but was eventually cleared of a charge of failing to leave a licensed premises. An Irishman who came to his defence was ignored by police. Over the

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43 Easton Business Centre, Felix Road, BS5 0HE.
Head Office: Victoria Charity Centre, London SW1V 1BR

Bristol Public Health Inner City Health Improvement Team

The inner city health improvement team aims to improve the health of our communities by supporting them to adopt a healthier lifestyle and reduce health inequalities.

Who are they?

- Health community development workers work with local people to set up support groups such as mothers and toddlers, healthy eating and weight loss, emotional and mental health support, exercise groups and health information sessions.
- Health trainers are people from your community who support you one-to-one or in a group to adopt a healthier lifestyle.

How can they help you?

- Help you to have better health by talking to you and understanding your health concerns.
- Support you to set targets such as weight loss, stopping smoking, healthy eating, exercise, and taking health checks.
- Support you to prevent long-term health problems, such as obesity, coronary heart disease and diabetes.
- Organise local health promotion events and campaigns.
- Direct you to local projects and support groups.
- Offer you lifestyle advice, eg in nutrition, physical activity.
- Assist you in finding health-related job opportunities.
- Train you to be a local health champion – eg a walk leader.

Where are they?

Lawrence Hill team is based at the Wellspring Healthy Living Centre, Barton Hill.

Ashley/St Pauls team is based at St. Paul's Learning Centre.

Easton team is based at Easton Community Centre.



Further information Ian Roberts,
Inner City Neighbourhood Project
Support, 0117 922 4793
email Ian.roberts@bristol.gov.uk





Paul and Joyce Stephenson launch a new edition of his book

Picture: SIMON CHAPMAN

next few years Paul worked in Coventry and visited America and the Caribbean, before settling in South London.

His efforts helped to bring in the 1968 Race Relations Act, but his memoirs also

describe the cavalier way in which the numerous British nationality acts have been tailored to the prevailing political winds, in effect reducing opportunities for those with black or brown skins who had

served the British Empire in time of need.

In one of Paul's many audacious moves he persuaded heavyweight world champion boxer Muhammad Ali to visit children at the Tulse Hill school where he worked, providing black youngsters with a rare chance to meet a great role model with whom he set up a sports development project.

Paul was to serve on the national Sports Council and was active in the anti-apartheid movement. He resigned over Margaret Thatcher's support for the renegade English cricketers who broke the sporting boycott with South Africa.

He later served on the Press Council – forerunner to the Press Complaints Commission – and by now had returned to Bristol with his wife Joyce and children, where he became the first black Freeman of the City in 2008.

In 2009 he was awarded the OBE.

Lilleith Morrison has recorded Paul's story in an illustrated book, with a foreword by his friend, former Bristol South MP Tony Benn. It is an inspiring read, and shows that with determination and a big heart change can be achieved.

• *Memoirs of a Black Englishman, Paul Stephenson OBE & Lilleith Morrison, Tangent Books, £9.99*

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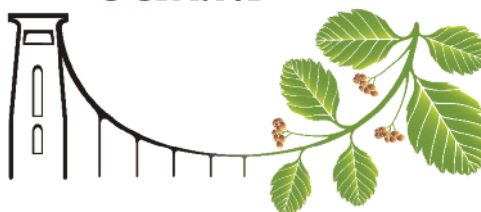
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Agueda with Mayor George Ferguson and former Lord Mayor Peter Main

Picture: JON CRAIG
www.joncraig.co.uk

A taste of honey is sweeter if it has been fairly produced

CLIVE WESTON has sweet memories of an eventful visit from a Nicaraguan fair trader

HONEY producer Agueda Ordenana Avendano had a busy time when she came to Bristol earlier this year as a guest of Bristol's Link with Nicaragua (BLINC).

She helped to launch Fairtrade Fortnight (25 February to 10 March) with the Mayor and Lord Mayor of Bristol in City Hall, and went on to talk about her work to children in primary and secondary schools, and address college and university students. She also met local beekeepers from the charity Bees for Development.

A single parent, Agueda is a women's development worker with the Tierra Nueva co-operative in central Nicaragua, and one of the country's few women beekeepers.

In Bristol, she was also the guest of honour at the International Women's Day celebration entitled Women, Honey and Chocolate at the MShed on 8 March.

Earlier in the day she was guest speaker when celebrity chef Levi Roots presented the first-ever SouthWest Fairtrade

business awards at Colston Hall, sponsored by the Co-operative. Top prize went to Easy Beans of Yeovil, but there were awards for several Bristol enterprises including Greenhouse bed & breakfast in Southville, and Essential Trading Co-op in Fishponds.

Students at the University of the West of England (UWE) won two awards – for the UWE Coffee Cart, a joint venture with the university, and the university's Student Union shop.

Agueda also witnessed Mayor George Ferguson sign a new declaration insisting that fair trade should be an international development goal.

"I am a passionate believer in Fairtrade and fair rewards for producers, and am proud of Bristol's role as a champion for the movement," he said.

"I am very happy to be the first leader in this region to sign the International Fair Trade declaration emphasising its importance in tackling poverty across the world."

Primary school teacher Lucy Metcalfe said: "It was great for the children to put a face to the idea of Fairtrade, and to hear first-hand about the positive effects it has on peoples' lives." Vicki Harris from UWE thanked BLINC for making

Agueda's visit possible. "It was brilliant," she said. "She spoke to all sorts of different people – students in lectures, staff in the shop, sustainability champions and supporters, the Student Union president and the rep for Societies plus SU staff. She really brought Fairtrade alive – it was really worthwhile."

• *BLINC was set up in 1985 to build solidarity with the people of Puerto Morazan. To find out more about BLINC's work, visit <http://bristolnicaragua.wordpress.com>*



Agueda Ordenana Avendano at work on her hives in Nicaragua

This migrant from Germany was told to live in England. He didn't want to, and he delayed as long as he could, writes Dr JOHN VEALE

HE DIDN'T really want to come, but made up his mind to endure it. Although he had been told on 5 August that he was to migrate to London, he lingered as long as he could in his palace in Hannover, sauntering for many days through the prim Herrenhausen gardens which had been laid out by his late mother Sophia. She had been the one who had set her heart on the job for him before she died a few weeks earlier.

He began his journey reluctantly on 31 August, travelling via Holland. He reached The Hague five days later, where he lingered until 16 September, then embarked for Greenwich, arriving two days later. The year was 1714 – 400 years ago next year.

Crowds of cheering Londoners strained their necks through the rain and the fog to get a glimpse of him. He wondered why.

He had not come alone. With him were his two favourite mistresses. He had divorced his wife from an arranged marriage, and shut her up in Ahlden Castle where she would remain for 30 years.

He spoke very little English and told everyone he met how much he disliked England, its people and its ways. And its food. He grumbled about the queer taste of the oysters and their want of flavour; later it turned out he liked his oysters foul and rancid. This unwilling migrant was none other than King George I.

How had this all come about? George Louis was the son of the Electress Sophia of Hannover, who herself was the twelfth child of Elizabeth Stuart, Queen of Bohemia – the daughter of King James I of England. The Electress and her heirs had been named in the 1701 Act of Settlement to succeed to the throne of England should the Protestant King William III and Queen Mary, and later her sister Queen Anne, die without children. It was done to exclude any Roman Catholic claimants.

The great achievement of the Hannover Kings of Britain (the Georges I, II, III and IV, and William IV) was the creation of the constitutional monarchy so valued today. They were not much interested in the goings-on in England, couldn't speak much English (even Queen Victoria who followed them was brought up speaking German), and left the affairs of government to their ministers and Parliament. They remained rulers of Hannover, and regularly visited



Not fond of English oysters: George I. Inset, Herrenhausen gardens

The reluctant immigrant

the city. It was a period of great architecture (look at Bristol and Bath), music (Handel was a Hannoverian), literature, art and science (the astronomer William Herschel, another Hannoverian, lived in Bath). It was also a period when Britain established itself as a powerful nation.

When William IV died, on 20 June 1837, Queen Victoria could not rule over Hannover because its constitution did not allow for women to succeed, so the next male in line, the dissolute Duke of Cumberland, became their king.

Hannover today still cherishes its links with Britain, proudly celebrates the Queen's birthday, and its museums display the carriages of its English kings.

So it was particularly fitting that, in 1947, five good men from Bristol went to the city of Hannover to establish close links and friendships in the aftermath of war. Since that first visit the link has grown to become a living and important part in the lives of

many people in both cities. Every year visits and exchanges take place embracing drama and music groups, sports, students and apprentices, schools and trades unions, as well as environmental and business links. This is managed by Bristol-Hannover Council (BHC), a group of citizens who work with partners in Hannover and Bristol International Twinning Association.

BHC and its Hannover partners plan to ensure that the arrival of the reluctant immigrant George I four centuries ago is marked in Bristol. Major exhibitions will also be held in London and Hannover.

• A member of the Bristol-Hannover Council, Dr John Veale first visited Hannover as a schoolboy in 1949. He studied German at Bristol University under Professor Closs, one of the founders of the Bristol-Hannover link. Hannoverian history is the subject of his doctoral thesis, and his novel *Passion Royal*.

• www.Bristolhannovercouncil.org.uk

MIKE JEMPSON retraces the footsteps of thousands of Bristol workers who fought for a fair deal during an earlier recession, and were met by cavalry charges in Horsefair.

NEXT time you shop at Primark imagine emerging on a dark December night to find yourself caught up in the panic and pandemonium of a pitched battle.

This was the scene around 9pm on the night of Friday 23 December 1892, when what had begun as a charity fundraising procession ended in chaos and casualties as police and cavalrymen laid into thousands of men, women and children – from Union Street across to St James Park and from Silver Street to the Haymarket.

Black Friday, as it came to be known, was the culmination of an autumn of tension in the city. This was in the early days of industrial trade unions, when men and women had just begun to realise that unity, good organisation and solidarity – and the withdrawal of their labour – gave them bargaining power over employers keen to keep them under control.

Although many of Bristol's bosses were good-hearted Quakers, working conditions left much to be desired. A series of successful strikes by ironworkers in various parts of Bristol in the autumn of 1889 had won improvements in wages. Gas workers quickly followed suit.

Strikes at Fry's chocolate factory, at soap-makers CP Thomas, and Bristol Wagon Works were averted by concessions on wages, but in October 2,300 dockers walked out, followed by 1,700 workers, mostly women, at the Great Western Cotton Mill in Barton Hill. Buoyed by public support the dockers achieved victory in less than a week and 15,000 people celebrated on Clifton Downs.

It took longer to settle the cotton workers' demands. They did not win back the 10 per cent pay cut they had suffered some years earlier, but important lessons were learned as more and more skilled, semi-skilled and unskilled workers joined unions and struck for better pay and conditions.

By now a Workers' Organising Committee had been set up to co-ordinate activities and fundraising across the city, supported by Bristol Women's Liberal Association and Bristol Socialist Society as well as Bristol Trades Council.

In January 1890 there were mass rallies from Kingswood via Hanham to the city centre in support of locked-out boot and shoe makers, contributing to their victory. The next month there were more celebrations with the release of three striking hatters sentenced to a month's hard

When Bristol's workers took to the streets in their thousands

labour under the Conspiracy and Protection of Property Act. Brass bands accompanied them and 300 supporters from Horfield to Ropewalk near Temple Meads.

But the gains of that winter were soon to be eroded. When austerity measures bite, it is always the poor whose belts get tightened the most – and this is as true today as it was 130 years ago.

A dispute at the Malago Vale Colliery in Bedminster in December 1891 led to a bitter strike that would last for 13 months, and in October 1892 workers at Pochin's Alum Works in Temple Back struck in support for union recognition.

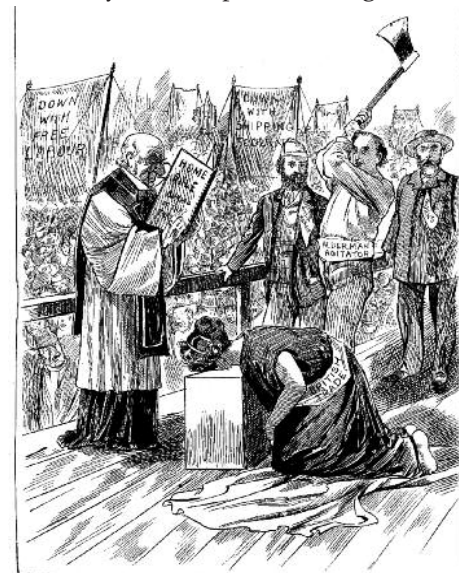
Sanders' White Slaves

They were followed onto the cobbles by the 'sweet girls' at Redcliff Confectionery Works who faced a pay cut, increased hours and victimisation of union members. Normally locked into the factory on arrival they were known as 'Sanders' White Slaves', after the owner. They won much public sympathy when they embarked on a 26-week strike. Mass pickets in Redcliff Street sometimes turned violent as police clashed with those who joined in. One casualty was an exuberant revolutionary from France called Gaspard de La Croix. He was sentenced to 21 days hard labour for incitement and being drunk and disorderly. Seven others only received fines.

Meanwhile trouble was brewing on the Floating Harbour. When the ship Revolving

Light docked from Cardiff, timber merchants decided not to use the local 'deal-runners' who normally unloaded timber. When the deal-runners struck in protest, the Bristol Timber Importers' Association (BTIA) announced a lock-out. No-one would be allowed back unless they reverted to the 'piece work' system which had been outlawed by successful national strikes two years earlier.

Graeme Hunter, a notorious strike-breaking agent of the Shipping Federation, brought in 'scab' labour. There were inevitable clashes. Some brought in from Cardiff by cab were persuaded to go home.



A cartoon in the Bristol Magpie gives the bosses' view, seeing the strike as being fatal to prosperity



The strikes of 1892-93 were debated (not always sympathetically) in the Press – here, the Bristol Magpie

'They would process on a Sunday up to the churches of Clifton to confront their employers at prayer'

On 25 November, warned that more scabs were being brought in, pickets were watching all the railway stations across Bristol. Hunter was recognised at Temple Meads and the station was put under siege by strikers and their families. Hunter hid in the ladies' waiting room until, in the early hour of the next morning, 120 police waded into the crowd with metal-tipped staves and rescued him.

The strikers now adopted a tactic employed during the previous period of industrial unrest in the city. Led by the 'sweet girls' they would process on a Sunday up to the churches of Clifton to confront their employers at prayer.

Eventually this was banned, so they decided instead to hold a lantern-lit procession through the city on the evening of Friday 23 December to raise much-needed funds for the near-destitute strikers.

They knew that the mayor of Bristol had already asked the Home Office for military back-up in the city. Both infantry and cavalry had been placed on standby. The weekly mass meetings on the Horsefair were banned. When word got out about the lantern procession, the carrying of lanterns was also forbidden. The police

insisted on determining the route of the procession which was to start on the quayside outside what is now the Arncliffe gallery. On the Thursday night two squadrons of cavalry arrived.

Thousands gathered along the dockside on a dark and windy night. Waving his cap atop his walking stick the Frenchman de La Croix led one contingent, including fife and drum bands, down the route towards the city centre indicated by the police.

Meanwhile the Dockers Union leader, Irishman Tom McCarthy, set off with 500 dockers along Welsh Back towards Bristol Bridge. Confronted by a police blockade they turned south, making their way by a circuitous route to the Haymarket. Meanwhile thousands more set off at a run down Welsh Back, overwhelming the police defending the commercial centre in what is now Castle Green, where thousands of onlookers were enjoying the spectacle.

Jubilant crowds

Down Union Street went the jubilant crowds to meet with their comrades gathering on the Horsefair for a triumphant rally. But by now the police and cavalry had regrouped and skirmishes turned to mayhem as the men, women and children corralled at the junction of Union Street and Haymarket fought against the sabre-wielding cavalry and police baton charges. The streets were not cleared until 11pm.

No one knows how many casualties there were that night. The press reported only

those among police and cavalry, but when the Strike Committee put up posters calling for details 57 civilians reported injuries.

Assemblies of more than four people were then banned in Bristol, and the strikes were lost. Several leading activists got hard labour for their troubles, and the Frenchman de La Croix went to gaol for another three months and had to lodge the equivalent of two years' wages as surety. But an attempt to silence the London Dockworkers' leader, Bristolian Ben Tillet, by charging him with incitement to riot was thrown out of court.

The events of that night were commemorated in Black Friday, a popular song sung to the tune of 'John Brown's Body'.

• Mike was taking part with 50 others on a walk organised by Bristol Radical History Group. He would like to thank Mike Richardson and Roger Ball who led the walk and wrote *The Bristol Strike Wave of 1889-90: Socialists, New Unionists & New Women. Part 1 Days of Hope; Part 2: Days of Doubt*, (BRH Pamphlets 21 & 22), and *The Origins and an Account of Black Friday: 23 December 1892* (BRH Pamphlet 24)

• For more information visit www.brh.org.uk



FORWARD MAISOKWADZO meets the doctor from Knowle who will be keeping a judicial eye on things for the Queen this year

THE new High Sheriff of Bristol is Dr Shaheen Chaudhry, a magistrate from Knowle and one of the first residents from the south of the Avon to take up the post in recent years.

Dr Chaudhry is also the city's first Asian woman High Sheriff – a one-year stint as the Queen's representative in the city.

"I feel very honoured and privileged to be the first female Asian High Sheriff of Bristol," says Shaheen, 55, a biologist who was born in Pakistan but came to England as a child. She went to Knowle junior school, then Red Maids before studying at the University of Bristol.

Shaheen is a doctor of social policy and politics, and has devoted her life to improving the lives of others. She founded Maternity and Health Links, an organisation now called Health Links, to improve access to healthcare for people whose first language is not English. She was its director until early 2000.

She has served as a non-executive director of the North Bristol NHS Trust, has chaired BBC Children in Need in the South West, and was a lay member of the General Medical Council, Mental Health Tribunals and the Health Professionals Council.

Married with three children and four grandchildren, she enjoys travelling, reading autobiographies and "jumping in puddles with her grandchildren". She pays tribute to the influence of her father in sustaining her identity, faith and culture.

"He always told us to think of living as wearing white clothes going through a burnt forest, and to walk through that forest

without having a speck of dust on your clothes," she explains. "And to maintain your integrity, respect, self-respect, discipline, language or religion, because that is what you are."

"So in that sense my father is very proud because having done that, we're still being acknowledged by the host community. He has a lot of respect for British people otherwise he would not have come here."

Shaheen is delighted to be taking up her new role. "It's wonderful to get the opportunity to meet the heroes and heroines of the city who work so hard in a voluntary capacity providing services at grassroots level in different communities. So often they are not being acknowledged. I

Dr Shaheen Chaudhry:
'It's wonderful to get the opportunity to meet the heroes and heroines of the city who work so hard in a voluntary capacity'



By royal appointment

hope when I visit them they will get the sense of how valuable they are."

The origins of the High Sheriff role date back to Saxon times, when the 'shire reeve' was responsible to the king or queen for the maintenance of law and order and collecting taxes.

Supporting crime prevention

Today, supporting the Crown and the judiciary remain central. High Sheriffs also lend support to crime prevention agencies, the emergency services and the voluntary sector.

Shaheen wants to use her time in office to raise awareness of young people suffering from mental health issues. She is also

looking forward to raising money for the High Sheriff's charity, Bristol Youth and Community Action.

"I aim to be a facilitator to allow communication between patients and agencies," she says, "for instance highlighting the issue of drug use within communities and the impact it has on an individual, family and society."

Shaheen takes over from last year's High Sheriff, Merchant Venturer Andrew Nisbet, of the catering supplier Nisbets.

One of the city's earliest sheriffs was the wealthy shipping merchant William Canynges, who died in 1474 and whose effigy can be seen in St Mary Redcliffe Church.

A

Aashyana Housing Association

2 Pritchard Street, BS2 8RH **0117 939 3911**
Email: housing@aashyana.co.uk
www.affinitysutton.com/aashyana Asian-led,
providing affordable homes for those in need.

Advice Services

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Find out about Bristol advice centres on
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BS1 5HX **0117 915 4541** Call in or phone to
make an appointment. For drop-in service see
Bristol Citizens Advice Bureau

**African Caribbean Chamber of Commerce
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97-107 Wilder Street, St Pauls, BS2 8QU
Represents African and Caribbean businesses
in the UK. Works closely with other business
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African and Caribbean Young Enterprise

(ACYE) 97-107 Wilder Street, BS2 8QU
www.youngblackbusiness.ning.com Advice and
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African Initiatives

Brunswick Court, Brunswick Square, BS2 8PE
0117 915 0001
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Training and resources for teachers and young
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African Voices Forum

Malcolm X Community Centre, City Road, St
Pauls, Bristol, BS2 8YH
Email: africanvoicesforum@yahoo.co.uk
A network of African and African-Caribbean
organisations working to empower Africans and
African-Caribbeans to take active part in policies
and initiatives that concern them.

All Nations Community Services

359-361 Fishponds Road, Fishponds, BS16
2AQ **0117 939 8130** Accommodation and
support for refugees, displaced and other
homeless people.

Anglo-Iranian Society

(Bristol) 8 Ashley Down Road, Horfield, BS7
9JW **0117 924 5525** Email:
aisbristol@yahoo.co.uk www.aisbristol.org.uk
Advice, cultural, educational and social
activities.

Asian Arts Agency (AAA)

Royal Oak House, Royal Oak Ave, Bristol BS1
4GB **0117 929 1110**
Email: info@asianartsagency.co.uk
AAA helps develop Asian arts in the Bristol area.

Asian Health and Social Care Association

Asian Day Centre, c/o Easton Community
Centre, Kilburn Street, Easton, BS5 6AW
0117 954 0178 asiandaycentre@hotmail.co.uk
Day centre for South Asian elderly community,
providing vegetarian lunch, keep fit, yoga, board
games, entertainment, information on health
and well-being. UK and European excursions.

Asian Women's Health Project

(Sehatmand Aurat) 6 West Street, Old Market,
BS2 0BH **0117 941 2983**
hetal@wellwomeninformation.org.uk Helps Asian
women to identify their health needs individually
and in groups. Counselling, education,
information and self-help, in English, Hindi,
Punjabi, Urdu.

Asian Youth Project (Masti Group)

404 Stapleton Road, Easton, BS5 6NQ
Tel: **0117 935 4528**, fax: 0117 952 1873
Email: awazutaoh2@aol.com Masti is the
largest youth project for Asian youth in Bristol,
holding activities, courses and trips for young
people aged 5-25.

Avon and Bristol Law Centre

2 Moon Street, Bristol, BS2 8QE **0117 924 8662**

Advice for new asylum cases. Drop in Thursday
10am. Helpline Thursday 12 – 1pm on **0117 916
7733**.

Awaz Utaoh (Raising Voices)

St Werburghs Centre, Horley Road, St
Werburghs, Bristol BS2 9TJ **0117 935 4528**
awazutaoh2@aol.com Community safety
project primarily helping the Asian community
regardless of religion, gender or age. Daily
drop-in 10am-1pm; appointments 1pm-4pm at
St Werburghs Community Centre. Weekly
Support Group: Wednesday 10am-1pm at
Trinity Community Arts Centre. Over 50s Club
Wednesday 11am-2pm at Trinity Community
Arts Centre, Thursday 11am-2pm at St
Werburghs Community Centre. Youth activities
every school holiday. Youth Forum every month.

B

Barton Hill Settlement

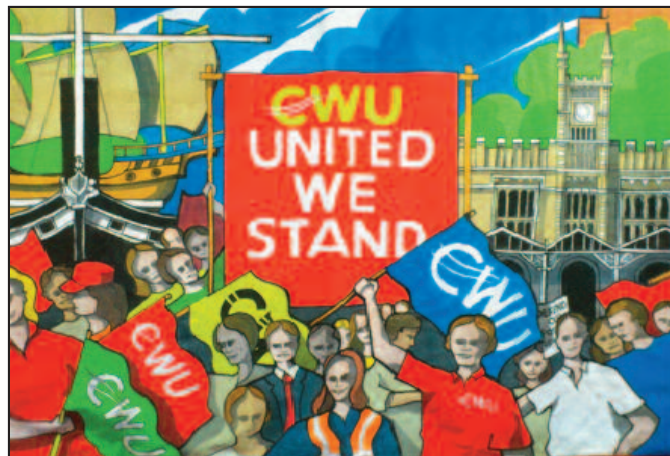
43 Ducie Road, Barton Hill, Bristol BS5 0AX
0117 955 6971 admin@bartonhillsettlement.org.uk
www.bartonhillsettlement.org.uk Community
resource centre for Barton Hill and surrounding
area. Multi-cultural feasts, activities for families,
fruit and vegetable sales, cultural awareness
training and International Women's Day.

Borderlands

The Assisi Centre, Lawfords Gate, Bristol BS5
0RE **0117 909 8810**
enquiries@borderlands.uk.com
Website: www.borderlands.uk.com/
A charity that works with asylum seekers, the
homeless and victims of sexual exploitation and
substance abuse. Works to promote social
inclusion and support those in poverty.

Bridge of Peace

103 Locking Road, Weston-s-Mare BS23 3EW
01934 625428 tomoko@bridgeofpeace.co.uk
Brings people from diverse communities
together to celebrate and work co-operatively.



Congratulations to Bristol on its City of Sanctuary status from Communication Workers Union South West Region Equality & Diversity Committee

The CWU campaigns for equality and fights discrimination in the postal,
telecoms and finance sectors.

If you work in the communications industry and need assistance then you need to be in the CWU.
For further advice please contact Kevin Beazer, CWU Regional Secretary.

Email: southwestregion@cwu.org

Telephone 0117 935 0055

DIRECTORY

Brigstowe Project

176-178 Easton Road, Easton BS5 0ES
0117 955 5038 info@brigstowe.org,
www.brigstowe.org *Support and advice on community care, health and housing issues, and welfare rights, for people living with or affected by HIV or AIDS.*

Bristol Black Carers

Unit 20, Easton Business Centre, Felix Road, Easton, BS5 0HE **0117 941 5303** *Advocacy, information, respite care, support and training for black carers.*

Bristol Citizens Advice Bureau

12 Broad Street, Bristol BS1 2HL **08444 994718**
www.bristolcab.org.uk *Monday to Friday, 10am to 1pm. Free advice on a range of issues. Drop-in at Bristol Advice Point, 1 Quay Street, Bristol BS1 2JL, 9:30 am-1pm Monday to Friday. Self-help computers available 9:30am-4:30pm Monday to Thursday and 9:30am-1pm Friday. Free immigration drop-in from Albany solicitors at Bristol Advice Point on Wednesday 2-4:30pm.*

Bristol City of Sanctuary

c/o Refugee Action, Unit 43 Easton Business Centre, Felix Road, Easton, Bristol, BS5 0HE **0117 941 5960** bristol@cityofsanctuary.org.uk
www.cityofsanctuary.org/bristol Facebook: bristolcityofsanctuary Twitter: @BristolCoS
The local branch of a national movement to build a culture of hospitality for people seeking safety & protection in the UK.

Bristol Defend Asylum Seekers Campaign

Campaigns for the rights of asylum seekers and refugees; forms support groups to help with fresh asylum claims. Meets every first Tuesday of the month 7-9pm at the Malcolm X Centre, Ashley Road, St Pauls, Bristol BS2 8YH

Bristol Hebrew Congregation

9 Park Row, Bristol BS1 5LP **0117 968 4013**
geema@telco4u.net *A small but active Jewish community.*

Bristol Hospitality Network

Email: wearebhn@gmail.com
www.bristolhospitalitynetwork.wordpress.com
Solidarity and a place to stay for destitute asylum seekers. Encourages Bristol households to host asylum seekers and has a large house for men to stay in.

Bristol Islamic Schools Trust (BIST)

Andalusia Academy, Halston Drive, St Pauls, Bristol BS29JE **07074 536360** *Runs Andalusia Academy Bristol, a full-time primary school for boys and girls and a secondary school for girls, teaching the National Curriculum in an Islamic environment.*

Bristol Muslim Cultural Society (BMCS)

35 Mivart Street, Easton BS5 6JF **0117 952 1802**
Email: bmcs@bmcs.org.uk *Educational, employment, recreational and training opportunities for young Muslims.*

Bristol Multi-Faith Forum

162 Pennywell Road, Easton BS5 0TX **07834 812663** info@bristolmultifaithforum.org.uk
www.bristolmultifaithforum.org.uk
Encourages dialogue between faiths, and develops leadership in faith communities.

Bristol Muslim Cultural Society

35 Mivart Street (off St.Marks Road) Easton, BS5 6JF **0117 952 1802** Email: bmcs@bmcs.org.uk

www.bmcs.org.uk/index.php *Works with the Muslim community in Bristol. Organises an annual Islamic Cultural Fayre.*

Bristol Rape Crisis

0117 929 9556 *A confidential service for women and girls who, at any point in their lives, have experienced sexual violence. Telephone and face-to-face support. Helpline 0117 929 8868 Monday & Friday 11am-2pm, Wednesday & Thursday 6-8pm. At other times call Rape and Sexual Abuse Support Centre 0808 802 9999*

(12-2.30pm and 7-9.30pm) or the Sexual Assault Referral Centre in Bristol, **0117 342 6999** (open 24 hours).

Bristol Refugee Rights

Malcolm X Community Centre, City Road, St Paul's, BS2 8YH **0117 908 0844**
info@bristolrefugeerights.org
Activities, advice, conversation, crèche, friendship, language classes, refreshments and support for asylum seekers and people granted refugee status or leave to remain. Wednesday 10am-12.30pm English classes and Advocacy & Information Desk; Thursday 10am-3pm lunch and Advocacy & Information Desk; Friday 10am-12.30pm English classes.

Bristol Sickle Cell & Thalassaemia Centre

256 Stapleton Road, Easton, Bristol BS5 0NP
0117 951 2200, fax: 0117 951 9570 *Advice, information, support and training to parent, carers and professionals. Counselling.*

British Red Cross

Unit 19, Easton Business Centre, Felix Road Bristol BS5 0HE **0117 941 5040**
www.britishredcross.org.uk *Refugee services include emergency short-term support, helping new arrivals adapt to life in a new country. Help with destitution; learning first aid; therapeutic care; HIV awareness.*

C

Chinese Women's Group

(Bristol & Avon) St Agnes Parish Church, Thomas Street, St Agnes, BS2 9LL Tel: **0117 935 1462**, fax: 0117 955 3330 Email: admin.bacwg@btconnect.com
Advice, activities and support for Chinese women in Avon area. Promotes understanding between Chinese community and others.

Crisis Centre Ministries

0117 330 1230 www.crisis-centre.org.uk
A Christian charity providing help to the homeless and people affected by drug addiction. Drop-in centre at the Wild Goose, 32 Stapleton Road, Easton, serving free hot meals and helping find accommodation. Emergency accommodation for women on Sunday, Wednesday and Thursday when other shelters are shut. Back-to-work scheme for people with addiction or mental health problems.

D

DAVAR

(Jewish Cultural Institute in Bristol and the South West) Suite 431, 179 Whiteladies Road, Clifton, BS8 2AG davarbristol@yahoo.co.uk
www.davarbristol.com *Independent cultural organisation promoting events relating to Jewish heritage and culture. Welcomes all regardless of religious affiliation or ethnic origin.*

Dhek Bhal

dhekbhal@yahoo.co.uk **0117 914 6671** *Works with and for South Asian people. Day centre for over-55s offers complementary therapies and advice about health and social care. Personal care in the home; sitting service gives breaks for carers.*

Disability Equality Forum

94 Grosvenor Road, BS2 8XJ;
bristoldef@gmail.com, www.bristoldef.org.uk
Equality organisation for Bristol disabled people.

Duncan Moghul Solicitors

9 Gold Tops, Newport, NP20 4UB
01633 211 600 *Immigration and asylum advice. Call at the office or ring to make appointment.*

E

Easton Learning Centre

276-282 Stapleton Road, BS5 0NW **0117 902 2288** info@eastonlearningcentre.co.uk
Literacy, numeracy, employability and English courses; plus business, personal development and skills training courses.

Easy-Translations

Raigarh House, 11 Baynton Meadow, Emersons Green BS16 7EL
0845 200 7832 info@easy-translations.co.uk
Low cost translation and interpreter services, including telephone interpreting; text-to-voice service; help with Braille, large print, audio and video formats.

Equalities Team (Bristol City Council)

College Green, City Hall, Bristol, BS1 5TR
0117 922 2658 equalities.team@bristol.gov.uk
Works to end discrimination and inequality in Bristol.

EMAT – Ethnic Minority Achievement Team

http://public.merlin.swgfl.org.uk/establishments/803/QandS/EMTAS/default.aspx *Support to school staff and other professionals in meeting needs of black and minority ethnic, gypsy, Roma and traveller children and young people.*

F

Full Circle

62a Halston Drive, St Pauls BS2 9JN **0117 907 7164** info@fullcircleproject.org.uk
www.fullcircleproject.org.uk *Community centre in St Paul's for children, young people and families. Four nights of youth work a week plus events, celebrations and family fun days. Events mainly free or low cost.*

G

Gurdwara Guru Nanak Parkash Singh Sabha

71-75 Fishponds Road, Eastville BS5 6SF
0117 902 0104 *Caters for religious, educational and cultural needs of Sikhs in Bristol.*

H

The Haven

Montpelier Health Centre, Bath Buildings, Montpelier, BS6 5PT **0117 970 3887** or **0117 942 6811** for appointments on Monday, Thursday and Fridays(8.30am-12:30pm)
www.avon.nhs.uk/haven *Medical service for newly arrived asylum seekers. Health needs assessments for adults and children, GP registration, referrals to mental health and specialist services, advocates for welfare; information and training for healthcare professionals and students.*

Hoole & Co Solicitors

St Pauls Chambers, 2 Brighton Street, St Pauls, BS2 8XA **0117 942 8871** *Drop-in session for asylum and immigration cases on Wednesday 10am-12pm. Offered on a first come, first served basis.*

Humdard

The Community Flat, Halston Drive, St Pauls BS2 9JN **0117 955 0895**
Email: humdard.org@gmail.com *Bilingual advice, education and recreational facilities for Asian women and children in St Pauls and surrounding areas. Creche. Thursday lunch club 11am-1:30pm. Drop-in advice Monday-Thursday, 10am-3pm. Saturday activities for 13-19 year old Muslim girls.*

I

Imayla

4th Floor, Hamilton House, 80 Stokes Croft, BS1 3QY **0117 924 0735** info@imayla.co.uk,
www.imayla.com *Inner-city multicultural arts events and courses, survival skills camps; research, consultancy and community development.*

Indian Community Association (Avon)

Email: avonasian@gmail.com *Brings together the Asian community in the South West. Promotes Indian culture, heritage and values to the Indian and wider community throughout the Avon area.*

Irish Society

www.bristolirishsociety.org

Non-sectarian organisation promoting Irish culture through educational and social events and supporting needs of Irish people in Bristol.

K

Khaas

St Werburghs Community Centre, Horley Road, St Werburghs, BS2 9TJ **0117 955 4070** khaas_bristol@yahoo.co.uk, www.khaas.co.uk *Khaas means "special" in Urdu, Hindi and Bengali, and caters for Asian children with special needs and their families. Emotional and practical support in mother tongues.*

Khalsa Heritage Trust

c/o 491 Stapleton Road, Eastville BS6 6PQ **07799 566220** info@khalsaheritage.org, www.khalsaheritage.org *Promotes Sikh culture through sports, community involvement and education. Caters especially for young people, women and seniors. Multi-faith culture.*

L

Legal Advice

Visit <http://find-legal-advice.justice.gov.uk/> and enter Bristol into the search, tick "legal aid contract" and select "immigration and asylum". Gives a list of law firms in Bristol who offer legal aid contracts for immigration and asylum advice.

Lesbian, Gay, Bisexual and Transgender Forum

LGBT Bristol, The Create Centre, Smeaton Road, BS1 6XN **0117 353 4621** admin@lgbtbristol.org.uk, www.lgbtbristol.org.uk *Works in partnership with Bristol City Council to challenge discrimination and empower lesbian, gay, bisexual and transgender people.*

M

Malcolm X Centre

Malcolm X Community Centre, 141 City Road, St Paul's, Bristol, BS2 8YH **0117 955 4497** info@malcolmx.org.uk, www.malcolmx.org.uk *Rooms for hire for local groups and events.*

Migrants Rights Centre

07599 315627 info@migrantrightscentre.org.uk *Advice and support to vulnerable migrants. Drop in Friday 1-4pm at Malcolm X Community Centre, 141 City Road, Saint Pauls, BS2 8YH*

Migrant Legal Project

The Old Bank, 108 Church Road, Redfield, Bristol BS5 9LJ **0117 911 4346** mark@migrantlegalproject.com www.migrantlegalproject.com *Advice and representation on immigration, asylum and nationality matters.*

Muktomoncho Cultural Society

c/o St Werburghs Community Centre, Horley Road, St Werburghs BS2 9TJ **07966 005313** *Promotes Bengali & South Asian arts, culture and literature. Music classes and performances, festival events.*

Muslim (1st Bristol) Scout Group

c/o 35 Mivart Street (off St Marks Road), Easton, Bristol, BS5 6JF **07821 975229 / 07890 383565** www.1stbristol.org.uk/contact *Scout group and community organisation for ethnic minority children and adults. Meets at 1st Bristol Muslim Scout Hall, Muller Road, Horfield, Bristol BS7 9NU (near B&Q)*

N

North Bristol Somali Women's Group

48 Wordsworth Road, Horfield, BS7 0DZ **0117 931 9776** *Created by Somali women to work for Somali families and wider community.*

O

Our Stories Make Waves

c/o 69 North Road, St Andrews BS6 5AQ **07932 896422** *African diaspora artists' collective developing creative projects for public performance, exhibition and education.*

Overseas Chinese Association

11-13 Lower Ashley Road, St Agnes BS2 9QA **0117 955 5225** info@oca888.org.uk *Advice and support for Chinese community, including children and the elderly. Sunday Chinese language school.*

P

Pakistan Forum

(Bristol & South Glos) 8 Sutherland Ave, Downend BS16 6QJ **07971 471262** *Cultural, educational, recreational and social activities for the Pakistani community.*

Phoenix Social Enterprise

0117 939 6645 info@pselocallyglobal.org, www.pselocallyglobal.org *Works to help individuals, communities and economies progress and grow. Runs overseas volunteering and working abroad programmes.*

Positive Action Consortium

97-107 Wilder Street, St Pauls BS2 8QU kekura@ceed.co.uk *Business and career development for 16+ who have suffered disadvantage by virtue of their culture, race, disability, sexual orientation, gender, age, religion or beliefs.*

R

Refugee Action

43-45 Easton Business Centre, Felix Road, Easton BS5 0HE **0117 941 5960** Email: swandwales@refugee-action.org.uk www.refugee-action.org.uk *Free helplines – general advice: 0800 800 052 (Monday, Thursday and Friday 10am-12:30pm and 2pm-4:30pm.) For asylum seekers thinking of returning to their home country: 0800 800 0007. Women's Advice Project. Interpreters provided.*

Refugee Women of Bristol

Malcolm X Community Centre, 141 City Road, St Pauls, BS2 8YH **0117 941 5867** Email: info@refugeewomenofbristol.org.uk *Assists refugee women. Drop-in Tuesday 10am-3pm. English classes, sewing classes, weekly conversation class, singing and poetry workshops and a free yoga class. Information and advocacy in Somali, Arabic and Kurdish. Free crèche.*

S

Scottish Club (Westbury, Bristol)

www.wscbristol.com *Scottish Country Dancing for beginners and for the more experienced. Beginners class: Tuesday night at Church House, Leonard Hall, Trinity-United Reform Church, Waterford Rd, Henleaze, Bristol BSN 4BT; call 0117 907 5462. Intermediate class: Tuesday night at St Peter's Church, The Drive, Henleaze, Bristol; call 0117 959 0970. Club nights on Fridays, plus tea dances, charity dances, spring dances, Hogmanay, etc.*

Signpost & Rite Direkshon

176-178 Easton Road, Easton BS5 0ES Tel: **0117 955 9987**, fax: 0117 955 9293 Email: admin@projectsignpost.org.uk *African-Caribbean community development voluntary organisation supporting people who experience social and economic exclusion. Advice information, social education and support for individuals and families.*

Somali Education Development South of Bristol (SEDSOB)

Unit 14c Old Co-op Business Centre, Chelsea Road, Easton, BS5 6AF **0117 239 9248** Email: enquiries@sedsob.org.uk www.sedsob.org.uk *After-school teaching and adult education sessions, providing English, maths, Islamic studies and citizenship, culture and Islam and Somali language classes for adults and children, plus science classes for children. Also carries out overseas aid work in Somalia and is working towards building a hospital there.*

Somali Resource Centre

43 Ducie Road, Barton Hill BS5 0AX **0117 907 7994** Email: info@somalicentre.co.uk *Provides services for hard-to-reach Somali communities. Also offers a space for the community to meet and undertake training and find out how to access mainstream services. Promotes community cohesion and works to reduce the social isolation of Somali people.*

South West Law

1 Hide Market, West Street, BS2 0BH **0117 314 6400** *Drop-in for newly arrived asylum-seekers and minors on Wednesday 10:30am-12:30pm (will see first eight clients).*

Studio Upstairs

Units 1 & 2, Albion Dockside Estate, Hanover Place, BS1 6UT **0117 930 0314** Email: bristolstudio@studioupstairs.org.uk www.studioupstairs.org.uk *Arts-based therapeutic community encouraging emerging artists to become independent, especially those dealing with mental distress, or in drug and alcohol recovery.*

Support Against Racist Incidents (SARI)

PO Box 2454, Bristol, BS2 2WX **0117 942 0060** www.sariweb.org.uk *Recording racist incidents and challenging racism in Bristol.*

T

Terrence Higgins Trust

Aled Richard Centre, 8-10 West Street, Old Market, BS2 0BH **0117 955 1000** Email: info.bristol@ttht.org.uk *Offers support to those living with HIV by working towards ending discrimination, minimising the spread of STIs and campaigning for the best healthcare.*

U

United Housing Association

Third Floor, New Bond House, Bond Street BS2 9AG **0117 942 4600** www.unitedha.org.uk *Provides social housing for people from diverse communities.*

W

Womankind

Counselling service for refugee and asylum-seeking women who have experienced trauma and exile. Interpreters provided. Free and subsidised counselling for women on low incomes and a full fee counselling service for those who can afford to pay. Helpline: 0845 458 2914 or 0117 916 6461.

World Jungle

20 Davey Street, St Pauls BS2 9LY **0117 955 1508** *A non-profit making company using music, dance, play, arts and the environment to develop cultural awareness and understanding of diversity and identity issues through workshops and activities.*

Y

Young and Free

19 Camarvon Road, Redland BS6 7DT **07776 252320** enquiries@youngandfreecharity.org.uk www.youngandfreecharity.org.uk *Social befriending service for 18-30 year-olds to enable physically and/or sensory disabled youngsters to build a social network of non-disabled friends. One-to-one buddying between volunteers and members. Also organises a range of group social activities.*

Z

Zimbabwe Association (Bristol)

c/o Refugee Action, Unit 43 Easton Business Centre, Felix Road, Easton, Bristol, BS5 0HE *Support for expatriate and refugee Zimbabweans.*



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