

TALKING ABOUT OUR HEALTH - A PARTICIPATORY RESEARCH PROJECT INTO THE HEALTH NEEDS OF THE BME COMMUNITY IN GREATER PILTON

Adil Ibrahim Community Development Practitioner BCDP

During 2008, the Black Community Development Project (BCDP) and Pilton Community Health Project (PCHP) worked with a group of local people from the Black and Minority Ethnic (BME) community in Greater Pilton to explore what affected the health of the wider local BME community and their experiences of accessing health related services. For the purposes of this work, BME refers to Black African and Caribbean, Asian (Kurdish, Pakistani, Bangladeshi, Indian and Chinese), Latin American, Eastern European and mixed ethnicities. It recognises that the BME community is not homogenous. This article presents the main findings and recommendations contained in the final research report, a copy of which is available from BCDP.

Who we spoke to?

A total of 83 individuals took part in our research. They were from a wide range of ethnic groups that have lived in Greater Pilton for varying periods of time. As illustrated in the diagram below, there has recently been an increase in the number of newer migrants from Africa, Eastern Europe and Latin America. Some people attended more than one event or attended an event and completed a questionnaire. In total we had 131 opportunities to collect information from individuals. In addition, 8 organisations that provide health related services to the BME community in this area completed questionnaires in which they shared their views and relevant information.

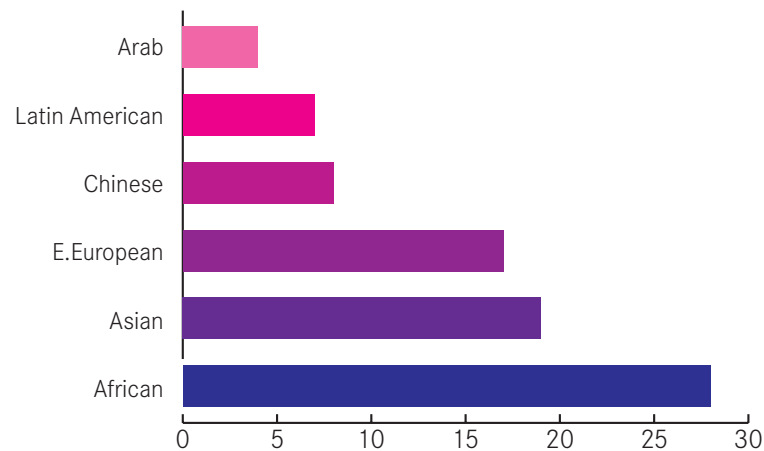


Figure 1: Participants Ethnicity

[talking about our health](#)

[what's been happening at BCDP?](#)

[forthcoming events](#)

[what is on at BCDP?](#)

[notice board](#)

Editorial Team:

Fernando Almeida Diniz
Tesfu Gessesse
Khalida Hussain
Caroline Wilson

Research Process

A 'participatory appraisal' research approach was chosen because it fitted in with BCDP and PCHP's commitment to active community involvement and empowerment. The approach was highly successful in gaining the confidence of participants in sharing sensitive aspects of their lives.

BCDP started by inviting people from the community to join some participatory training in preparation for this research work. 10 local activists from the BME community participated in the training, which lasted 4 weeks (2 hrs per week) and covered:

- Social and medical models of health
- Poverty, inequality and health
- Principles and values associated with community development and participatory appraisal
- Participatory appraisal tools
- Participatory appraisal process.

A core group, from those who undertook the training, was established to oversee the research design, implementation and analysis of the findings. We focused on two aspects of 'Health':

- what the sample of minority ethnic participants felt affected their health;
- their experiences of health related services (including NHS and community based health services).

What factors affect our Health?

The responses ranged from 'eating a healthy diet' to 'feeling accepted in the community'. To many, health meant being active, having a social life and not being isolated. Respondents also felt that living in a good home and having less pressure would greatly enhance their health. In terms of what affected people's health, respondents felt that stress, lack of money, lack of physical activities, diet, weather, education, housing,

access to health services and isolation were the main factors that affected their health and wellbeing, as illustrated in the graph below.

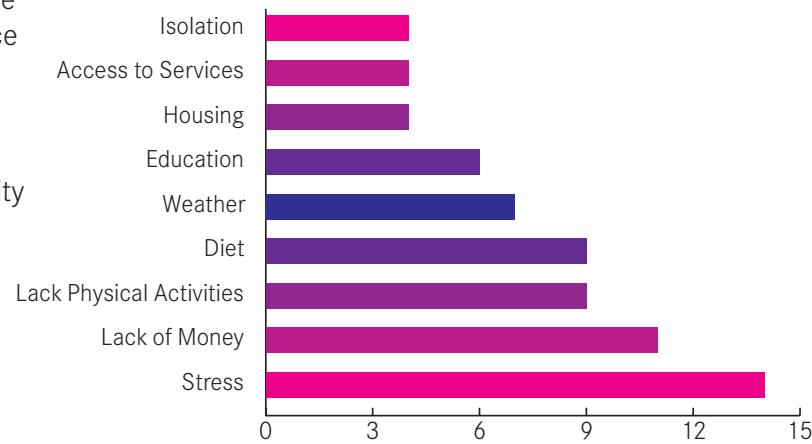


Figure 2: What affects our health?

• Stress

Causes of stress that respondents reported included lack of money, lack of employment and stress due to work. Some worked long hours and this was stressful for them. The group of people carrying out this research, all with BME backgrounds, had some interesting discussions about immigration and how this causes us stress. Worrying about our own or family members' immigration status was particularly stressful. However, external events related to immigration i.e. the recent immigration raid in the area and the way immigration is portrayed in the Press also causes stress for us, even if we are not directly involved.

'Health is affected by stress, too much work, lack of proper communication'

'Stress at work', 'Lack of job', 'Neighbours too noisy', 'Money'

'Waiting lists e.g. hospitals, schools, housing.'

talking about our health

what's been happening at BCDP?

forthcoming events

what is on at BCDP?

notice board

- **Lack of physical activities**

Many people said that physical activity provision was too expensive. The timings of activities were also inconvenient for families, particularly when childcare was not available. Children's activities were also often at awkward times of the day. The lack of culturally appropriate single sex activities was also raised as an issue on several occasions. Where single sex activities were provided, they were often at difficult times of the day, or arrangements did not fully meet people's requirements for modesty. There was also a discussion about parents being reluctant to let their children play in local parks because of fears over safety. They felt threatened by other local people and their animals. People said that there was a lack of exercise classes and other opportunities for physical activities. However, although a lot of activities are offered locally, many of the people we spoke to were not aware of them.

- **Diet**

Many people said that their diet affected their health, but that there were barriers to getting a healthy diet. Some people needed more information or found healthy food expensive. A lot said it was difficult to get halal foods (halal is an Arabic term designating any object or an action which is permissible to use or engage in, according to Islamic law and custom). Their children were not being given halal food in schools (but given vegetarian options); it was not possible to buy halal meat locally and, generally, restaurants and fast food outlets did not serve halal foods.

- **Education and employment**

Participants' views on education and employment ranged from 'Difficult to find employment because employers expect perfect English' to 'not being able to return to work due to lack of adequate childcare'

- **Language and culture**

Many people brought up how language was a barrier to them taking part in normal interaction with their colleagues, neighbours and health professionals. This caused difficulties in solving problems that they had. It also increased their sense of isolation.

- **Social isolation/racism**

For many participants, health is affected by 'being left out'. A number of participants told us that: 'There is no local mosque - a lot of socialising goes on in the mosque. We don't have the opportunity to socialise that way, it affects the whole family.'

- **Access to health related services**

We asked participants about access to NHS and other health related services. The responses were mixed, and there was a marked difference in how the Polish population responded. Their satisfaction with NHS health services was much lower. A number of Polish people told us they go to Poland when they have health concerns.

Other ethnic groups were, in general, more satisfied with NHS health services. There were, however, difficulties getting interpreters, and at least one person we spoke to got a family member to translate. There were some serious concerns that GPs did not have enough time to listen to their patients. People with English as a second language could need longer to describe their symptoms. This led to a lack of trust in NHS services.

More generally, many were unhappy about the amount of time they needed to wait to see their GP; about the distances they needed to travel and about the lack of dental services. People were unlikely to have heard about community led services. Some respondents mentioned 'Not being taken seriously by medical professions' and lack of 'trust' in NHS. Other people felt that lack of female doctors was an issue for them.

talking about our health

what's been happening at BCDP?

forthcoming events

what is on at BCDP?

notice board



Small group thinking about what affects our health

We found out that many local services and projects were not accessed by BME people as they did not know about these services. The vast majority of BME people who participated in the research were not aware of services such as: Women Supporting Women, Stop Smoking, Saheliya, Prop Stress Centre, Pilton Counselling and the Move It Project.

The organisations which completed our questionnaires (including NEDAC, Stepping Stones, Headspace, the Haven, Circle Scotland, Keep Well, NHS, Barri Grubb, Move It Project and Waverley Care) believed that language, childcare, translation/interpretation, cultural differences (e.g. women attending mixed groups), lack of knowledge of the system and lack of referrals from other agencies were among the main barriers that stop BME people from using their services.

In addition to the above, availability and access to information on what services are available, stress, isolation, racism, poverty and poor housing were identified as major issues. Some provider organisations told us that BME community members lacked confidence to access mainstream activities.

Some of the organisations who took part in the research were not aware of BME concerns as they were not engaged enough with them:

'Due to minimum contact with BME individuals I would be reluctant to attempt to say what the main issues may be.'

Conclusions and recommendations

The final research report details specific recommendations to improve the quality of people's health and experience of living in Pilton. In relation to the important matter of **Access to health services**, it concluded that:

Many barriers to accessing facilities and services were raised during the research. Many have previously been raised with services providers and/or are subject to

equalities policies. They will be taken forward within the action plan.

It recommended:

- Work with wider community to address problems with services that are common for all i.e. cost of physical activities, convenience of times for physical activities and lack of childcare, waiting times particularly for appointments with GPs, provision of dental services etc.
- Promote low-cost changes to existing services that would allow people from BME backgrounds to participate e.g. single sex physical activities, provision of halal food and availability of female GPs etc.

What Happens Next?

Both the BCDP and PCHP are committed to taking forward specific areas of this work within existing resources. However, more resources are clearly required to implement the recommendations of the final report. We hope other agencies will be able to take forward some of the recommendations in partnership with us, or alone. Do contact us if you would like to work with us. For more information about this work or a copy of the full report contact Adil Ibrahim at the BCDP or Anita Aggarwal at PCHP.

Finally, the BCDP and PCHP would like to thank members of the 'Core Group' for their hard work and dedication: Badri Adami, Mohamed Ai Eddriss, Tomi Folorunso, Fridah Kathure, Mary Mbae, Nathalie Nogues and Dr Suhada Samsudeen. We would also like to thank Ellen Stewart, volunteer at PCHP, for her hard work and considerable research skills. NHS Lothian Community Development for granting us £3000 that made this work financially possible. Lastly, and most importantly, we would like to thank all the members of the community who contributed their time and thoughts.

talking about our health

what's been happening at BCDP?

forthcoming events

what is on at BCDP?

notice board



Talking with people about their experience of local services

A RESPONSE TO THE BCDP-PCHP STUDY

FERNANDO ALMEIDA DINIZ.

This small research study is of considerable value to all interested in Community Health & Cohesion and thus merits attention. I declare an interest because of my involvement as a non-executive member of the NHS Lothian Health Board, where I helped to establish and then chaired the Minority Ethnic Health Forum (MEHF) until 2004. During this period the Forum developed the Board's Race Equality Scheme (RES), designed to be implemented in 2003-08. It is against this background that I will comment on a selection of topics in the BCDP-PCHP study, seeking to understand what has changed and where efforts might be needed. In essence, it may provide some indication of the effectiveness the RES.

• Shift in minority ethnic presence in Edinburgh

One of the striking differences that have occurred since 2003 is illustrated in the graph showing changes in the 'ethnic' membership, composition and spread in Pilton's population. Whereas formerly, South Asians formed the largest group, note the increased presence of Africans, Eastern Europeans and Latin Americans and other ethnic minorities who have arrived during a decade of unprecedented levels of immigration into Britain, as a consequence of EU expansion, ongoing global conflicts, asylum and legal/illegal economic migration. What impact has this complex situation had on community cohesion and how has it been recognised by service planners and local authorities? As I will comment later, it would be unwise to assume that the needs of these newer

migrants are the 'same' as those settled minority ethnic residents, even within the same ethnic group; there appear to be qualitative differences in terms of personal histories, culture and other contextual factors. The arrival of the new migrants is at a time marked by a parallel shift in British political discourse about 'anti-terrorism' and 'illegal immigration'. Hence the reported raids by immigration officers in Pilton can be seen as a more recent phenomenon targeted at 'newer migrants', though the practice has an unsettling impact on the wider BME community too.

We need an open debate to disentangle the ongoing complex factors, some of which are related to issues of 'ethnicity' and 'race', that are causing particular pressures in mainstream and minority ethnic urban communities such as Pilton. In practical terms, public service designers and community organisations, like BCDP, need accurate statistical and qualitative data in order to efficiently use their scarce resources during the ongoing severe economic downturn!

• How is 'Health' understood?

Policy discourses and recent structural changes in Scotland reflect the general consensus that 'Health' is much more about 'personal wellbeing' rather than 'illness'. This distinction between the 'medical' and 'social' models, can be seen in the participants' views on how they saw their health needs and the negative influence that social, economic and political problems played on their personal/family daily lives. It is important to recognise that BME respondents' experiences of institutional barriers are similarly faced by white host communities who also live in an economically and socially unequal Britain.

Two recent international research studies draw attention to the relationship between poverty and wellbeing: in one, the UK ranks as one of the least positive environments within which children can grow healthy and have

talking about our health

response to BCDP-PCHP study

what's been happening at BCDP?

forthcoming events

what is on at BCDP?

notice board

balanced lives; in the other, WHO concludes that mental health difficulties are most pronounced in countries such as Britain, which, although rich, have high levels of income and social inequality.

Where differences occur in the responses of minority ethnic participants, which might be linked to ethnicity and race factors, they relate to the real isolation stemming from incidents of racism (racial attacks) and more recent government immigration control practices. These pressures should not be discounted.

• Access to Services

At first glance, it might seem that the bleak picture about continuing barriers to accessing services is yet more evidence of cultural and racial exclusion or 'nothing has changed'. This would be too simplistic and probably an unfair conclusion. There are two other possible lines of enquiry that I wish to ask the BCDP-PCHP researchers to explore. Given the development work undertaken by NHS Lothian's Forum, I would now seek more rigorous evidence from NHS Lothian about the impact of its RES strategy. It would be advisable to do this in the light of the Audit Scotland (2008) report about failures by local councils to implement the RRAA (2000) public duties. My other proposal relates to the earlier comment about the marked shift in the nature and composition of minority ethnic communities who have recently come to Edinburgh, what I have termed as 'new migrants' and settled minority ethnic residents. What impact, if any, has this change had on the responses obtained? As I said before, it would be unwise to assume that the needs of the newer migrants are the 'same' as those settled minority ethnic residents, even within the same ethnic group; I think it is relevant to question whether the results obtained say that 'settled' groups continue to feel that 'little/nothing has changed' or whether 'newer' groups experiences are related to 'length of stay' or different needs. This could be interesting and challenging to discover.

My conclusion this far is that more evidence is required on the population makeup, the state of local service provision and what to do about this. I concede that the recent Audit Scotland (2008) report and Fairer Scotland Fund experience, featured in previous issues of this Newsletter, don't make comfortable reading!

• Empowering BME Communities

Engaging meaningfully with BME communities is consistently presented as a 'problem', as reported by Audit Scotland (2008). It need not be, providing that agencies adopt a culture of respect, power-sharing and openness and are prepared to invest human and material resources. BCDP continues to excel in this community-centred approach in its work, as is evident in this research study where the team has gained the trust, active participation and 'voices' of participants, to common benefit of all. Clearly stated principles, planned training support for community-researchers, open and flexible techniques to minimise communication barriers and a sense of purpose and fun have ended in genuine learning and individual growth.

Concluding Thought

In the five years after the creation of the Scottish Parliament, significant attention and energy was invested to create a Scottish-based pool of race-related research. An earlier generation of BME researchers published the Ethical Code for researching race, racism and anti-racism (SABRE, 2001) and the first Audit of research on 'race' in Scotland (2001) was also conducted by members of this team; both initiatives had a positive influence and were widely adopted by academic and community-based researchers. Were those the 'good old days' or is there evidence of a continuing interest in 'race' in policy and academic research in Scotland? The BCDP-PCHP research study is cause to be optimistic that a newer generation of BME community-based researchers is flourishing. They are needed and are to be congratulated!

talking about our health

response to BCDP-PCHP study

what's been happening at BCDP?

forthcoming events

what is on at BCDP?

notice board



BCDP service users undertaking a food hygiene training course

WHAT'S BEEN HAPPENING AT BCDP?

New BCDP premises

BCDP would like to announce their move to new office premises. On Monday 15th June BCDP's new premises will be Inchgarvie Court, 28-30 Ferry Road Drive, Edinburgh, EH4 4DA. You will still be able to contact BCDP on the same telephone number 0131 467 7990.

International Women's Day

As part of North Edinburgh Women Together, a group made up of women from local organisations and local women, BCDP helped to organise events around International Women's Day. Part of the festivities included the first 'Inspiring Women' Awards, this was set up for local individuals and groups to nominate local inspirational women with three categories in which to nominate: community involvement, returning to education, something amazing. Over 40 women were nominated and all of them received a certificate at a special awards ceremony at North Edinburgh Arts Centre on the 4th March. We are pleased to note that BCDP service users: Mary Mbae, Fridah Kathure, Chiu Ning Lau, Tomi Folorunso, Shefali Begum, Lin McKenzie and Aiyunur Cikir all received certificates.

On the 6th March a day of free activities specifically for women was held at North Edinburgh Arts Centre. This was a very successful day where local women could participate in a variety of complimentary therapy activities, quilt making, belly dancing and jewellery making.

World Café

The World Café is held on the last Friday of each month at

North Edinburgh Arts Centre. It is an opportunity for local residents to come along to a friendly family atmosphere and enjoy different foods from around the world. In March the World Café coincided with the Persian New Year and to celebrate this occasion mainly Persian dishes were cooked for the evening including Kookoo sabzi and baklava.

The World Café is run by BCDP with the support of a network of volunteers who kindly help out each month to cook for the event. In return volunteers gain new skills and the opportunity to do training. BCDP is currently running two training sessions for volunteers on Elementary Food Hygiene and Elementary Food and Health training funded by Community Food & Health Scotland. Both courses are being provided for free to volunteers, those who successfully pass the courses will obtain certificates from the Royal Environmental Health Institute of Scotland (REHIS).

The World Café is always looking for new volunteers, if you would like to get involved why not have a chat with Nathalie Nogues (World Café Co-ordinator) to find out more.

World Café Dates for your Diary

Friday 29th May
Friday 26th June
Friday 31st July
Friday 28th August

Skills Project

The ESF Back Community Skills Project's annual graduation ceremony took place on 27th March 2009 at the prestigious Royal College of Physicians building in Queen Street.

Over 50 students completed the Skills Project courses, which were run in partnership by BCDP and Skillnet Edinburgh with support from Edinburgh's Telford College.

talking about our health

what's been happening at BCDP?

forthcoming events

what is on at BCDP?

notice board



Women receiving their Certificates at the International Women's Award

The Black Community Skills Project provides structured training and informal learning opportunities to participants from the black and minority ethnic communities to assist them into employment, training or further education.

This year's class-based training courses included Childcare with English language support, Information Technology (IT) with Literacy and Employability Workshops.

Two of this year's students - Suchitra Gajulapalle and Judy Ngugi - shared with assembled guests their positive experience of the course. Suchitra pointed out that:

"I was a hard working full-time mum before I started the Skills Project courses. I was attracted to the idea of Employability Skills and Introduction to childcare courses to improve my confidence, interview skills and job prospects in the childcare sector. I enjoyed the course very much and feel much more confident. Working with other women on the course was great too. The best thing about doing this course was that it provided me with all the different skills I needed to get a job- the whole package! I would recommend the course to anybody who wants to go back to work. My sincere thanks go to tutors, everyone at the BCDP and their funder's as well".

Judy Ngugi spoke elegantly about her experience with the Skills Project sharing her experience with the guests and graduates:

"I have gained knowledge and skills on how to take care of children. In the modern society people are facing problems with childcare especially ethnic minority community, whereby one has to choose between family, school or work. The courses also helped us to share, meet and learn from others with different cultures and backgrounds in our community. My plans now are to be able to go into the area of social work. I believe this course is a stepping stone to childcare studies. I would recommend this course

to all my friends, family and community so that we can become better community and parents in the greater Pilton area".

Lothian's MSP Shirley-Anne Somerville presented certificates to the successful students at the celebratory event. After presenting certificates Shirley-Anne Somerville said: "After having spoken to Tesfu (Gessesse, BCDP's Director) and seeing the enthusiasm there is behind the Skills Project I was very keen to meet the people who are taking part and find out a bit more about how they have benefited from the project. *"I'm absolutely delighted to have been involved in today's event in such a fantastic setting - congratulations to everyone who has been involved in the Project and I wish you all every success as you build on this experience."*

The graduation ceremony was followed by an evening meal at the BCDP's World Cafe at North Edinburgh Arts Centre.

The BCDP and Skillnet are delighted to announce the continuation of the Black Community Skills Project training courses. We will be re-running the popular Introduction to Childcare with language support, IT with Literacy and employability Skills Workshops from September 2009 in addition to a wide range of informal learning opportunities from April 2009. **For more details, please contact Adil Ibrahim at the BCDP.**

Minority Ethnic Mum's Support Group

The Mum's Support Group has now been running successfully for the last few months for local Minority Ethnic mum's with children under the age of 5 years old. The group is held every Friday at the Haven Project at Craigmoynton Primary School and is run in partnership with Circle / Haven Project. The group aims to alleviate the isolation that mother's of young children can experience and give them a place to socialise, learn and share experiences, take part in interesting activities.

talking about our health

what's been happening at BCDP?

forthcoming events

what is on at BCDP?

notice board



Skills Project Graduation

Meanwhile the children are looked after by qualified workers in the adjoining crèche and get to interact with other children.

The group has now been running for a few months and has proved popular with local mum's who have enjoyed a variety of activities from massage therapies, manicures and educational training in Active Citizenship run by Amina (Muslim Women's Resource Centre).

New programme now out, contact Khalida for details.

Clubs4Us Children & Young People's Groups

Since the last newsletter the youth clubs have been busy enjoying many different activities and outings including a trip to a trampolining centre in Portobello, a visit from Lothian & Borders Fire Brigade, rock climbing with Muirhouse Youth Development Group, cooking, Sikh martial arts, and drama with Ankur Productions. There are still spaces available in our 12-16years olds club held on a Wednesday night. **If you would like to find out more about joining in for free please contact Youth and Children's Development Worker 0131 467 7990.**

Easter Activities

The Easter programme ran for 6 days over the two weeks of the Easter school holidays. Based in Craigroyston Community High School the children and young people took part in a fun packed programme of activities. Among the highlights were a joint trip to M&D's theme park in Motherwell with SCOREscotland's young people, a trip to the City Arts Centre to experience the International Science Festival, dance workshops with Dance Ihayami and sports with Andrew and Mark.

Summer Programme

BCDP will once again be providing a summer activities programme for children and young people and more

details of the dates and activities of the clubs will be sent out to families in June.

Children & Young People's Link Work – Update from Zaki El-Salahi

Over the last few months, I have been organising joint activities for children and young people with other organisations in the area; on 17th April a group of 10-16 year olds started regularly going to a Basketball club on Friday evenings at the Pilton Youth and Children's Project. There have been two sessions so far, where young people have been improving their b-ball skills, making new friends, and getting to know a new project that for some was just next door to them! Plans for the coming months include taking part in the North Edinburgh Youth Forum with the North Edinburgh Trust, and a Rock Climbing course with the Muirhouse Youth Development Group.

Since January I've been visiting other projects in the area, and was recently at the Royston Wardieburn Community Centre, for their Saturday Eastern European club. I met many young people there who didn't know anything about BCDP before, and will now hopefully join some of our activities, and bring their families along to our events. It was clear from speaking to them that racism is still a major issue for our children at school and in the street, and we hope that the link work will provide more opportunity to challenge prejudices across all peoples and cultures, and to build solidarity across the North Edinburgh community.

New Children & Young People's Advice & Information Worker

We would like to welcome Aiysha Hamid as Children & Young People's Advice and Information Worker. Aiysha's job is dedicated to supporting Black & Minority Ethnic children and young people aged 5-18 years old. Children and young people can get help with incidents of prejudice, such as racism and sexism at school or in the

talking about our health

what's been happening at BCDP?

forthcoming events

what is on at BCDP?

notice board



Youth Group

neighbourhoods.

They can also seek advice on their legal rights, help find new activities, clubs, courses or work, support with issues at school, college or anywhere else. Children and young people can access the service by themselves, and Parents/Carers, teachers and youth workers can also refer people they think would benefit from one to one work.

You can make an appointment to see Aiysha by calling 0131 467 7990, texting 07854 566407, or coming along to the drop-in on Friday's 1:45pm to 3:45pm every week at the BCDP office.

One to One Advice and Information for Adults

It has been a busy few months with a number of issues being addressed with housing being one of the main issues. Jacqueline has also seen a rise in anti-social behaviour and issues with benefits due to the changes in benefit entitlements.

If you have an issue that you would like to speak to Jacqueline confidentially about call the BCDP office on 01314677990 to make an appointment. Jacqueline is available for appointments Monday to Thursday.

Family Networking Group

The Family Networking Group have been busy with a fun and informative programme over the past few months. This included a visit from immigration lawyer David Brown who gave a talk to the group on immigration procedures, he then had time to give one to one advice to group members. BCDP hope to invite David Brown along to the group on a regular basis to allow our service users to seek his expertise. The group also had a talk from Lothian and Borders Fire and Rescue Service based at Crewe Road Fire Station on fire prevention. Group members were able to sign up for a free smoke alarm and home safety check

whereby local fire-fighters will come to your house and personally fit a free smoke alarm. On a lighter note the group also benefitted from a shoulder massage treatment from the Valeska Andrews and a visit to the Edinburgh Botanic Gardens.

The Family Networking Group aims to offer opportunities for local families to network, socialise and take part in a wide range of learning and social activities and also aims to offer learning opportunities, encourage members of the group to promote cultural awareness and diversity in North Edinburgh.

The Family Networking Group meet every second Monday (during term-time) at Craigroyston Community Centre from 12noon to 2:00pm. New members are very welcome. If you would like more information about the group please contact Adil or Jacqueline on 0131 467 7990.

Women's Keep Fit Class

The women only keep fitness class continued on a weekly basis at Muirhouse Millennium Centre. This class is free to attend and is for women of all fitness levels. Lianne from the Move-It Project provides a varied fitness programme for all to enjoy.

The class takes place every Thursday (during term time) from 2pm to 3pm. For information on joining the class contact BCDP on 0131 467 7990 or just turn up on the day.

talking about our health

what's been happening at BCDP?

forthcoming events

what is on at BCDP?

notice board



Minority Ethnic Mum's Group



FORTHCOMING EVENTS

The Black Community Development Project

REFUGEE WEEK 2009

Football Tournament

Football is a universal language spoken by millions across the world. Get involved through this seven-a-side multi-cultural football competition and celebrate Refugee Week through the 'Beautiful Game'.

Craigroyston High School Astro, Pennywell Road, Edinburgh, EH4 4QP

**on Sunday 14th June 2009
1.00pm–3.30pm**



Family Networking Group

**Welcomes you to its annual
CULTURAL exchange day
& Sports activities**

Multicultural Music, Dance, Food & Sports

- PLUS ACTIVITIES TO MARK REFUGEE WEEK 2009 -

**On Monday 15th June 2009
FROM 12.00noon – 2.30pm**

**At Craigroyston Community Centre
Pennywell Road, Edinburgh**

The Cultural Exchange Day will include stalls displaying artifacts and information on participant's home country, henna hand painting, salsa & Flamenco dance, live music and much more.

& Table Tennis & Chess Tournaments

AN OPPORTUNITY NOT TO BE MISSED – PLEASE COME ALONG AND JOIN US – THIS EVENT IS FREE AND OPEN FOR EVERY ONE IN THE COMMUNITY

!! EVERYONE WELCOME !!

bcdp news3
spring 09

talking about our health

what's been happening at BCDP?

forthcoming events

what is on at BCDP?

notice board



Refugee Week/Cultural Exchange Day 2008



WHAT IS ON AT BCDP?

BME SKILLS PROJECT

Courses include: Employability Skills, Information Technology (IT) & Literacy, Introduction to Childcare

Opportunity for local black minority ethnic individuals to gain new skills leading to employment and further training.

For more details on how to join this programme contact Adil

ENGLISH LANGUAGE CLASSES

Classes available to suit your needs. BCDP can help you find the right class. Childcare may be available – ask for details. **Contact Adil.**

FAMILY NETWORKING GROUP

The group meets at Craigroyston Community Centre, Pennywell Road 12noon to 2pm. Every second Monday **Contact Jacque or Adil for more details**

WOMEN'S KEEP FIT CLASS

Free fitness class for women only and for all levels of fitness.

Thursdays 2pm to 3pm at Muirhouse Millennium Centre **Contact Caroline for more details**

MINORITY ETHNIC MUM'S SUPPORT GROUP

Meets every Friday at 9:30 to 11:30am for mum's with children under 5 years old. At the Haven Project, Craigroyston Primary School. Creche for kids

BCDP working in partnership with Haven / Circle Scotland. **Contact Khalida for more details.**

WORLD CAFÉ

Cultural food buffet evening. Last Friday of the Month (except December) at North Edinburgh Arts Centre.

Time: 5:30pm – 7pm Buffet price £5 adults & £2.50 kids **Contact BCDP to make a booking or just come along**

CHILDREN / YOUNG PEOPLE'S GROUPS

Mini Stars Club (5-7yrs)

Mondays 5pm-6:30pm at Craigroyston High School

Junior Stars Club (8-12yrs)

Fridays 2-4pm at Craigroyston High School

Young Stars Club (12-16yrs)

Wednesdays 5-6:30pm at Fet Lor Youth Club

New members very welcome. Contact: Youth and Children's Development Worker

ADVICE & SUPPORT FOR CHILDREN & YOUNG PEOPLE

Help with bullying, problems at school or in neighbourhood, racism & prejudice, worried about something.

Contact Advice Worker Aiysha Hamid. Tel: 0131 467 7990, text 07854566407. Or come to the Friday drop-in between 1:45pm & 3:45pm at the BCDP office.

ONE TO ONE ADVICE & INFORMATION FOR ADULTS

Confidential advice and support on issues such as housing, discrimination, benefits. **Contact Jacqueline to make an appointment.**

bcdp news3
spring 09

talking about our health

what's been happening at BCDP?

forthcoming events

what is on at BCDP?

notice board



World Cafe



NOTICE BOARD

Beginners Tai Chi

Tuesday's 11:30am-12:30pm
Muirhouse Millennium Centre

For more info contact Lianne Pipskyj on 0131 551 1671 or just come along. Free of charge.

Move It Project – Physical Activity Programme April to June 2009

New programme now available and includes weekly classes in lots of different activities including a cycling group, salsa dancing, supple strength, body blitz and much more.

For more information and a programme contact: Lianne Pipskyj at Pilton Community Health Project on 0131 551 1671 or email: lianepipskyj@pchip.org.uk

All classes are free or a maximum cost of £1.

AFRICAN WOMEN'S CHOIR

Date & Time: Every Sunday at 2pm.

Venue: Africa Centre Scotland, 45 Blackfriars Street, Edinburgh, EH1 1NB

For more information about joining the choir contact the Africa Centre on 0131 557 6145 or email: africacentreacs@googlemail.com

Edinburgh & Lothians Racial Equality Council (ELREC)

Local Development Plan

Are you from BME community living, studying or working in East Lothian, Midlothian or West Lothian?

Are you interested in engaging with community planning processes and other decision making structures in your area?

Are you interested in being involved in the planning and delivery

of local services and actions which have an impact on you?

The Local Development Project 2009-2011 will help to improve the quality of life of BME individuals, families and communities through increasing sustainable participation, as well as establish local action groups within the BME community in each local authority area to facilitate all kinds of collaboration.

If you would like to take part contact the ELREC LDP team for more details:

**Edinburgh & Lothian Racial Equality Council,
14 Forth Street, Edinburgh, EH1 3LH**

T: 0131 556 0441 E: ldp@elrec.org.uk

SWAP (Scottish Wider Access Programmes)

open the door to opportunity by preparing adults with few or no qualifications for entry to higher education.

SWAP Access Programmes can be studied in local colleges and last one year, full-time, August/September to June. Some of the colleges can offer the Programme on a part-time basis over two academic years. There are no fees and eligible students can receive financial support with living/travel and/or childcare costs.

To find out what courses you can study contact SWAP at the number below or visit the website: www.scottishwideraccess.org

**To find out more, call Freephone 0800 7310949
Or email: swapeast@ed.ac.uk**

Making Your Home Safer – Lothian & Borders Fire & Rescue Service

Free home safety check, Free smoke alarm carried out by local Fire-Fighters.

A free home safety check service is available to you from local fire-fighters. This includes the free supply and fitting of smoke detectors if required.

To arrange a visit please call: FREEPHONE 0800 169 0320

bcdp news3
spring 09

talking about our health

what's been happening at BCDP?

forthcoming events

what is on at BCDP?

notice board



Skills Project IT Course

 www.designbysource.com

