

*Support and information for Black and Ethnic Minority Communities encouraging integration , promoting healthier living & reducing social exclusion*

Welcome to our first BMECS monthly bulletin which replaces the Quarterly Newsletter. This will help us give a more regular update. We have had a good start to the year with some additions and some subtractions to our services. Within the first month we have had a lot going on in terms of groups to events. We hope you enjoy the bulletin!

### **Sussex Akota Women's Alliance (SAWA)**

Formally known as SAMA, was a new women's group we started some time in February. It has been a success so far, all the women have found it very helpful and they enjoy the time they spend learning and interacting with each other. The meetings at our offices at 34 Railway Approach every Wednesday (New members contact us for details and registration).

### **Diverse Cultures Youth Partnership**

**Diverse Cultures Football Club (DCFC)** - The DCFC will be meeting at Glynn Owen Centre in Southfarm Road, Worthing every Saturday at 12.30pm till 2:30pm and the age group is from ages 14 to 22yrs old.

**Diverse Cultures Young Dancers (Formerly AYPG)** - Due to popular demand, the group has changed its home from Chichester to Worthing, this group will also be meeting at Glynn Owen centre every other Saturday from 11:30 - 2:30 pm . The age group is from 10 to 18 years. (new members contact us for details and registration).

### **Events**

**Girl Power Leadership Residential** - This weekend away brought together BME women and girls of all ages to learn about self esteem, confidence and leadership in the quiet woodlands of Kent. We also enjoyed some healthy living activities like swimming, basketball, football, netball and orienteering, all fun and challenging sports exercising both the mind body. The aim of the weekend was to empower participants who may be disadvantaged and may never get a chance to go away from home and daily life to take a break, coming together and encouraging each other in a relaxed environment.



Group rise n' shine game at Residential

**Getting to Know You Event** - on 24th April we had the pleasure of running two workshops at the fantastic event hosted by West Sussex County Council Harm Reduction Team. Following on from the success of the "2008 Breaking Down the Barriers" events, this event was an opportunity for service providers to explore with members of the BME communities some of the barriers faced by some communities in accessing services along the coastal strip; and how they could work together to overcome them.

### **Notice Board**

- Following Parliamentary approval, the new immigration fees announced on 12 February 2009 will be introduced from Monday 6 April 2009 for all those applying to visit, work in or stay in the United Kingdom. The new fees are set on the UKBA Website the to read more follow this link: <http://www.ukba.homeoffice.gov.uk/sitecontent/newsarticles/newfeesfrom060409>
- View life in West Sussex as seen through the eyes of the different communities. Find out about your County Local Committee - their approach to involving local residents in decision making. If you need protection as a consumer, consult Trading Standards. Maybe you could spare some time as a volunteer in your neighbourhood or work with the customer insight team. All details are on the following link <http://www.westsussex.gov.uk/ccm/navigation/community-and-living/>
- For the latest Voluntary Sector/Charity Jobs Visit: <http://jobs.thirdsector.co.uk/jobs>

*\*If there are any broken links please just copy & paste link into your browser URL\**

**We would be delighted if you could help us review our service. Deadline for responses is 15/05/2009. Please visit [http://www.surveymonkey.com/s.aspx?sm=c4rK8UoI0HL3elhEcCB3Gg\\_3d\\_3d](http://www.surveymonkey.com/s.aspx?sm=c4rK8UoI0HL3elhEcCB3Gg_3d_3d)**

## Featured Groups

### **ARUN NEIGHBOURHOOD NETWORK**

The team is helping to support and develop new and existing groups, so that the services you require are provided. It is encouraging like-minded people to come together, enabling them to help others. It is also working with individuals, linking them with local services and helping to ensure that their needs are met. For more information phone: 01903 719744/731800 or email [nc.arunpops@cvcs-arunwide.org.uk](mailto:nc.arunpops@cvcs-arunwide.org.uk) or [michael.dolphin@acwestsussex.org](mailto:michael.dolphin@acwestsussex.org)

### **CHILDREN'S COUNTRY HOLIDAYS FUND (CCHF)**

The are looking for people with from BME Communities with skills & experience to help us deliver activity breaks for vulnerable children. For more information, Contact Leonora on 01273 847772 or email [leonora@childrensholidays.org.uk](mailto:leonora@childrensholidays.org.uk)

## Regular Spot

### **We currently taking membership for BME young people dance club (DCYD) and Football club (DCFC).**

Do you know of a BME young person who loves dancing or football or if your feel they would benefit from meeting other BME young people they can relate to? For details on age and other information please pass on our details or make a referral through BMECS. We are also able to help start up of similar groups, we can support you and signpost you to our partners where necessary.

Are you an adult who can teach dance from different parts of the world, we are looking for volunteers to support the dancers so do get in touch

## Our One to One Sessions

**When?** Drop in at our office you are welcome to book an appointment and have a cuppa. Or give us a call

**Details:** We offer emotional support to anyone have suffered of racial or any other type of unfair treatment, come along and talk to someone, we wont judge you and you are not obliged to talk if you don't feel like. We are just there to offer a friendly laugh and emotional & practical support

### **COME & JOIN THE FUN, VOLUNTEER WITH US!**

We are always looking for help from volunteers. We have a variety of positions to suit, if you have at least 2 hours a week to spare or if you would simply like to give something back your community give us a call.

We will be happy to hear from you. Mums with young children are welcome too, we work in a supportive, flexible & family friendly environment!

## For Your Information

### **BMECS Room Hire Contributions**

You are welcome to hire meeting rooms at our centrally located offices just opposite Worthing Main Train Station. To keep room hire costs down your organisation may be required to move tables and chairs to fit your requirements

#### **Training Room**

A spacious room for training people room for up to 12 people, meetings up to 16 people around the table or 24 theatre styles or in a circle with no table.

##### Option 1

£7.00/Hour

##### Option 2

£30.00 per session AM/PM  
(9.30-1.30 or 1.30-5.30pm)

£40.00 Evening Session

(5.30 onwards, please remember to collect keys during the day for this session)

Flip Chart £5.00

Tea & Coffee 50p per person (unlimited)

Assorted Biscuits 15p per person

(Unlimited)

Light Lunch Sandwiches (Negotiable with outside caterer)

#### **Confidential Respite Room**

Cosy small room with comfortable seating for meeting/interviewing/Counselling for up to 4 people

(Tea, coffee, biscuits included in cost of room)

##### Option 1

£4.50/Hour

##### Option 2

£12.50 per session AM/ PM  
(9.30-1.30 or 1.30-5.30pm)

£15.00 Evening Session

(5.30 onwards, please remember to collect keys during the day for this session)

*If there is anything that you would like to be included in the next issue of our bulletin contact the editors **Nsofwa** on [nsofwa@bme-cs.org.uk](mailto:nsofwa@bme-cs.org.uk) or **Sarah** on [officeadmin@bme-cs.org.uk](mailto:officeadmin@bme-cs.org.uk), as soon as you know. To help us improve our publication we welcome suggestions & comments!*

**For more details or comments contact us on: Tel/Fax: 01903 211 033, Mobile: 075 172 1183/4**

**Email:** [info@bme-cs.org.uk](mailto:info@bme-cs.org.uk), **Website:** <http://www.bme-cs.org.uk>

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