

Bristol Globe

June 2012

The magazine that celebrates Bristol's diversity



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DIVERSITY**

**GREAT WOMEN
OF BRISTOL**

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**FROM ST PAUL'S
TO THE GAMBIA**

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It's so good to see the return of Bristol Globe



Bristol NUJ congratulates **Bristol City of Sanctuary** in winning such wide support for its important work in welcoming refugees to the City. We have supported City of Sanctuary since the idea was first raised and we are very pleased to see that **Bristol Globe** magazine has returned. The first issue last year was very well received and we hope it sets an example for communities up and down the country.

Bristol NUJ is the city's number one organisation for professional 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 or visit the Bristol branch website at the address below. To find out more about the branch, email bristol@nuj.org.uk



We're at www.bristolnuj.org.uk

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If your organisation would like to be added to this list, please visit www.cityofsanctuary.org/bristol

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The 2011 & 2012 editions of BRISTOL GLOBE can be accessed online at <http://www.cityofsanctuary.org/node/1311>

Diversity is one of the things that makes this a great city



A message from the Editor of Bristol Globe

DIVERSITY is a challenging concept. Much depends upon the standpoint from which it is viewed, as this second edition of Bristol Globe seeks to demonstrate. Our centre-spread recalls the explosion of colour, music, motion and emotion that heralded Bristol's status as a City of Sanctuary, on 22 June 2011. In the closing ceremony we remembered those who had been deported to face uncertain futures. Within days one of the platform speakers was in detention. Zimbabwean human rights activist Khethiwe Mashavave had lived in Bristol for 10 years and was a prime target for Robert Mugabe's wrath. Thankfully a successful local campaign saved her from such a fate. We are not the only place that welcomes those seeking refuge from persecution. There are similar solidarity movements in 16 other cities, two towns and a London borough. Nor are we the first in our city to reach out to those elsewhere in need of friendship and support. This edition also pays tribute to Bristol's twinning associations which have brought mutual benefits to all involved, some since the end of World War II. Thanks to the Umoja project and Bristol's universities and colleges, the city again plays host to Olympic athletes from Kenya where, according to European Commissioner for Home Affairs, Cecilia Malmström, there are more refugees than in all 27 EU countries put together. The Kenyan paralympic team will also be training in Bristol's sports facilities in August. Meanwhile, as we report, disabled asylum seekers in the city are still seeking recognition from the authorities. And, as Christien van den Anker reminds us in her Opinion piece, coping with people's reactions to disability can sometimes be as problematic as dealing with the disability itself. She is one of numerous strong women whose achievements are also celebrated in this edition. And if that were not diversity enough, this year Bristol will have two mayors. Bristol's first openly gay Lord Mayor will fulfill his largely ceremonial role while Bristolians elect a new city mayor to take charge of the political landscape. Once again, I hope you will enjoy this annual glimpse of the diversity that has helped to make Bristol 'the best place to live in the UK', and that you will support the BCOS drive to create a network of Schools of Sanctuary over the coming year.

Mike Jempson, Director, The MediaWise Trust

BRISTOL GLOBE

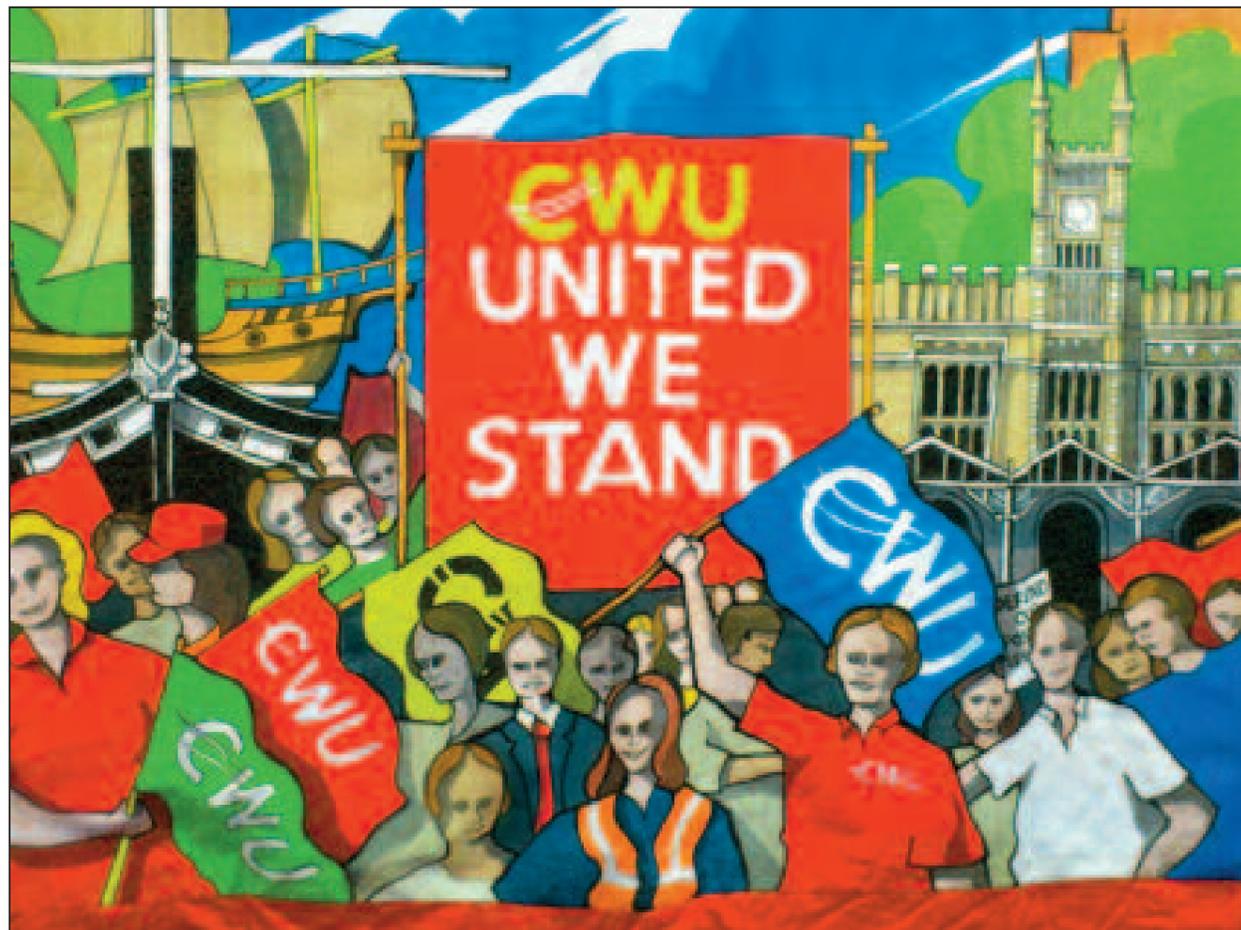
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If you have any comments, complaints or suggestions about BRISTOL GLOBE please email bristol@cityofsanctuary.org



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



Last year's Lord Mayor Cllr Geoffrey Gollop shelters under a symbolic umbrella with (from left) Karim and Awab Elsharif and Tawana Maisokwadzo at the City of Sanctuary launch in June 2011

Finding new ways to make a safe haven

FORWARD MAISOKWADZO reports on progress since last year's launch of Bristol as a City of Sanctuary

THERE will be tea and cakes at the Mansion House on June 20 when the Lord Mayor welcomes Bristol City of Sanctuary (BCoS) supporters to celebrate International Refugee Day with him.

This important demonstration of the city's hospitality is just the latest in series of activities which are helping to grow the City of Sanctuary movement and raise awareness about the challenges faced by asylum seekers in Bristol.

Under the leadership of its new chair, Fr Richard McKay, BCoS is continuing to build its profile across the city and seeking to maintain the momentum gained before and during last year's colourful celebrations in the Council House, on College Green and in Bristol Cathedral to recognise Bristol's new status as a City of Sanctuary.

Pledges of support and engagement are

still coming in from individuals and organisations, particularly from the business sector. The aim is to have 200 organisations and 5,000 individuals signed up by December 2013.

Supporters are encouraged to take actions which will contribute to making Bristol a real city of sanctuary, providing a place of welcome, safety and security for those escaping persecution elsewhere.

A key focus for the coming year is to develop Schools of Sanctuary – promoting positive attitudes within schools and their catchment areas towards those seeking to start new lives in the city.

The launch of this initiative will be on September 27 at the City Academy Bristol.

It was one of four areas of activity – health, education and employment, safety and accommodation – identified for action when around 100 supporters met in May at the Assisi Centre, in Easton's St Nicholas of Tolentino parish. BCoS will continue to publish the *Bristol Globe* – an important medium for our outreach work which also celebrates the city's diversity and

What is a School of Sanctuary?

'A SCHOOL is committed to being a safe and welcoming place for people whose lives were in danger in their own country.

A school that helps its students, staff and the wider community understand what it means to be seeking sanctuary, and extends a welcome to everyone as equal, valued members of the school community.

A school that is proud to be a place of safety and inclusion for all.'

Bristol schools are a microcosm of the city's multicultural population. It is estimated that about 5 per cent of schoolchildren are now of Somali origin; slightly more are of Afro-Caribbean or mixed heritage; about five per cent of Indian or Pakistani origin; and just over two per cent from Eastern Europe.

At 23 of the city's 105 state primary schools more than 50 per cent of pupils are from black or minority ethnic (BME) communities, but only three state secondary schools have a similar proportion. Thirteen primary and three secondary schools have fewer than 10 per cent BME pupils.

international links. BCoS has also hosted the first regional meeting of City of Sanctuary groups across the South West and Wales, welcoming people from Swansea, Cardiff, Newport, Exeter, Gloucestershire to share good practice and inspire other towns and cities.

If the work of BCoS is to flourish it will require collective effort across the city.

Bristol's new main man takes up the sword



The new Lord Mayor of Bristol, Peter Main

STEVEN HOOD meets the latest holder of an ancient office

THE new Lord Mayor of Bristol, Peter Main, wants to use his time in office to highlight the contribution many different minority groups make to the life of his adopted city.

Peter moved to Bristol from South London with his partner Gordon Williams for work reasons. They instantly fell in love with the city.

"Bristol is my adopted home now," he says. "It's so picturesque, with its fantastic historical landmarks like the Clifton suspension bridge and Temple Meads."

He has always had an interest in politics and joined the short-lived Social Democratic Party when it was formed in 1981. He became a Liberal Democrat councillor for Brislington West in 1997 and has held the seat ever since. He has devoted himself to many local causes including the preservation of Arnos Vale cemetery, and is a governor of Brislington Enterprise College.

"Brislington is a fantastic place to live," he says. "It's close enough to the city to get to work but it has a certain countryside village feel to it."

Now he represents the entire city. In his inaugural speech as

Lord Mayor Peter dedicated his year in office to the man who had always encouraged his political ambitions, his civil partner Gordon Williams, who died three years ago. They had been together for 34 years.

He went on: "I will try to promote the diversity of the city. I am a member of the LGBT (Lesbian, Gay, Bisexual and Transsexual) community, so I am going to defend and strengthen that community."

He declared his intention to find a place for the scattering of ashes for Hindus and Sikhs.

"I also want to work with the city's many religious communities. I am working with Hindus to respect their death traditions," he said.

He also wants to reach out to minority communities including faith and ethnic groups and people with disabilities. He plans to learn sign language to communicate better with the deaf.

He had also paid tribute to the LGBT community. "It was a very sad time for me in 2009 when Gordon passed. The community rallied around to help me through it."

However, he insists: "As a councillor and a Lord Mayor I want to be judged on what I do for my residents and Bristol as a whole rather than who I love."

Peter's popularity was evident

at his inauguration ceremony. The former Conservative leader, Councillor, Richard Eddy, seemed to be speaking for everyone present when he said: "Although not a native, Peter Main is passionate about the city and its inhabitants. A campaigner, city councillor and former housing professional of long standing, he has the experience to make an accomplished Lord Mayor."

Bristol has only had a Lord Mayor since 1899 when Queen Victoria granted the office during a visit to the city, but the city has had a Mayor since 1216. While Peter is the City's first openly gay Lord Mayor, the first woman to hold the post was Alderman Mrs Florence Brown

(1963-64); the first black Lord Mayor was Councillor Jim Williams (1990).

Earlier this year the city voted – in a very poorly-supported poll – to back a new, more powerful city mayor. One of Peter's tasks will be to see there is no confusion between his largely ceremonial role and that of the undefined but much more powerful role which will be filled in autumn 2012.

• Peter can be followed on twitter @bristolordmayor, on Flickr at www.flickr.com/photos/bristolordmayor and http://bristolordmayor.wordpress.com/

Additional reporting by Mike Jempson

Medieval bling, marks of a king

ON official occasions Peter will wear the ultimate in Bristol 'bling' – a 23 carat gold chain of office.

Other civic insignia include four Tudor silver chains and eight silver maces from the 18th century.

His scarlet robes and gauntlets are medieval, and denote authority from the monarch, together with a black-feathered tricorne hat. Only the Lord Mayors of London and Bristol are entitled to wear such garb.

On special occasions he may also sport one of four historic swords – the oldest is the Mourning Sword, dating from 1373 when Edward III declared Bristol a county.

He also has his own set of horse-drawn vehicles – the State Coach (the only one outside London), a landau and the Proclamation Brake.

The Lord Mayor's official residence is the Mansion House in Clifton Down, built in 1867 after the original in Queen Square was destroyed in the Bristol Riots of 1831.

• See www.bristol.gov.uk/page/lord-mayor-bristol



Celebration time: Blaire Hannan on the big screen at the party in Millennium Square Picture: Simon Chapman

PARALYMPIAN sailor Blaire Hannan, from Stoke Bishop was chosen to carry the Olympic torch across Bristol Harbour on the power boat Aiming High and lit the Olympic Beacon at a huge celebration in Millennium Square on May 22. Blaire, 22, volunteers with the Sailability project helping other young people with disabilities to develop new skills. Blaire's mobility problems began after she was 13, after being hit by a hockey ball during a school match.

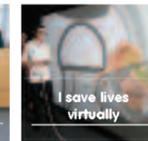
Among the 32 people who carried the torch on its two-day passage through Bristol no fewer than six had to cope with a disability.

Jamie Cooper, 23, was 18 when he was suffered appalling injuries from mortar blasts while serving with the Royal Green Jackets in Iraq, and Jamie Weller, 42, from Nottingham lost his eyesight which serving in the Royal Navy, aged 20.

Teacher Shirley Hume, 61, has carried on teaching and fundraising while recovering from 14 operations for skin cancer. Another local charity fundraiser, Sally Robert, 42, has epilepsy and asthma, and 14-year old Dalaney Mills has been diagnosed with Autistic Spectrum Disorder (ASD).

Making sure diversity is at the heart of our Olympic party

together we can achieve great things



See for yourself at one of our Open Days

Saturday 30 June 2012
Saturday 6 October 2012
Saturday 10 November 2012

Saturday 2 February 2013
Saturday 2 March 2013

www.uwe.ac.uk



University of the West of England

bettertogether

Disabled refugees resort to art to raise their voice

MIKE JEMPSON finds that conditions are especially tough for asylum seekers who also have disabilities

A GROUP of disabled asylum-seekers have expressed their exasperation through a powerful mural in the heart of Bristol.

Persecuted in their homelands and feeling their needs largely ignored here, the mural is a passionate and powerful plea for recognition. Their work is also a contribution to the regeneration of the Bearpit underpass at St James Barton

roundabout that links Broadmead to cosmopolitan Stokes Croft.

Conditions for asylum seekers with physical disabilities or mental health issues are especially tough. They cannot access services available to others with disabilities, including transport. Some are homeless and not entitled to any benefits. On top the traumas they may have suffered back home they live in fear of being detained or deported while awaiting decisions on their fate. Their voices are rarely heard.

Disturbing

Some of the artists spoke of their experiences at the unveiling which was

attended by Bristol West MP Stephen Williams MP, Laura Welti of Bristol Disability Equality Forum, Andy Rickell of the Vassall Centre Trust and Bristol City of Sanctuary chair Fr Richard McKay.

Fr McKay said: "It is quite disturbing and extremely shocking that the Government is unashamedly failing to provide safety to our disabled brothers and sisters who are seeking sanctuary.

"Treating the most vulnerable people within our society in such an inhumane way is pathetic."

The artwork forms part of a national research project run by UK Disabled People's Council (DPC), with funding from the Big Lottery.



Impossible to ignore: Asylum seekers at the opening of their mural in the Bearpit underpass in Bristol

We support people and groups who need sanctuary or believe in sanctuary.



working with refugees to build new lives

We've been working in Bristol since 1989, providing expert advice and advocacy, training and information; campaigning and taking action to maximise justice and minimise destitution.

Most of our services are provided by volunteers, for whom we provide detailed training and support. Join us in making Bristol a place to be even more proud of!

Contact us on 0117 941 5960 or email us: adminbristol@refugee-action.org.uk www.refugee-action.org.uk

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Ahmed: Still seeking help after injury in explosion

'I've been in England five years and only got proper help 3 months ago'

AHMED from Iraq now living in Bristol spoke to the magazine Disability Now about his life and the treatment he has had in Britain

PEOPLE in Britain don't seem to like the disabled. I see lots of disabled people. They drink in the park, they have nowhere to live. They try to kill themselves. Every family with a mental person needs a house.

'Britain says Iraq is rubbish but even in Iraq and Kurdistan people are treated better than this. My family send me money every month.

'I've been in England five years and only got proper help three months ago. Now I've got a flat but it is high up and my legs are bad and climbing stairs is hard, and there's no furniture.

'I waited a month for them to mend my door but if I miss one appointment they refuse me money: they say "Sorry, you're late..."

'Who made me disabled? The government. Britain, America, Iraq. The governments fought. They made me disabled, They injured my leg in an explosion. I lost my brother. My mother can't talk properly now: she lost an eye and an arm in the explosion.

'The Government should be helping these people. They put me into a hostel with people who abuse drugs and drink. I've never drunk alcohol in my life. Why house me with drug users?

'Does this country respect disabled people? They make them sleep on the street.

'In my country, when someone dies, people come and check on you. My brother died last year. Only one person came to see me when I heard that he'd been killed. I was bleeding inside. I couldn't talk. My family say "Are there any people around you?" I say "No." My mother says "Be strong."

SABRINA ESUKE, former presenter of a TV series about tribal customs in the Democratic Republic of Congo, continues her exploration of hospitality traditions around the world



ONE definition of culture is humankind's capacity to classify things and represent their experiences with symbols. Another is the distinct and creative ways that people present themselves in different parts of the world.

I appreciate this more each time I learn about the ways people welcome guests to their homes, keeping alive their ancestors' traditions and passing them on to their children.

Gaiety from Bulgaria

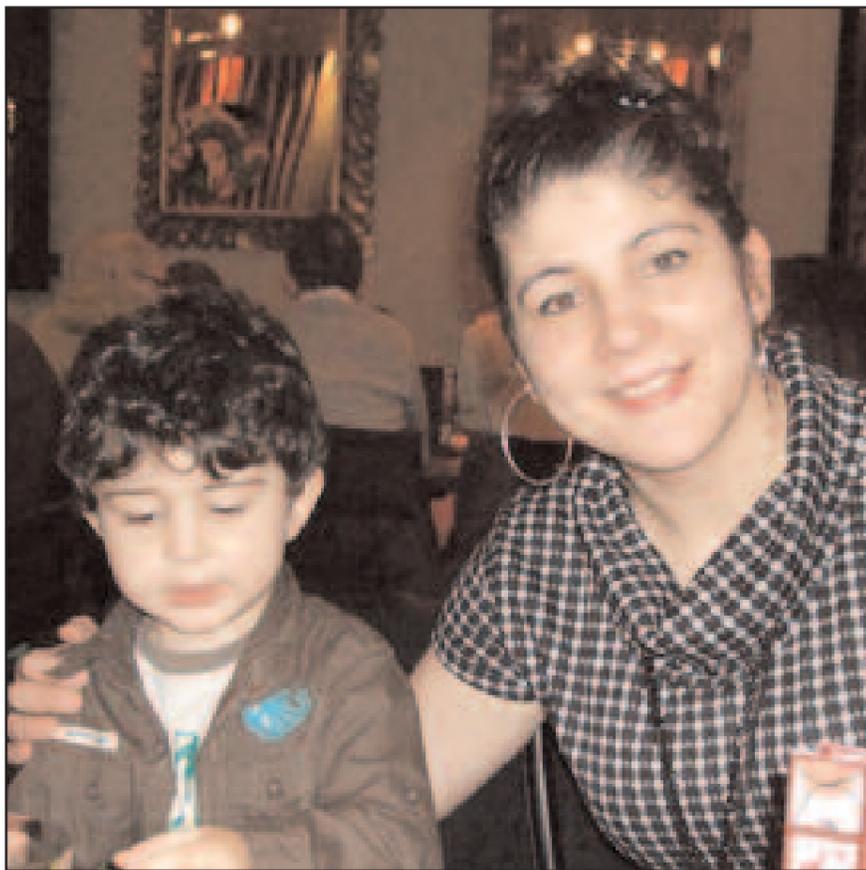
BULGARIA has a great diversity of festivals and customs dating back to the time when men tried to appease the natural elements and trembled before their power. It is a culture full of beauty, gaiety, mystical voices, brightly coloured costumes and fiery dances performed by barefoot dancers on burning embers to expel illness and bring health and fruitfulness.

I received a warm and enthusiastic welcome from my Bulgarian hostess, software engineer Mrs Shendoan Kantarzhieva and her handsome three-and-a-half year-old son Burak, both beautifully dressed in coordinated clothes.

She explained that she and her partner always greet guests at the door with a handshake or possibly a hug or kiss and welcome them saying "Dobre doshli" – to which the reply is "Dobre zavarili". While she takes their coats the guests remove their shoes before being shown to the living room. Those coming on a special occasion might bring flowers for the hostess and wine for the host. If it were the first visit to a new home they might bring something for the house.

The table would be set with alcoholic and fizzy drinks, and appetisers such as shopska salad (chopped cheese, tomatoes, cucumber and herbs), sandwiches, sirene (a white feta-type cheese) and nuts.

Shendoan will tell guests about the different festivals in her home town, like the Rose Festival, with its Queen of the



Left: Shendoan Kantarzhieva and her handsome three-and-a-half year-old son, Burak



Right: Yvonne Sweeney, whose dogs Flop and Luck are likely to join in greeting guests

Pictures: Sabrina Esuka

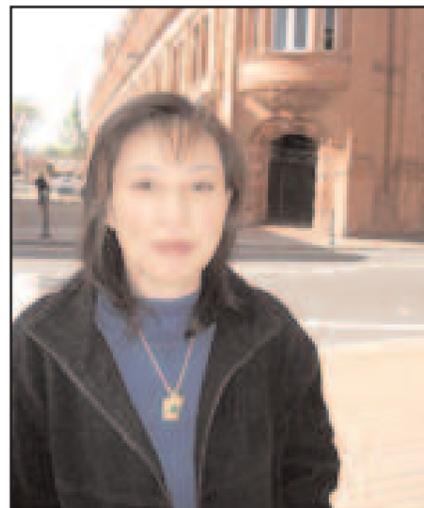
There are so many ways of making us all

feel welcome

Roses beauty pageant, held near Kazanluk each June. Bulgaria produces 70 per cent of the rose oil used in perfumes – known as liquid gold because it is three times more expensive than the precious metal.

She might also mention the famous Pirin Sings and Rozhen Sings folk festivals. A recording of the best-known Bulgarian folk song "Izlel e Delyu hiadutin" was sent into space on the 1977 Voyager spacecraft.

For dinner, Shendoan serves traditional Bulgaria food such as meshana skara, a mixed grill). When guests leave, it will be with a handshake, hug or kiss and a "Priyatna vecher" ("Have a good evening, and thanks for coming"). If they had arrived by taxi they would be offered a lift home.



Tan Yin Foong – aka Mrs Smith

Respect from China

CHINESE culture is known for its formality. Introductions are often made using full titles and company names. Shop assistant Tan Yin Foong (known as Mrs Smith since she married an Englishman) said her guests are greeted with a warm "Ni-hao (ma)" (Hello, how are you) to which the reply is "Hao" (Good).

The Chinese dislike being touched by strangers, so there would be no hand-shaking or hugging. Guests are given slippers to wear, and shown where to sit. Whistling or clicking fingers is considered very rude; sucking air in loudly through lips and teeth expresses distress; blowing your nose and putting your handkerchief

back in your pocket is considered vulgar. And guests should never put their feet up.

Guests will be served hot Chinese tea, with small plates of boiled unsalted peanuts, salted roasted peanuts, or pickled vegetables. Pitchers of fruit juice will be served, followed by dishes such as noodles, Chinese soup, and noodle stir fry.

After lunch Tan takes guests for a walk, to help digestion and get stomachs ready for dinner, which takes place in a restaurant to demonstrate the variety of Chinese cuisine. She will order tea for everyone. Alcohol is normally consumed only for toasts during the main dishes.

Lots of sizzling hot food is served on a 'Lazy Susan' – a rotating tray at the centre of the table. As a good hostess she will ask if everyone can reach it and if each dish

has been tried. Rather than refuse, guests should say it looks delicious but they are full. It is impolite to hold on to a dish; take a small amount then let the dish go full circle before taking more. Having uneven chopsticks, a reminder of the way coffins used to be made, implies disaster.

Food is symbolic – ducks represent fidelity, a whole fish togetherness and abundance; noodles are a sign of longevity so should be uncut. Chicken is presented with head, tail and feet to symbolise completeness and prosperity. Tofu, the protein-rich dried bean curd, symbolises fulfilment of wealth and happiness.

"A guest who splits the bill is known as very ungracious to the host," says Tan.

It is customary for a guest who stays in the home to take the host's family for a meal to thank them for the hospitality.

Warmth from Ireland

I WAS greeted by two friendly dogs, Flop and Luck, when I visited Yvonne Sweeney and was surprised to learn that Irish people would not normally kiss guests on arrival. She is from Cork in the west of Ireland and still follows the example of her parents, welcoming guests with traditional Irish greetings such as "Conas atá tú" (How are you?)

Irish people would consider it rude to ask guests to take off their shoes, preferring to offer "Céad míle fáilte" (A hundred thousand welcomes), and say how pleased they are to have them, showing them into the living room and offering them a hot drink straight away.

If it is lunchtime it would be normal to invite them to eat with the family. At Yvonne's, lunch might be soup with a meat pie and potatoes. If her visitors were staying on for dinner she would suggest a walk to somewhere interesting and a chance to chat to get to know them better.

Dinner will consist of a meat dish, such as lamb chops, with mashed potato. Beer or wine would be offered depending on her guests' tastes. The children would sit at a separate table to show respect to the adults. To follow, Irish coffee (laced with whiskey and topped with cream). For dessert she always serves ice cream, which may be eaten while watching television.

Yvonne says Irish people are really hospitable toward visitors and never judge a book by its cover. In the tradition of their ancestors, they will always cook at home rather than getting a takeaway.

As I left Yvonne gave me a flag with symbols of the four provinces of Ireland. She waved from the doorstep, again no hugging or kissing, wishing me "Sláinte!" or good health, a traditional Irish farewell.

Our favourite recipes

KURDISTAN: Dolma and stuffed vegetables

ESAM AMIN from Iraqi Kurdistan offers a new twist on old favourites. Take some chicken legs and chopped ribeye steak and braise both in about 2 cups of water for about 45 minutes to make a nice rich stock, adding salt & pepper to taste. You can also use cooked ground beef or lamb in the mixture.



Esam Amin

The stuffing

2 cups of uncooked medium or long grain rice (rinsed but not soaked)
2 tablespoons of chopped curly parsley
half an onion (chopped fine)
1 tablespoon of chopped dill

2 tablespoons of lemon juice (bottled is fine)
1/2 cup of tomato sauce
Salt and pepper to taste

Mix all the ingredients for the stuffing in a bowl. If you like it

spicy, add a teaspoon of ground hot red pepper!

As an alternative to vine leaves, try Swiss chard – one of our family favourites. Cut off the hard stems, and place a small amount of the rice mixture near the end of one side of the leaf and carefully start rolling. Swiss chard leaves tend to crack when you fold them in, so just roll them up. They don't have to be perfect. When you place them in the pan, make sure the loose end is at the bottom.

Stuffed vegetables

Peppers are great to stuff because they add colour and are so tasty! Slice the top of the pepper so it is almost off, but leave a 'hinge'. Scrape out the inside of the pepper then stuff it about half way to the top. Remember the rice is not cooked yet, so don't over-stuff your veggies.

Cut a piece out of a large onion so you can remove and pull apart the layers. Each layer can become a separate stuffed onion, so one onion can make several. Again, only stuff them about half full. Then push one end of the onion behind the other to seal the onion together.

Place your stuffed veggies in the centre of a heavy pan, and pack the meat snugly around them before pouring the stock over it all.

Place a heavy ceramic or glass plate on top of the veggies to keep them together while they steam in the stock – making them tender and full of flavour. Cover and cook on medium heat for about 15 minutes, then set the heat at low and cook for another 45-60 minutes.

See how nice the inside of the onions look. The rice is nice and soft and so flavourful. The meat is tender and has all those wonderful flavours from the stuffed veggies in it.

If you have any stock left, pour it over when serving.

BANGLADESH: Biryani

ANICELY made Biryani – fragrant long-grain rice layered with meat or vegetables coated in spices – is a pleasure to behold and eat, says **MOHAMMED SHAHIDUL ISLAM**.

Ingredients

300/320g Basmati rice
1 kg chicken pieces or 800g of lamb
50g root ginger
1 clove garlic
2 tablespoons of mustard oil
1.5 tablespoons of Butter Ghee
3-4 small cinnamon sticks
3 pieces aniseed
5 Bay leaves
2 black cardomom
5 green cardomom
1 teaspoon fennel seeds
1.5 chopped onions
5-6 pepper corns
5 cumin seeds
2 teaspoons ground coriander
Half teaspoon chili powder
6/7 fresh coriander leaves
Teaspoon of rose water

Boil the chicken for 15-20 minutes (or the lamb for 45 minutes) in an inch of water, adding the powders, and spices to taste.

Meanwhile crush the ginger and garlic to make a paste
Add to oil and ghee over heat and mix in the spices

Add the rice and fry gently for three or four minutes.



Mohammed Shahidul

from around the world

Add the meat to the rice with 3 cups of water and slowly bring to the boil, simmer for a few minutes.

Preheat the oven.
Turn the meat and rice mixture into a large baking dish and leave in the middle of a heated oven for a short time.

Serve on large dishes, decorated with lemon segments, cucumber slices and chopped coriander, with side salad.

CHILE: Churros con chocolate

PATRICIA ALVAREZ says her 'carzones rotos' have long been a favourite with her children and her customers at La Ruca restaurant in Gloucester Road.

Dough

1.5kg self-raising flour
1 cup caster sugar
Half cup of margarine or butter
Teaspoon vanilla essence
3 eggs
Half pint of warm 50:50 milk and water

Sauce

200g cocoa powder
100g sugar (to taste)
Half cup warm milk

Mix all the dough ingredients thoroughly to make a firm dough. If it is sticky add more flour.

Let it rest for an hour in a bowl. Then roll it out on a floured surface, and cut into squares the length of your little finger.

Make a slit in the middle of



Patricia Alvarez

Picture: Simon Chapman

each with a sharp knife.

Then bring one end of the square over and pass it through the slit, forming a twist. Place in pan of hot oil until golden.

Meanwhile mix the sauce ingredients and whisk well.

To serve, sprinkle with icing sugar when hot or pour over the warm chocolate sauce.

NHS Need a helping hand to support you in leading a happier and healthier lifestyle? **NHS**

Bristol Public Health Inner City Health Improvement Team are the ones to call.

Who are we?

Health community development workers work with local people to set up or support community groups (mothers and toddlers groups, healthy eating and weight loss groups, emotional support groups), plus physical activities, swimming, walks and food projects. Health trainers are people from your community who have been trained by the NHS to support you, either one to one or in a group, in adopting a healthier lifestyle.

How can we help you?

- ♥ Talking and listening to you face to face, and understanding your difficulties.
- ♥ Supporting you, your group or friends to set targets in a wide range of health promotion activities (weight loss, walking, group swimming) and provide regular health checks.
- ♥ Helping you personally to develop a healthy lifestyle plan.
- ♥ Working with you to prevent long term health problems, such as obesity or diabetes.
- ♥ Organising health promotion events, workshops and campaigns.
- ♥ Directing you to wellbeing projects and social support groups.
- ♥ Offering you effective lifestyle advice in nutrition, physical activity, breastfeeding, alcohol reduction, stopping smoking, sexual health advice, mental health awareness and information.

Where are we?

Inner City Health Improvement Team
Easton Community Centre
Kilburn Street, Easton
Bristol BS5 6AW
0117 377 1038
www.bristolhealthtrainers.co.uk



Racial Equality and Cultural Competency Training

Race Equality and Cultural Competency (RECC) training helps service providers develop their knowledge and understanding of the relationship between mental health, race and ethnicity.

Who is it for?

RECC training will benefit all organisations concerned about mental health. It's applicable across a range of disciplines from mental health services to people working with children and young people or people seeking asylum. It is appropriate for those working on the front line and those working at a strategic level.

If you would like to know more please contact **Marvin Rees, DRE programme manager, NHS Bristol, South Plaza, Marlborough Street, Bristol BS1 3NX. Telephone: 0117 900 2207 Mobile: 07810 874 033.**

Feedback

"These materials are a key component of the delivering race equality (DRE) programme, and will support mental health professionals in providing care and support that fully meets the needs of BME patients. The close involvement of BME service users is unique, and this will ensure that their concerns are at the forefront of training and the promotion of racial equality."

- Louis Appleby, national director for health and criminal justice and professor of psychiatry at the University of Manchester



BRISTOL GLOBE met two outstanding women from the estimated 6,500 people of Chinese origin in the Bristol area – ROSA HUI

Purpose, poise and passion

HANNAH HODSON caught up with the powerhouse behind the long-running Bristol and Avon Chinese Womens' Group in St Paul's

ROSA Hui is diminutive in stature but larger than life in her energy, determination and commitment. As she made her rounds of an art class for elderly Chinese women at St Agnes Church in St Paul's it was evident that she is held in high esteem by all she greets.

Purpose, poise and passion are the hallmarks of her leadership of Bristol and Avon Chinese Women's Group (BACWG), qualities that no doubt also helped her to carve a successful business career since she came to the UK 48 years ago.

Rosa was born in the picturesque town of Guilin in southern China. Her father was a wealthy businessman with branches across the country when the warning came that the Communists were on their way. He moved the family to Hong Kong when Rosa was two years old. She believes it was the culture of this colonial outpost – where people were prepared to work 24/7 and a pauper could become a millionaire – that gave her the drive and optimism she still displays to this day. "I think I learned my skills as a trader by interpreting for my



Always busy for the community: Rosa Hui

father," she reflects. "He was a highly successful rubber importer but didn't speak English."

She first came to England on a nursing placement, but quickly decided it was not the job for her: "The sight of blood was enough to make my ankles wobbly."

She found London dull after the vibrancy of Hong Kong but rather than "become someone's secretary" she followed in her father's footsteps, studying business and setting up as an international trade consultant.

By the time of the Tiananmen Square massacre in June 1989 she had established the South West China Trade Centre. The Chinese government were to be partners –but, she recalls, "just before I was to take an official delegation to Beijing, I got a phone call from the Home Office postponing the visit."

Major change

The subsequent breakdown in trade relations halted three of Rosa's trade projects and marked a major change in her career.

She was not at a loose end, however: four young women were keen to harness Rosa's talents and connections to help create a Bristol community group for Chinese women. They subjected her to "daily harassment, bombardment and blackmail", she recalls, until she agreed to help them for three months.

"It was the longest three months I had ever experienced," she says – 23 years on, she is still with BACWG. "When I make promises I make sure I deliver," says Rosa.

BACWG now has a team of 11 staff and volunteers providing a range of services including creative activities, English classes, respite care and welfare advice sessions.

Her connections, commitment and compassion have enabled her to bridge the gaps between East and West in both her business and her charity work.

"In the West you have to be open and ask for help. In the East that is a sign of weakness, and shame," she explains. In 2009 she got an MBE for her work with Chinese community in Bristol, and there have been numerous other accolades, including becoming a Deputy Lord Lieutenant of Bristol in 2006.

• For more information about Bristol and Avon Chinese Womens' Group: www.bacwg.co.uk; 0117 9351462

and WENDY HO

SUZANNA HO looks back on her mother's move from poverty in China to success in the restaurant business in Bristol

MY MOTHER Wendy Ho arrived in the UK in 1973. Hers is the typical migrant story of a girl wanting to better her life and escape the poverty that was ravaging China at the time.

Born in one of the small family villages that make up in Guangzhou in southern China, Wendy had not long been married when she decided that if she wanted a better life for her family they must move abroad. When she and her husband Ah Tong arrived they had no money, educational qualifications, skills or spoken English. They found work in a Chinese restaurant. As a kitchen porter she worked up to 16 hours a day for £10 per week, but accommodation and meals came with the job. My parents were grateful, and worked hard.

When I was born a few tears later, the restaurant owner could no longer keep them on. A friend told Wendy about a Bristol takeaway where the owners were looking for a couple to work as chef and assistant. Within a month they were settled above the shop in West Street, Bedminster. A year later the owner emigrated and my parents took over.

Wendy was keen to become an entrepreneur. Over the years, they built up the business and she saved hard.

By now she had two sons as well as me. Realising there was a market for Chinese home cooking she embarked on her first restaurant, Dynasty, in St Thomas Street, Redcliffe. That was in 1999. It proved to be a great success and has since been voted one of the five best Chinese restaurants in the UK by the *Observer*.

Community support

My mother really appreciated the support she gained from the local community, especially the Bristol China Partnership (BCP), a charity whose work to spread Chinese culture has included the twinning of Bristol with Guangzhou.

She and the BCP have collaborated on numerous occasions, to mutual benefit. Events have provided businesses with insight into China, and helped to build links with the universities and museums, the city council and the South West Regional Development Agency. Among the guests have been the Mayor of Guangzhou and other dignitaries, helping to put Bristol on the map overseas.

Now semi-retired, Wendy Ho still puts in a regular appearance at Dynasty. My brothers and I began our careers in financial services, but 10 years ago I gave up City life to work with my mother. The family business now includes a Chinese supermarket beneath Dynasty, Zen restaurant on the Harbourside, and the Japanese restaurant Obento in Baldwin Street.

I am studying part time in Beijing to familiarise myself with contemporary Chinese culture and build my own networks. I have learned from my mother not only the virtue of hard work but also the value of building solid links with the local community and its organisations.

• www.bristol-china-partnership.com

Hard work plus community spells success



Wendy Ho, centre with Wallace Kwong, Chair Bristol China Partnership, BCP founding chair Kam Wong and his wife Tracey Wong, with visitors from Guangzhou

**AFRIKA
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AfrikaEye Film Festival

Celebrating the
Caribbean at the
Watershed, Bristol

November 9 to November 11, 2012

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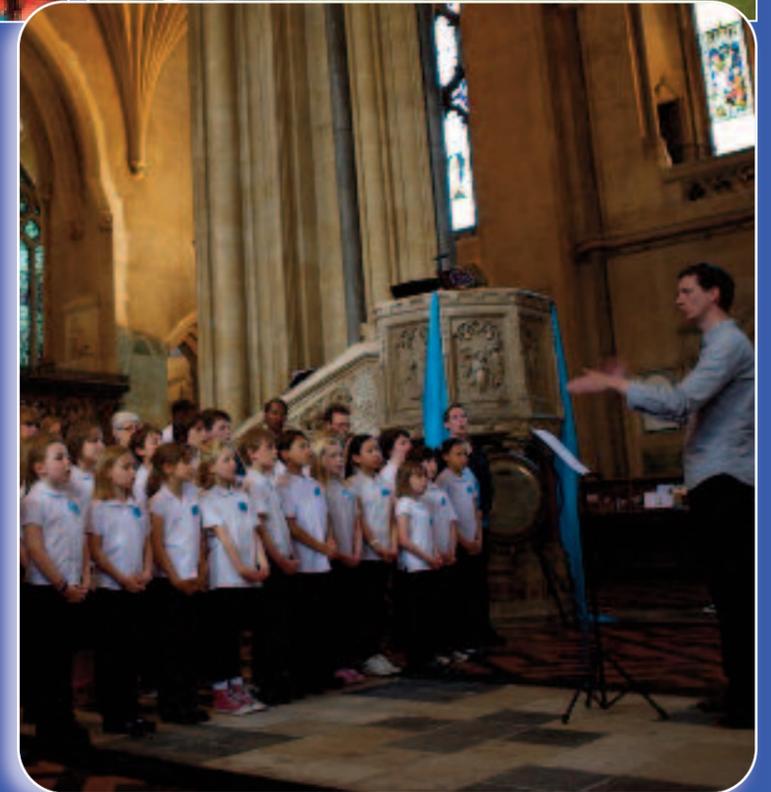


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Such a lot to celebrate as the City of Sanctuary finally comes to life

HUNDREDS of people filled the Council House, College Green and Bristol Cathedral in an afternoon of cultural events to celebrate the official launch of Bristol as a City of Sanctuary, on 22 June 2011.

It was the splendid culmination of almost two years of hard work to involve community groups, the business world and Bristol City Council in a campaign to join other cities throughout the UK that are proud to offer safety, support, and a secure future for people who have fled oppression elsewhere in the world.

Participants processed to the Council House from

different parts of Bristol. After the formal speeches and refreshments they danced across College Green carrying distinctive light blue parasols symbolising sanctuary to add messages of hope and solidarity on to a tent of colours. In the cathedral there were moving words from the world's religions, interspersed with music, song and dance as the crowds circulated around makeshift performance areas.

• Pictures by Adam Laity, George Ferguson, Laura Saunders, Liz Crew, Marc Simmons, Monica Connell and Ruth Davey.

Changing attitudes to abuse that's no longer kept silent



Shining a light: Young film-makers at work on *Silent Scream*

LISA ZIMMERMAN reports on a ground-breaking national initiative by Bristol young people

SIXTY young people have been preparing for a major national conference about female genital mutilation (FGM) to be held at Bristol University in July. The event will address three audiences separately – medical professionals; teachers, police and policy makers; and young people.

FGM is a very sensitive and traditionally taboo subject, still practised in more than 28 countries in Africa, Asia, and the Middle East.

Aiding and abetting FGM is a crime carrying a sentence of up to 14 years. But although it is known that many young women from the UK are taken abroad during the school summer holidays for what is sometimes called female circumcision, there has yet to be a prosecution.

The issue was brought to life when a group of young women working with charity Integrate Bristol made a powerful radio drama entitled *Why?* They chose radio because it allowed them and their Somali interviewees more privacy – and they were quick to see success when the project was featured on BBC Radio 4's *Woman's Hour*.

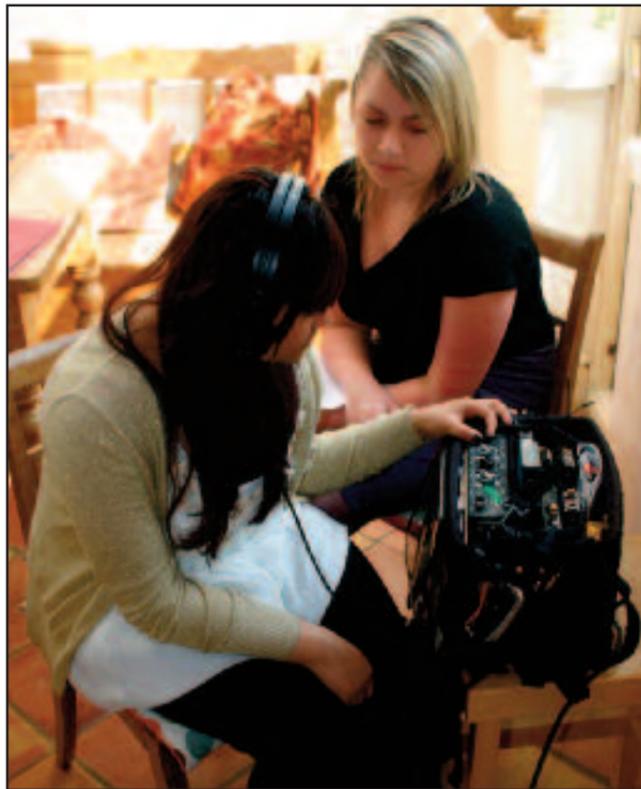
Empowered by the success of *Why?*, 27 young women then made a short drama documentary *Silent Scream* to raise awareness about FGM, winning a Special Commendation from the the Chief Constable of Avon & Somerset Police.

Earlier this year their film won the First Light 2012 Voices award. Their efforts were also praised at the launch of the Bristol Local Safeguarding Children's Board summer campaign against FGM on May 29, and were featured on BBC TV's *Points West*.

Representatives from the group working on the FGM conference will join a round-table discussion at the Home Office, and meet Equalities Minister Lynn Featherstone.

Integrate Bristol is a charity which helps young people from other countries to adapt to their new environment. They get help with their learning, and tackle creative projects on issues they identify as important.

• For more details visit www.integratebristol.org.uk



Both the film and radio drama have won awards

DIVERSITY is a word easily used. People mean different things by it. Some use it to indicate that not everyone is 'white', trying not to sound openly racist. Such conversations often quickly descend into listing problems with 'diversity'.

Others want to celebrate diversity at festivals with food and music from different cultures, viewing difference merely as 'exotic'. Diversity can indeed be a cause for celebration, if we give it some thought and the learning is mutual. Either way, challenging questions remain about the standpoint from which the notion of diversity is viewed.

I discovered the complexity of diversity when diagnosed with young onset Parkinson's disease at the age of 43 in August 2009.

I quickly learned several important lessons. Firstly, the symptoms do not create the biggest challenge. Tremor, stiffness, confusion, memory challenges, low mood and incontinence can all be lived with. They improve with a mixture of counseling, rest, exercise, acupuncture, diet and conventional medication.

'Progressive'

Harder for me was to experience people's attitudes to disability and long-term illness. In the medical world there is a focus on symptoms getting worse. After commenting that I had many symptoms, a neurologist once asked me: 'Are you still working?' His negative emphasis on the 'progressive' nature of the disease does not reflect the reality of my life and creates fear of the future in me.

Reactions from people I don't know can sometimes also reflect a similar focus on symptoms and inability, creating doubts about the right to exist as a 'disabled' person. I was upset to find out that I shared that doubt myself.

Most surprising twas to experience how people close to me changed their attitude towards me. They ranged from urgently wanting to help, expressing excessive sadness, telling me of others who are ill, their own health issues, or how glad they are to have healthy bodies, to telling me what to do to cure myself or make my symptoms go away.

Some can only see me as ill. They don't accept me talking about other aspects of my life. They require me to only show loss and upset, and refuse to hear about overcoming some symptoms. But I am not my condition. I want to share all aspects of my life and thinking – not only Parkinson's. Fortunately, many people also

show real care and openness. I have traced these feelings back to the ideology of eugenics, which approves the weeding out of those considered in some way deficient. Friends get afraid of being associated with the 'weak and needy' and make me assimilate or compromise on my needs. There is a deeply ingrained fear of

selection for destruction, when even acting as an ally to the 'weak' could endanger life.

I realised that if my mother had known of my disability she would have aborted me. These fears were most clearly felt at a visit to former Nazi concentration camps Auschwitz and Birkenau in Poland where killing of the 'weak' actually happened.

The pressure to fit in and be perfected is also present in the experiences with medical staff. Pressure to take drugs that reduce symptoms fits with wanting to make 'anomalies' go away – to strive for purity. For a long time the idea of disability was seen as a problem of the disabled person and not one created by society, and from eugenics we inherit the notion of disabled persons themselves as the problem.

The fear of potential exclusion from society, and ultimately from life itself, puts pressure not only on those who can't keep up but on everyone else still trying. We can see it in constant competition and the pursuit of more money and physical 'perfection', and pressures on parents trying to 'perfect' their children, physically and in terms of education and mental health standards.

So when celebrating diversity we need to remember we are going against a long tradition of excluding anyone who is different from the norm. Migrants are also subjected to this. The eugenics ideology was explicitly racist and created migration barriers, quotas and limits on the right to a family life by restricting childbirth in migrant communities.

When we celebrate diversity we should also remain aware of the pressure we can put upon people simply by perceiving them as 'different'.

OPINION: Diversity

by CHRISTIEN VAN DEN ANKER



We can all celebrate diversity but do we really understand it?

* Christien van den Anker is a Reader in Human Rights at the University of the West of England, and founding trustee of Bristol's Migrant Rights Centre.. She has published widely – most recently *Human rights and migration*, (Palgrave, 2011, edited with Ilse van Liempt) and helped shape policy to prevent human trafficking. Her current project is on labour exploitation of undocumented migrants in Bristol. She lives in Horfield with her partner with whom she co-manages Kookoo Café in Gloucester Road, Bristol.



Left: Memorial to the 5,000 Kurds killed in Halabja by Saddam Hussein
Picture: Kurdistan
Photo/Jan Sefti



Right: The extent of old Kurdistan

Exiled Kurdish journalist ALI ZALME reflects upon the challenge of changing identities as each generation comes to terms with their new lives as immigrants

Kurds are forced to make their homes abroad

MY teenage son's bedroom in Bristol contains a slim LCD TV and PlayStation 3. He is connected to the internet via his mobile phone and his laptop, and spends much of his spare time gaming and chatting with his friends online. His little room has become a virtual world in which he can connect to his peers anywhere.

When I was a teenager in Halabja, a city in Northern Iraq, the wall of my little sleeping space – I didn't have my own bedroom – was bedecked with portraits of the famous martyrs of the Kurdish nation. We called them freedom fighters or Peshmerga (those who face death). Beside them hung the flag of our stateless nation with slogans like 'Freedom for Kurdistan'. The then government of Iraq strictly forbade the display of these symbols of Kurdish national identity. Any show of

loyalty to Kurdistan was considered treason, and Kurds were executed or sentenced to life imprisonment just for sympathising with their national identity.

Now, when I enter my son's room the first thing I see is an Arsenal football team poster on the wall next to a huge portrait of

Robin van Persie, their striker. Back in Halabja, there were always photocopies of prohibited newspapers and a few political leaflets hidden under my pillow. The only technology I possessed was my beloved little radio, from which I heard about the exploits of the Peshmerga. They were



Making their home anew: The Zalme family – from left, son Dadyr, 16, daughter Dien, 7, Nigar and Ali

operating in the Zagros mountains on the Iraq-Iran border, and anyone tuning into their broadcasts was considered a separatist.

So, within one family and across one generation, we have two different Kurdish immigrants – father and son – yet a shared heritage which few people in our new home know much about.

Kurds in Iran, Iraq, Syria and Turkey have long recalled that they belong to 'the biggest nation without a state', even if they are not allowed to express such sentiments in public. Kurdistan is a geographically homogenous land which was first divided in the 16th century among the two great powers of the time, the Safavid and Ottoman empires.

Four hundred years later, shortly after the First World War, Kurdistan was further divided by France and Britain among the three newly-established states of Turkey, Iraq and Syria and what was then Persia. This was contrary to the peace treaty that had just been signed between the Ottoman Empire and the Allies. The 1920 Treaty of Sévres had in effect recognised an independent state in Kurdistan, with Section III Articles 62-64 scheduling a referendum for the Kurdistan region to determine its own fate. But the referendum never happened and in 1923 Turkish territory was defined instead by the Treaty of Lausanne, with the current Iraq-Turkey border only agreed in 1926.

None of this has prevented Kurds from

considering themselves part of a nation separate from the country they were born into. They know that Kurdistan is a fertile land, and the portion in Iran includes the oil rich region of Kermanshah. Only Iran formally acknowledges the existence of the Kurds by naming a province Kurdistan, although it only covers a small part of what was Kurdish territory in Persia. Turkey and Syria were in denial about the presence of Kurds until quite recently.

After the first Gulf War of 1991 the Kurds in Iraq entered a new era. The favourable international situation resulted in the formation of a de-facto Kurdish government in what is known as Iraqi Kurdistan. Post-Saddam Iraq allows a level of self-government for Kurds in its northern province including Irbil, Sulaymaniya and Dahuk, but the rights of Kurds were denied during the Ba'athist regime.

Genocide

Despite the assertion in the 1958 constitution that Kurds and Arabs should live side by side in the country, the Kurds were subjected to genocide. During the last decades of the 20th century violence and racial discrimination, especially from the Ba'ath party, peaked. The worst example was the attack on my little home town of Halabja. On 16 March 1988 airborne attacks using chemical weapons killed more than 5,000

innocent civilians. I have images of the burned bodies of babies and children, their parents and grandparents scattered across the streets and fields, but they are too horrible to show.

Small wonder that many Kurdish families and individuals emigrated. There could be as many as 250,000 Kurds in the UK, mostly from Iraq. In western Europe only Germany has more. Continued political oppression and the repression of ethnic and religious minorities in Iraq, Iran and Syria has stimulated more recent migrations.

There are only about a thousand Kurds in Bristol. Larger numbers have settled in Birmingham, Leeds, London, Manchester and Glasgow. They span several generations with many stories to tell.

I am now working on a PhD looking at the cultural changes and challenges faced by the Kurdish diaspora. How does the new generation of Kurds, like my son and daughter, define their notion of home? Do they, like their parents, maintain more than one sense of a homeland? I hope to discover how the experience of these young people compares with that of their parents. How do they talk about themselves? What are their plans? How do they perceive their new country and the process of integration?

To escape persecution in Iraq, Ali Zalme came to the UK in April 2001. His family followed in March 2003, just two days before the second Iraq War began.



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Kesert Beckford, 52, visits the final prison for men, women and children brought to the West African coast to be sold as slaves. "I've come to find something. My ancestors can't come back, but I came."



A 200-year-old notice advertising 'A Cargo of 152 prime healthy young Negroes, just arrived...from the river Gambia, after a passage of 35 days. The Negroes from this part of the coast of Africa are well acquainted with the cultivation of rice, and are naturally industrious.'



Ruined fort and dungeon at St James Island

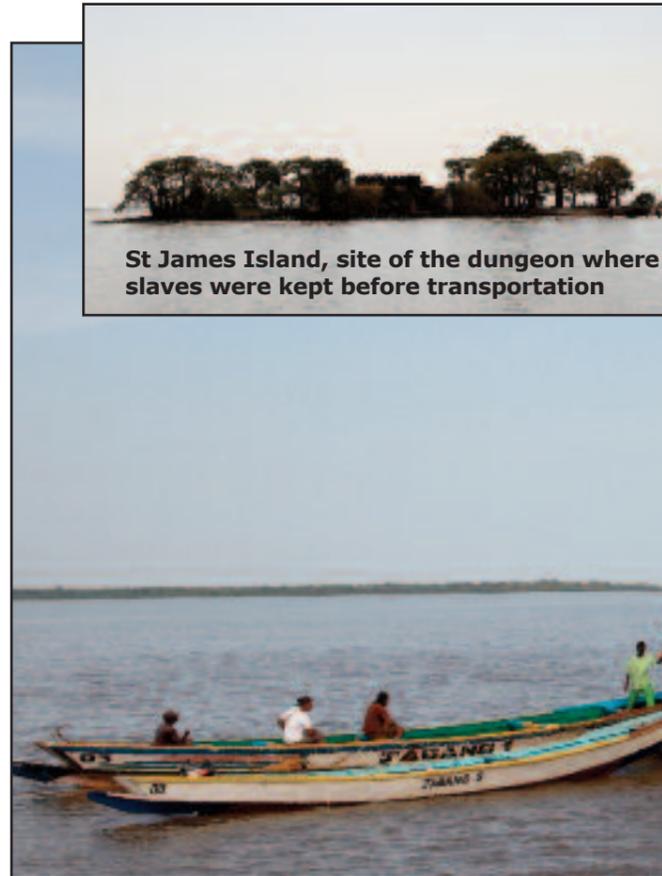


A guide presents the history of the island and fort Pictures © Christina Zaba

From St Paul's to

"IVE come here to find something I haven't found yet," says Fishponds engineer Kesert Beckford, peering into an old dungeon on St James Island in the middle of the Gambia River. The West African sun beats down overhead. "It's so sad. To see that space the slaves were kept in – how small it was. It makes you want to cry." Kes arrived in Bristol in 1965 from Jamaica, clutching a cardboard suitcase. He was just five. "The Beckfords were one of the biggest slave plantation owners in Jamaica, so that's where my name's from. But in Gambia, people say, Oh, you're a Fula man. They can see it. The Fula are a big tribe here. "For me, Clive is inspirational, setting this trip up. It's not a holiday – it's a movement." Award-winning documentary film-maker and musician Clive Smith has been organising trips to Gambia for the St Paul's community with his son, Bristol-born Lonnie Smith, since 2007. Hundreds of young Bristolians, many of Afro-Caribbean descent, have visited the country and its slavery sites since. "The Juffreh and St James Island trip helps people see the journey we've come through,"

says Clive. "It restores people's sense of roots and connectedness. Kids as young as 16 have come with their parents and for many of the adults it's been their first time in Africa as well." For over 100 years, from 1698 onwards, Bristol's Merchant Venturers and other ship owners transported nearly half a million captives from the coast of West Africa to the West Indies to be sold as slaves. Brutally treated, around half died en route. In the 1950s and 1960s, some of their descendants made the journey the other way – from the Caribbean to England, and to Bristol. Clive Smith arrived when he was two years old. For 50 years he has lived in St Paul's. "To see the place in Africa where the ancestors were taken from – it affects everyone. You have to see it for yourself to understand," he says. "But we're also looking forward. We're building a relationship with the village of Kitty here in the Gambia. We're also creating something, going forward and developing." Kitty, an ancient village of 2,000 people some 20 minutes outside Gambia's second town of Brikama, has three schools, a medical centre and a library. What they don't have is money.



St James Island, site of the dungeon where slaves were kept before transportation

Crossing the River Gambia where once sharks ate escaped slaves. Now there are only harmless porpoises



Clive Smith, organiser of the Bristol-Gambia trips, points to St James Island. "Look, that's the fort. We are crossing sacred water, where our ancestors perished as they swam. This is one big watery graveyard."

The Gambia

CHRISTINA ZABA joins a journey of discovery for Bristolians in West Africa



Clive Smith: "We're building a relationship"

The medical centre is empty, the library has no books. For art lessons, the children are given sand trays to draw in with their fingers. They greet the Bristol group as honoured guests. Horfield-based Lisa Smith, 26, thinks that white Bristolians should make the journey to Africa too. "When you see how little people have got in Africa, it puts your own life in perspective. I'd like to help." In 2007 Clive and Lonnie were arranging one "return to the motherland" trip every year. Now it's three, including a special trip for Bristol and London teachers. "I know quite a lot of people who are going back to Gambia for good," says Clive. "They want to lay down roots. They want the peacefulness of it. And to take time out and see what they can do." • *The next Gambia 'Return to the Motherland' trip will be in December 2012, followed by two more trips in 2013. Email Clive Smith at: asitstv@yahoo.co.uk*

IMMIGRATION AND NATIONALITY

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T: 0117 9413991 E: hmzs.pab@hotmail.com

Bristol City Council's Equalities and Community Cohesion Team delivers policy development, training, equalities stakeholder engagement and projects to ensure legislative compliance and equalities outcomes.

Our community cohesion role includes leading on strategy and implementation, commissioning of cohesion work, tension monitoring and engagement structures (e.g. Building the Bridge). We also deliver a community language Interpreting Service to facilitate access to services.



Further information can be found at:

E-mail : equalities.team@bristol.gov.uk
Telephone: 0117 922 2329



Zyta, above, with her parents; right, the orphanage at Isfahan

Pictures © Zyta Szulajewska



Zyta Szulajewska at home in Clifton Picture: © Christina Zaba

Retired teacher ZYTA SZULAJEWSKA tells CHRISTINA ZABA of her amazing journey from the hell of war to the city she now calls home.

Exiled at gunpoint in the middle of night

MY life changed forever in the middle of the night on February 10, 1940. I was six years old.

Armed Soviet soldiers banged on our doors and windows and woke us up. They said we had 20 minutes to pack and leave our home, or they would kill us. It was 25 degrees below zero outside.

I lived in the countryside not far from Lwow in Eastern Poland. My little sisters were four and two, and Mummy was pregnant with our little brother. Daddy was away at the front. He had served as a major in the Polish wars for independence against the Bolsheviks 20 years before.

He was lucky. Stalin had arrested many Polish officers when he invaded Poland's eastern border on September 17 1939, after Hitler's invasion from the west on September 1. Thousands were imprisoned in Soviet death camps. In 1943 the mass graves of 4,000 Polish officers would be found at Katyn. Each had been shot in the back of his head, his hands tied.

The next phase was to deport 1.5 million Poles and populate Eastern Poland with Soviet people instead.

Mummy tore down the heavy curtains from the windows to wrap my little sisters in. At the last minute one of the soldiers threw the packed suitcases standing in the hall into the sled – so saving our lives, because they contained our warm clothes. We had been preparing to visit Granny in Lwow. Instead we were sent to Siberia.

The journey took two weeks, 70 people in

each cattle truck. In the gulag, if you didn't work – felling trees and other heavy labour – you didn't eat. The weak died of hunger and disease, but you couldn't bury them in the frozen ground. One man wandered into the forest and was eaten by wolves.

My little brother Romuald was born in the gulag and my little sister Lala died there.

In 1941 we were sent south to Kazakhstan to pick cotton. Conditions were a little easier. We were billeted with Tatar farmers, who were very poor, but friendly – apart from the Tatar boys with their ponytails, who said they'd cut our throats. But there was no food for babies and Romuald died.

Enslaved

A few months later Hitler invaded Russia. The Polish Prime Minister General Sikorski met Stalin and demanded the release of the Poles enslaved in the Soviet Union.

An amnesty was agreed, and we managed to hire a cart and get to Krasnovodsk on the Caspian Sea. Crowded ships took us to a huge resettlement camp at Pahlevi, in British Persia. There our heads were shaved to remove the lice, and we got English cream crackers and corned beef. We also discovered our father had died of typhus.

As the men and women were sent to fight, we children were put in an orphanage in

Isfahan, paid for from Polish soldiers' wages. We were seated at a proper table, given a fork and spoon each, and meat dumplings to eat. The dormitory beds had clean sheets and pillows. It seemed a fantastic luxury at the time.

There we had plenty of pomegranates and oranges, and went to school. I stayed until I was 16. Then we were moved to Libya. In 1948 I was sent to England with my sister and mother. Some went back to Poland, but we had nowhere to go back to – our home had been taken by the Soviet Union.

We landed in Liverpool and lived for some years at Stover Hostel near Newton Abbot in Devon. Granny in Lwow had always said all girls needed a profession, and my mother felt the same way, so I worked hard at school and won a full grant to study history at Bristol University. I got my degree in 1957 and my Teacher's Certificate in 1958. I married and had two boys.

I like Bristol very much. I've been a teacher here for more than 50 years, helping special needs children in Knowle, Whitchurch and Pucklechurch.'

Mrs Zyta Szulajewska lives in Clifton and is a member of the Bristol Anglo-Polish Society, She has a Service Award from the World Association of Polish Ex-Combatants and was awarded the Bristol Lord Mayor's Medal in 2010.

ALIX HUGHES describes some of the opportunities opened up for Bristolians by the work of the city's twinning associations

BRISTOL has been developing strong relationships with cities across Africa, Asia, Europe and Latin America since 1947. The idea of city twinning is to generate understanding and bring benefits to both parties.

Last year more than 20 local people visited Georgia in the Caucasus. This was the Bristol-Tbilisi twinning association's first group visit. It was mirrored when artists from the Georgian capital set up an exhibition at the Bristol Museum. Now the Georgian Ministry of Education is offering Bristolians the chance to volunteer for four months teaching English in Georgia with all expenses paid.

Recently Bordeaux in France sent some of its trainee teachers to teach French in South Bristol primary schools.

Meanwhile Bristol's Bank Leaze primary school has been given the Bristol-Oporto schools award to run a whole day of activities on Portugal, and in June Porto Bristol Association members arrive for their annual exchange visit.

A primary school in Guangzhou, China has signed an agreement a Clifton primary school. The Bristol China Partnership is helping to organise a trade mission to Guangzhou in November, and Bristol Badgers baseball team have set up links with their Chinese counterparts.

The Oberbuergermeister of Hannover in Germany brought several chief executives from companies involved in green technologies for a conference in Bristol. Meanwhile students from UWE spent two weeks in Hannover studying the city's sustainable urban development plans.

Bristol Link with Nicaragua supporters ran the Bristol 10K and the London marathon raising thousands of pounds for development projects in Bristol's twin town Puerto Morazan, including drinking wells and latrines for under-fives. And in addition more than 200 local footballers took part in the association's annual Copa Sandino 5-a-side tournament in May.

Bristol Link with Beira in Mozambique has raised funds to set up a wheelchair workshop (more on this on pages 8 and 9) and also co-ordinated a project to build a new drop-in centre in Beira for children with learning disabilities.

All citizens of Bristol are welcome to join any or all of the twinning associations, and enjoy the activities and the experience of making links across the world.

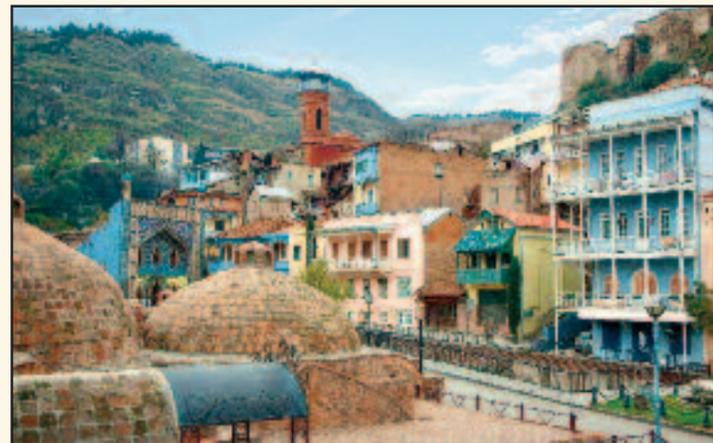
Forging links that

go around the world and back



Some 2,000 Bristol children took part in Fairtrade fortnight. Here Sandra Rojas from the sesame fields of northern Nicaragua meets the then Lord Mayor Geoffrey Gollop at Ashton Gate primary school

Picture: Jonathan Craig



Left: The old town or 'maidan' of the Georgian capital Tbilisi, one of Bristol's most recent twins



Above: Bristol has much to share with its many international twinning partners



Right: Clifton resident Roz Payne, director of the Montessori pre-school, meets some of the under fives in Puerto Morazan, Bristol's twin town in Nicaragua. Roz and many other Bristolians have been helping to support the children's education for 10 years

How ordinary citizens healed

Dr JOHN VEALE, the longest serving member of the Bristol-Hannover Council, recalls its origins.

DURING the bitter winter of 1947 Bristolians reached out to help residents of Hannover where children were unable to go to school because they had no shoes.

The German city was in ruins after World War II. There was no fuel and little food, and the local population was swollen with thousands of refugees from Soviet-occupied territory. Five leading Bristolians,

representing the city council, education, youth, business and the arts, travelled to Hannover on a goodwill mission taking with them shoes for the children and other items collected by well-wishers.

It was the first such visit from postwar Britain, and many young people from Hannover were later welcomed into the homes of Bristolians. Strong links developed between schools, universities, churches, music groups, trades unions and many others. These have grown

the wounds of war

over the years, and there is now a very strong bond between the cities.

In Bristol this partnership is managed by the Bristol-Hannover Council and in Germany by the Hannover-Bristol Gesellschaft, both run by local citizens. There are regular exchange visits and links between educational, cultural, sporting, environmental and business groups continue to be developed.

• For more information, see www.bristolhannovercouncil.org.uk or call Dr John Veale on 0117 956 7113.



The German Christmas market – now a popular feature in Bristol



The personal links transform attitudes in Mozambique

STEVE STRONG of Bristol Beira Link explains how the massive health problems in Mozambique are being helped in a practical, personal way by Bristol people

YEARS of colonial neglect and the legacy of a 16-year civil war have left Mozambique with a fragile and patchy health service, particularly in rural areas. Only 30-50 per cent of the population have basic health services.

With a life expectancy of just 42 and an under-five mortality rate of 168 per 1,000, the health statistics for Mozambique, still one of the world's poorest countries, make uncomfortable reading.

The situation for disabled people is even more difficult. About 10 per cent of the population of 20 million are disabled. Typically they suffer poverty, low levels of education, low self-esteem, plus discrimination and neglect.

There is a general lack of understanding

about disability among families and communities. One group who suffer from this are people with spinal cord injuries. Recent research has shown that people with spinal injuries are dying as a result of pressure sores and infections caused by poor information, poor rehabilitation services and a lack of appropriate equipment.

There are also significant challenges as a result of HIV. In Beira, one of Bristol's twin towns, it is estimated that the virus is present in 23 per cent of adults. In Mozambique as a whole there are nearly 500,000 orphans as a result of HIV. This background raises massive challenges and over recent years the Bristol link with Beira has helped to tackle some of these issues. Current work includes:

- With our sister organisation Bristol ACTSA, supporting the work of Amai Musenanhi – a women's organisation in Beira – to run a day centre for children orphaned by HIV, including generating income to pay for medication.

that are helping to toward disability in



Making wheelchairs in Beira with help from Bristol. The aim is to have a facility of international standard

- Supporting the work of Acrideme to set up a day centre and outreach support for families with disabled children, especially those with learning disabilities, helped by Bristol's Brandon Trust.

- Helping Ajodemo, an organisation led by disabled people in Beira to train technicians to make wheelchairs to an international standard. We are applying for funding which could help this project develop into the leading centre for wheelchair manufacture in Mozambique.

All our work is guided by the people and organisations in Beira. Our focus is on personal connections and practical activity

which can support people in their day-to-day lives.

We have negotiated a partnership between the West of England Centre for Independent Living (WECIL) – the leading organisation run by disabled people in the Bristol area – and Ajodemo.

We can always use support and donations to help us in our work – the more resources we have, the more we can do. There is no shortage of ideas about projects that could be initiated!

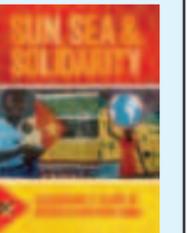
- To find out more visit www.bristolbeiralink.org or contact Steve Strong at stevemstrong@hotmail.com

How Bristol stretched a helping hand at city's low point in history

THE ports of Beira and Bristol this year celebrate 21 years as twin cities. Former *Evening Post* and *Western Daily Press* journalist Susie Weldon has documented the struggles and successes of the UK's only Mozambique twinning in a new book to mark this special anniversary.

Her book *Sun, Sea and Solidarity* is based on interviews with people closely associated with twinning. It tells of how the apartheid regime in South Africa funded a catastrophic war to destabilise the first independent government of Mozambique, after the Portuguese fled their former colony in 1975.

In a civil war that lasted for 15 years, clinics and schools were destroyed and children forced to fight. A group of people from Bristol decided to show solidarity with the progressive approach of the Mozambican leadership. Through many ups and downs the links they built with the city of Beira have flourished – including school partnerships, Fairtrade education projects, the building of a regional wheelchair production workshop and an HIV/Aids awareness programme based on football.



Alix Hughes from Bristol Link with Beira said of the book: "It really gets to the heart of the relationship between these two great cities. It shows what amazing things can be achieved when ordinary people refuse to accept injustice and the belief that you can't change anything."

Commenting from the Mozambican capital Maputo, the British High Commissioner Shaun Cleary said: "The people of Bristol reached out to the people of Beira at one of the lowest points in Mozambique's history, and they have been travelling a remarkable journey together ever since."

Appropriately the book was launched on African Liberation Day (May 25), at Bristol's Central Library in the presence of Senora Ilda Raivoso from the Mozambican High Commission.

- *Sun, Sea and Solidarity* (£5.99) is available from bookshops and from www.tangentbooks.co.uk

Cup cakes and chimichangas help footballers



Cupholders Sleep When Yer Dead (green) take on Bridgwater Intl

MORE than 200 footballers enjoyed a great day out at the Bristol Link with Nicaragua's Copa Sandino tournament at Ashton Park School on May 20.

This annual five-a-side charity event first took place in 1987, two years before the city twinned with Puerto Morazan. It is a fundraising event with players obtaining sponsorship, raffles of beer and the like as well as food stalls – chimichangas (deep-fried stuffed tortillas) and cup cakes were popular this year.

So far supporters have raised more than £20,000 which has gone towards a range of projects in our sister city. It has helped eradicate mosquito breeding grounds, supply drinking water for under-fives and installing toilets.

This year there were 20 men's teams and four women's teams, many representing Bristol's Latino community which includes Argentinians,

Cup cakes and chimichangas

Brazilians, Chileans, Colombians, Brazilians, Mexicans, Nicaraguans, Portuguese and Spanish. Guest teams from local Iranian and Zimbabwean associations have also entered the tournament.

The Salmons from Bedminster beat the Chileans from La Ruca in the final of the 2012 Copa Sandino, named after 1930s Nicaraguan hero Augusto Sandino. The Copa Lucrecia Lindo for women, named after a 1970s revolutionary martyr from near Puerto Morazan, was won by Easton Cowgirls.

Pedro Lambert, goalkeeper for the BLINC squad, said afterwards: "This year's event has been a great success. Players of all ages and abilities turned up, and the referees certainly learned a few choice words to use when they go to Central America next time."

- www.bristolnicaragua.wordpress.com If you speak Spanish you could do voluntary work in Nicaragua.



Julia Williams of Missfits versus Easton Cowgirls

EUGENE BYRNE casts a historical eye over women who have made their mark on the city but whose stories are often forgotten

EVEN those Bristolians who consider themselves natives can almost always trace their ancestors back to other countries.

And it's hardly surprising given that for almost all of its thousand-year history, the city has lived on trade and commerce.

With trade, came people: Bristol has a very long history of remarkable people who have come into the city, or who have left to travel the world.

Local history books have tended to focus on men with international connections, but there are plenty of women who have come from or have links with elsewhere, whose talents and contributions also deserve appreciation. Some are well-known to local historians, such as the medieval merchant Alice Chestre, who took over her husband's trade when he died in 1471 and dealt in wine and wool with Spain, France and Portugal. This was at a time when it was almost unheard of for a woman to go into business.

For less famous women, we can only rely on occasional mentions in old legal documents and records. We know, for example, that there were Africans in Bristol from at least the 1500s (and probably earlier), and their numbers grew during the era of slavery.

Slavery

The position of black people in England when slavery was legal is often unclear; some were undoubtedly slaves, but many were not. In the early 1600s, for instance, a black woman named Katherine, who may have been a slave, was working at a tavern on Christmas Steps.

However the black woman named Catellena who died at Almondsbury in 1625 was almost certainly free because she left goods worth over £6 in her will. For a working person at this time, this was a respectable sum; she was not rich, but she wasn't poor either.

Some years later, the records of the Baptist chapel in Broadmead mention an 'Ethiopian' named Frances who worked

as a servant. Frances was evidently a valued member of the Baptist congregation and almost certainly a free woman.

Perhaps one day historians will discover some ancient documents that will tell us

Mary

Carpenter
(1807-1877)

The daughter of Bristol preacher Lant Carpenter, she set up a 'ragged school' in Bristol to give the poorest children an education. She then founded pioneering reformatories for children with criminal records; one for boys at Kingswood, one for girls at the Red Lodge, Park Row. Her focus was the welfare and education of poor and delinquent children. She also made four trips to India to set up girls' schools and lobby for prison reform. There is a memorial to her in Bristol cathedral, and you can see her grave in Arnos Vale cemetery.



Indira Gandhi (1917-1984)

As the daughter of Jawaharlal Nehru, independent India's first prime minister, she briefly attended Bristol's Badminton School. Later she became India's Prime Minister, only the second female head of government in the world. She was elected three times, becoming one of the most famous people on the planet. Credited with doing much to improve the lives of the poor and to drag India away from the shadow of colonial rule and caste politics, she was assassinated in 1984.



Amelia Edwards

(1831-1892) A talented writer from an early age, Edwards was a successful novelist before traveling to Egypt where she fell in love with its history. She co-founded what is now the Egypt Exploration Society to preserve and research ancient Egyptian history and devoted the rest of her life to studying ancient Egypt.



Eugénie de Montijo
(1826-1920)

This Spanish-born aristocrat would become empress of France as the wife of Napoleon III. In a lesser-known episode of her life she and her sister were sent to a boarding school on Royal York Crescent, Clifton. The girls were very unhappy here, as was one of their schoolmates, an Indian princess. The three of them conspired to disguise themselves and take a ship home from Bristol docks but (probably fortunately for them) they were caught and returned to the school.



Elizabeth Blackwell (1821-1910) The world's first woman to qualify as a doctor, Elizabeth was born in Bristol, emigrating to America with her family at the age of nine. When she graduated in medicine – a profession open only to men – she came top of her class of 150. Her father was an active campaigner against slavery, and so was she. During the Civil War she helped set up medical services for the Union army. She opened a hospital for women and children in New York, later returning to England.



Ruby McGregor-Smith (1963-)

Born in Lucknow, India, her family moved to Britain when she was two years old. She qualified as an accountant and by 2007 had become the chief executive of Bristol-based outsourcing firm MITIE, with an annual turnover of £1.9bn. She is the first Asian-born woman to head a FTSE 250 company and was awarded the CBE in 2012 for services to business and diversity in business.

Picture: VisMedia



Marya Antonina Czaplicka

(1884-1921) A pioneer of anthropology and Polish-born, she travelled in Siberia and Central Asia before coming to England. She taught at Oxford and then Bristol University before tragically taking her own life, apparently over money problems.

Meet the women who made their mark on Bristol

more about these women and their stories. For now, though, we have to make do with the better known Bristol women with international connections. These pages show just a few examples.

• *Find out more* The following books should be available from your local library.

100 Women of Bristol (Bristol City Council, 2002) by Shirley Brown and Dawn Dyer is a small and very readable book

about some of the most famous (and infamous!) women in Bristol's history.

The Bristol Story (Bristol Cultural Development Partnership, 2008) written by Eugene Byrne and illustrated by graphic

artist Simon Gurr is designed to make Bristol's history simple and fun to read.

Bristol: Ethnic Minorities and the City, 1000-2001 (University of London, 2007) by Madge Dresser and Peter Fleming is an

excellent account of all the different peoples who have settled in Bristol from earliest times onwards, from Jews to Icelandic people, the Irish, Welsh and Afro-Caribbeans.

June is looking for fresh inspiration

JUNE BURROUGH talks to FORWARD MAISO KWADZO about the inspiration behind Bristol's Pierian Centre, and its legacy

MORE than 800 people attended a moving ceremony to mark the closure of the Pierian Centre in St Pauls on December 6, 2011. Named after a legendary Greek spring from which the Muses drank, the Pierian Centre was the birthplace in 2008 of Bristol's City of Sanctuary (BCoS) movement and housed many social, arts and educational activities.

The huge turnout was a tribute to its founder, June Burrough, who chaired BCoS for two years.

Her vision had been to create "a beautiful, homely place that would provide a supportive and safe learning environment that could meet the diverse needs of a multicultural area in Bristol".

She succeeded and it became a hive of arts, educational and community activity. Latterly 30,000 people walked through its doors each year.

June's inspiration was a long stay with an Aboriginal community in Australia while on a long trip to celebrate turning 40.

"The experience was extraordinary. I was adopted by the Aboriginal community. I was given the name Mulunda Wanambi. Mulunda is a wood swallow, and they migrate. They knew that I was going to leave them," she said.

"What really struck me was that nobody owned anything. Everything belonged to the community. The land didn't belong to anybody, it belonged to everybody."

June wanted the Pierian Centre to instil "the same sense of equality".

Australian immigration rules forced her return to the UK despite her strong desire to remain in the country. Instead she opened the Pierian Centre in 200, bringing brought together many strands of her life.

She had first come to Bristol in 1970s to work at the Old Vic theatre, having trained as a drama teacher. In the 1980s she

switched to career counselling, helping those made redundant to plan for their future.

"I had the experience of the most horrible training rooms – rooms that didn't even have natural light – and that's not a helpful environment to learn in," she says, which explains the light and airy feel she created when converting the five-storey Georgian listed building in Portland Square.

Those who remember the permanent supply of tea, coffee and biscuits can thank June's mother, who was hot on hospitality.

Beautiful

"I think my whole concept of how important environment is comes from her skill at keeping a really beautiful home," said June.

She also credits her parents with her eye for decoration. "My mother was an amazing painter. Her home was an expression of her creative spirit. My father was a craftsman and managed woodlands."

Her father also played the piano and had learned the clarinet in a prisoner-of-war camp, while at the public school where he taught he took charge of the theatre.

With her mother "always encouraging me to join choirs and drama societies and be involved in things," June's advocacy of the arts as an agent for change is no surprise.

"I think the role of the arts at the Pierian Centre – to give people a voice, to celebrate peoples' cultures, to allow a way of communicating that goes beyond language or race - was an inevitable consequence of my early years," she says.

Brought up in Norfolk, she felt "very uneasy" with the class divisions still in evidence in the 1950s. "Even as a young



June Burrough: Ready for a new challenge after founding Bristol's innovative Pierian Centre
Picture: Chris Porter

child, it felt that somebody who was not as well off, or who hadn't been educated to a high standard, shouldn't be judged as being lesser," she says.

Her wish to support the disadvantaged and regenerate St Paul's turned the Pierian Centre into a community hub. It led Bristol's contribution to the European Year for Combating Poverty and Social Exclusion in 2010. The highlight was Portents, a community art installation on College Green that gave voice to 45 local groups and attracted over 11,000 visitors.

June is off to Zimbabwe in July to visit Fidelis Mherembi's Music for All project.

"It's my final Pierian commitment," she explains. "After that that I have no idea where I am going. I am passionate that those who are unseen are given an opportunity to be visible. To be some kind of ambassador for social inclusion and the arts would be exciting ..."

Language Volunteers wanted!

The Language for Rights project is a new and exciting project looking at different ways to support migrants to learn English. We are offering a number of learning activities to support adults to access informal community based learning. One of these activities include language mentoring.

The Learning Communities Team is looking for volunteers who will give up a few hours a week for 3 months to support another person to practice their English. This will help new residents improve their local knowledge of life in Bristol.

As a volunteer you will get training and advice.

If you are interested in this role please send us a short summary of why you are interested to this address:

The Learning Communities Team
The Park, Knowle,
Bristol BS4 1DQ

For more information please contact Suad Abdullahi at the Learning Communities Team on 0117 903 9763 or email suad.abdullahi@bristol.gov.uk Due to the nature of this role applicants are subjected to an enhanced criminal bureau records check. We welcome applicants from all equalities communities.

Language for Rights Project

Bristol City Council wants to complement mainstream English as a Second Language (ESOL) resources and programmes by focusing on gaps in provision. The City Council wants to experiment with innovative approaches to language support that can also contribute to wider priorities such as community cohesion, employability and raising children's achievement.

After considering a range of options, the Council wishes to invest in a range of 'Language for Rights' activities including:

Informal Community Based ESOL Programmes

As part of the Learning Communities Team core menu, we will increase the range and volume of short, free, informal ESOL related programmes. Courses will be geared towards improving learner's language and independence skills through a range of embedded topics, including: citizenship, health, learning for work, education & settling in Bristol. Programmes will be delivered through a range of local providers and employment support agencies with experience of working with our priority communities.

Potential learners will be able to access these programmes through a range of local publicity and 'word of mouth' referral routes through local community agencies, schools, children's centres, health services, other frontline services.

ESOL Volunteer Programme – Language volunteer

To ensure more people can access informal language support, we will train a team of 40 ESOL volunteers who can provide 1-to-1 mentoring and who can also facilitate informal groups. Volunteers will be recruited both city wide and from priority neighbourhoods. Their training programme will provide them with basic language support resources and information to support wider issues, e.g. dealing with discrimination; using public services; getting involved in the local community etc.

Migrant Worker Support Programme

To enable migrant workers to obtain essential language support, we will engage with local employers and with relevant employment support and community agencies to identify employee support needs and activities. We will link with local partners including Trade Unions to explore options for targeted ESOL support. We will provide customised informal courses, language volunteers and sign-posting to support employees to get on in work.

Migrant workers will also be supplied with customised information and sign-posting to a range of local services, including FE college courses, support groups, employment support services.

If you would like to know how to get involved in this programme please contact Suad Abdullahi, project coordinator on 0117 903 9763 or email suad.abdullahi@bristol.gov.uk





Bristol Refugee Rights Bristol-based charity engaged in human rights work for asylum seekers and refugees

Our mission is to welcome asylum seekers and refugees in Bristol.

Together we create a place of solidarity and trust. We challenge the injustices that we experience and witness in the UK.

Learning from each other we develop partnerships and links with the wider community to promote equality of opportunity for asylum seekers and refugees.

Drop-in Welcome Centre for asylum seekers and new refugees - opening (from August 2012) in Malcolm X Centre St Paul's

info@bristolrefugeerights.org
0117 908 0844
www.bristolrefugeerights.org



The **Bristol Zimbabwe Association** is a registered not-for-profit community organisation.

Vision:

We want to live in a society in which the Zimbabwean community in Bristol are part of an inclusive society of people enjoying equal rights, access to services, opportunities and civil liberties, making a proactive contribution to the City's vibrant life and ethos.

Objectives:

- To advance issues of concern to the Zimbabwean community in Bristol;
- To promote and raise awareness of the public and decision makers about the needs and aspirations of the Zimbabwean community, as well as about their positive contributions to the UK society, particularly in the Bristol area;
- To promote and preserve the Zimbabwean culture and heritage

What we do:

Our services include networks, representation, information sharing, website, conferences and meetings, signposting, well-being (sports, in particular football) and working in partnerships. The Association runs ZIMBA FC – a multinational football club aimed to use football as a vehicle to for social development and inclusion as well as raising the community's profile.

c/o Refugee Action 43-45 Easton Business Centre, Felix Road, Bristol BS5 0HE

Tel: 0117 941 5969 Mobile: 079 19894 900
Email: Bristolzimbabweassociation@yahoo.co.uk

www.bristolzimbabweassociation.org.uk
Limited Company No. 6717793



Living with HIV?

We offer free confidential and independent advice and support for people affected by HIV

176 Easton Road, Bristol, BS5 0ES
Tel: 0117 955 5038

Email: info@brigstowe.org
www.brigstowe.org

African Voices Forum

A membership organisation whose main aim is to provide support to African and African-Caribbean Community Associations and Organisations, as well as other community interest organisations working to empower people of African descent.



Vision: Active and sustainable African and African-Caribbean community interventions where our voices and concerns, and those of other groups, are given equal consideration by mainstream agencies, and where everybody is allowed to enjoy their full dignity and respect, and above all to realise their full potential.

Mission: African Voices Forum pursues this vision by supporting and developing the capacity of African and African-Caribbean community organisations to enable them identify common needs and challenges, develop common approaches to address them, and above all develop partnerships with other organisations to enhance our objectives and promote community cohesion.

Contact Secretary General:
Email: Contact@africanvoicesforum.org
or 07862 729407

African Voices Forum
Company Registration No. 06672431
Registered Address: 140 City Road, St Pauls, Bristol BS2 8HN
www.africanvoicesforum.org



BILINGUAL FAMILY PROJECT

Bilingual Family Project

BFP supports families in Bristol whose first language is not English to access mainstream services, such as housing, health and education. We have Somali, Romanian, Polish, Punjabi and Urdu Speaking Mentors.

Also providing English tutoring at home for young people.
Contact: Fran Hopcraft
hopcraftf@cityacademy.bristol.sch.uk



CITY OF SANCTUARY

What is City of Sanctuary?

A national movement of local people and organisations working to make their city a place of welcome and safety for people seeking sanctuary from war and persecution.

Bristol – proud to be a place of safety!

- Bristol has for years offered a welcome to people whose lives were in danger in their own countries.
- Bristol - once known as a city of slavery - is growing now into a city of sanctuary.

Why City of Sanctuary in Bristol?

- Many have lost their homes and families but have brought new skills, music, food and hard work to build our city; we want to celebrate the contribution of the many people who have come here for safety.
- Many feel isolated or are in great need or fear: we want to spread a culture of hospitality and practical support throughout the whole of Bristol.

You can be part of this through a simple pledge – see back page.

How can you welcome people seeking sanctuary?

The first step in your support for City of Sanctuary is to sign a pledge. Please see our website or contact us for details. It would be very helpful if you agreed to be included on our list of organisations and individuals who have pledged support.

More ideas...

- Invite an asylum seeker or refugee to come to speak of their experience to your organisation or to a group of organisations in your area. (Contact us for details)
- Influence others: challenge myths and stereotypes.
- Offer volunteer placements for suitably skilled refugees or asylum seekers.
- Advertise paid jobs on refugee networks.
- Consider appointing refugees to positions of responsibility in your community.
- Offer meeting space to an asylum or refugee community group.
- Fundraise for an asylum or refugee charity.
- Contribute to the hardship fund to relieve destitution.
- Offer to be part of a sub-group – e.g. working on community safety; employment; schools; ESOL, Further and Higher Education; arts and leisure activities; action through faith groups.
- Publicise City of Sanctuary, Refugee Week and other refugee events within your community.
- Publicise opportunities to volunteer with refugee charities.
- Sign off your email with a note about refugees.

www.CityofSanctuary.org/Bristol

» Want to get into work?

With access to **current job vacancies**, we can help you with applications and interview preparation. Our intensive courses will ensure that you have the **right skills** employers are looking for, **now!**
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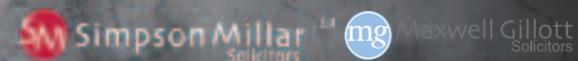


**FOR EVERY DARK CORNER, WE
CAN SHOW YOU THE LIGHT.**

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As supporters of Bristol's City of Sanctuary, we aim to help those seeking help and respite here in the UK. See how we can help you:

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