

GRAB it!

FREE

Spring 2015



The Paper

Butetown Riverside Grangetown **YOUR NEWS**



Welcome to 'Grab It' the 2nd edition. This is your community paper so please get involved we want to hear from you. We hope this paper provokes thought and promotes pride in what's happening in BRG.

www.brgcardiff.com



@C1st BRG



BRG Communities First

Roll out the banners....

Four varied groups have been busy these last few months making banners that chart their stories with the Riverside Banner Project. Artist Andrea Heath has worked with the groups with the aim of giving them a voice through the medium of art and textiles. In all a total of around 40 people have been taking part in the four different workshops. Each group has made a banner with a specific theme.

One family from Rumania has charted their story of migration on their banner. As they left Rumania three children had

been born there, then five were born in Spain and now two have been born in Wales. One of the older children Daniella Dodoc told our reporter:

'It's been a lot of fun and something very positive to do. Something we can all do together, getting our ideas down. We have all heard each other's perspectives and memories of our family story. It's a shared experience and we're sharing it again'

The age range of those taking part in the workshops has ranged from 5 years old to 70 years old.

At the Bangladeshi Centre the group there have worked on the theme of celebrating traditional life in Bangladesh so the memories of that life are not lost forever and they want to contrast it with the often negative images that are heard about life in Bangladesh.

There are also two Women's Groups and they are looking at the positive impact of migrants and what they can bring to any new culture. Its also been about exploring the way skills can be handed on through generations

The groups will put on a big exhibition in May 2015 to bring

all the groups together in a celebration event. It was clear to our reporter that Andrea has enjoyed the experience with all the groups and seems to have gained as much from the project as those participating, as she told us:

'One of the wonderful things I've found is the hidden talents in the heart of the communities and the fascinating stories people have to tell. I have learnt so much'

The banners produced during this project will go on exhibition at the Wyndham Street Centre in Riverside from 4th-17th May. Please call or email to check for opening times: 029 2022 0309, KenBarker@srcdc.org.uk

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for details



'To vote or not to vote Is that the question?'

Our voices are going to be stronger so the people in suits and ties have to listen and act otherwise when we have the chance to vote at 18 years old we will remember what they took away from us and we will take them away from the position of doing it again.

Nasser Abdul 16 yrs old Grangetown



Photo: Rebecca Grace-Ford

This May we have a General Election and much has been made already of who will vote, how we might vote and why we should vote.

Robin Williams who died so suddenly last August once said:

'No matter what people tell you words and ideas can change the world'

Many in Butetown, Riverside and Grangetown will be making up their minds in the next few weeks; others might not give it a second thought. Cardiff Council is under enormous pressure to make cuts and under enormous pressure to protect services. People are out on the streets fighting for libraries, parks and all manner of public services.

And young people are having their say and staking their claim to be a part of decision making. A lot has happened in BRG in the last few months to suggest democracy is alive and well.

In September last year five

Grangetown youngsters from the **Buzz Youth Club** joined over 100 other young people from across Cardiff to become members of Cardiff Youth Council (CYC). CYC is the official network of young people aged between 11-25 in Cardiff with representation on the Funky Dragon – The Youth Assembly for Wales and British Youth Council.

The members from the **Buzz Youth Club**, who also attend Riverside Warehouse and Butetown Pavilion, are looking forward to working on issues that affect them and that they get passionate about.

Senior Youth Club member Faisal Ismail said:

'Recently in Grangetown we have lost a lot of services, the Enterprise Centre helped a lot of older people with finding work but now it's our turn to find work it's closed! Also the Play Centre and Bee Healthy Youth Club have played a big

Left to right: Tariq Amir, Nasser Abdul, Abdi Osman, Faisal Ismail, Ibbly Abdi, Ali Abdi – Senior Youth Support Worker



Faisal and Ahmed Mohamed met with Stephen Doughty MP who represents their constituency.



part in me growing up and now, for future children, these places are at risk of closure. By joining CYC I have a chance to put the concerns of young people in my community to those in charge who are making decisions on the Cuts because just maybe they do not know exactly the damage they are causing'

Faisal and Ahmed Mohamed met with Stephen Doughty MP who represents their constituency. Following a brief Twitter exchange MP Stephen invited the boys to his Saturday morning surgery for a full discussion on what is concerning them in Grangetown.

The Twitter communication between the young people and the MP that followed the meeting demonstrated that the dialogue went really well and that the lads represented their fellow Youth Club members in a very professional manner as Mr Doughty tweeted:

'Today, proof why 16/17 year olds should get the vote!'

At the end of November last year in Butetown a group of young people attended a Cardiff Debate event and with the help of Nathan Evans from Communities First they collectively emailed their views to Ali Ahmed their local councillor and then met with him at his community surgery.

Nathan is passionate about young people having a voice in their community and said:

'You only choose elected members if you vote and if you're too young to vote you have to explore other avenues to engage and get your voice heard'

So the election is coming and its coming fast. People need a voice and there are plenty out there willing to help you find your voice...if you want to find out more about being involved and having your say you can contact Nathan on 07969065794 or pop in to **Communities First** and find out how you can get involved



'Don't force your kids into sports. I never was. To this day, my dad has never asked me to go play golf. I ask him. It's the child's desire to play that matters, not the parent's desire to have the child play. Fun. Keep it fun.'

Tiger Woods Golfer

In 2011 Sports Wales (a Welsh Government initiative) published a report, *'Hooked on Sport'*, that highlighted how youngsters got less active as they got older, certainly Tiger Woods knows a thing or two about motivating youngsters. Sports Wales also knows a thing or two and since the report they have worked in partnership with many other agencies and sporting bodies to ensure young people are drawn to sports and make progress that stays with them into adulthood.

The 2011 report also noted that participation from black and minority ethnic groups was substantially lower and participation from youngsters from poorer backgrounds was lower too. Female participation is another big issue.

Since 2011 a lot has happened. Many sporting bodies such as Table Tennis Wales, Cricket Wales and Wales Athletics have been challenged to become more inclusive.

Cricket Wales has worked hard to develop Pop Up Cricket and Table Tennis Wales has provided resources and tables for various community groups.

Communities First has worked in partnership with Wales Athletics to resource sessions at the Butetown Youth Pavilion and this has given many youngsters a taste for athletics and a developing taste to succeed.

Once a week junior groups have been meeting to try different athletic disciplines under the watchful eye of Welsh Athletics staff and coaches. This is an exciting initiative to allow young talent to break through and there is plenty of that talent. There are between 20 to 25 young people per session and they are proving very popular. Some youngsters are then taken to train at Leckwith Stadium and talent is being spotted and nurtured.

There are also schemes to involve girls aged between 8 and 18 in sports activities too. There are groups offering basketball, swimming, karate and dance/be fit activities and some great success stories that will feature in the next edition of *The Paper*.

We'll leave the last word to Tony Hendrickson from **Communities First**. He has responsibility for leading on

Healthier Communities and he told **The Paper**:

'The benefits are in health outcomes but also improved participation means people look after themselves for their health throughout their lives. It's also about talent being recognised and advancing it through structured sport. I'd like to see this filter through into regional sports and then national Welsh sports.'

At a meeting in February 2015 Sports Cardiff made a commitment to maintain the activities with Welsh Athletics in BRG and to ensure the programmes are sustainable and embedded as community action for young people to participate in.

The future of Welsh sport looks strong...**come on Wales!!**

If you would like to get involved with **Grab It The Paper** or contribute to the next issue contact us on:
029 2025 0549



From Congo ..to caring Cardiff



‘The Congo is a land far away, yet our histories are so closely linked. We have thrived from a lopsided relationship, yet we are utterly blind to it. The price of that myopia has been human suffering on an unimaginable scale.’ Dan Snow BBC 2013

The story of Boti tells much of the tragedy that persists in The Congo; it tells of the pain but it’s also a story of recovery, strength and rebuilding. A family story that exemplifies all the best elements of family supports and community supports working to rebuild lives and offer hope.

Boti arrived in the UK in 2005 with her sister Christelle and with three children. On arrival she was also pregnant with her fourth child. She was escaping the dangers of war torn Congo and seeking asylum and refugee status. She was separated from her husband who remained in The Congo and died there in 2010 as a result of the troubles.

Boti moved to Cardiff in 2006 and settled first in Adamsdown. In 2009 after a long wait she was granted refugee status and an indefinite stay in the UK. This meant she was able to look for work and Boti was keen to work to support

her family and help her sister in her desire to go to university.

Boti could not speak a word of English when she arrived in 2005 and set about doing classes to learn as much as she could and then when she was able to find work the Job Centre put her in touch with resources at the **Communities First** offices in Riverside, Cardiff. This led to many positive and helpful connections. She worked within groups for single mothers and got help too on an individual basis. There was social help, activities, job skills training and job rating. Until Boti got that help all she’d heard was she didn’t have enough experience in the country so she couldn’t get work. She was given a **Communities First** leaflet about doing care work and rang the number. When Boti rang that number she made a crucial connection with Hamid Hachem or ‘Ham’ as he is affectionately known.

Ham detected Boti’s French African accent and was able to

speak with her in French which was very reassuring for Boti. They struck up a vital connection.

In 2012 Boti did an NVQ Level 1 in Care Work. She also completed confidence training on the ‘Get Noticed. Get Hired’ course which helped her immensely with interview techniques and preparing CV’s.

After two weeks Boti was interviewed and got a job in domiciliary care.

After two months she was promoted to a supervisor role! And Boti’s not finished yet. She wants to go on and get an NVQ Level 2 and Level 3. Her long term aim is to do an Access Course and go to University and do Nursing.

Boti herself says, in flawless English:

‘Communities First helped me a lot. Without them I would not have got a job. They helped me with training courses, they contacted agencies. Everyone had told me I didn’t have experience I couldn’t have a job. Communities First helped me overcome that and set me up with pathways. The relationship with Ham was crucial. He was my advisor. He didn’t just help me he helped my family. Without that help who knows where I’d be’

Boti hasn’t stopped there now she is helping others from the African community so they can access services through **Communities First**. She has put people in contact with Ham.

And Ham himself says:

‘The beauty of this work is not just helping Boti but watching her help others. Last week she came in with five other African girls and now they will start a journey to work. This is what community development is all about... helping others to help each other’





Healthy cooking on a budget



It can be done! BRG C1st have been working with local communities to support them in cooking healthy meals on a budget. With over 32 adults and children reporting we have improved their cooking skills, and budgeting, and feel that they are now confident to cook a healthy meal from scratch

ON A BUDGET!

If this is something you would like to do then please get in touch to find out when your next local course is running.

Call **Zahrah** for more info
029 2034 0975 (Buzz)
or 07546888776



‘I am so happy to be part of this course. I learned a lot of cooking, before I always bought in readymade meals, but now I am so happy I can make all of these things myself without wasting money.’
Oseni Oluwakemi



GRAB it



People may have addictions
but everyone's suffering is unique.



Photo: Andy Dark

Right now I might be homeless in a couple of weeks. I have found a job that pays £7 an hour but the addiction problem is still real. It's hard for me to go to work every day because I have good days and bad days. It's just not as easy as people might think. The lack of help from government and organisations is coupled with a lack of real knowledge to help people in my sort of situation.

Mags and Steve have built up their knowledge over twenty years. Now they've linked in to Tony who works for Communities First and he's agreed to help me build a programme to get me fitter and healthier. The connection with Communities First and their resources means more strands of help for me and for Inroads.

I'm a chef because I like health and fitness. Since I was a child I've been taught you are what you eat and I know that might sound ironic with the things I've stuck in my body.

If you put petrol in a diesel car it won't work and that's how it works for our bodies too. I like food and the knowledge about

food that serves the body well and of course we're in an era when a ten year old child can be diagnosed with Type 2 diabetes.

For me drugs became the habit of love because I didn't get the warmth I needed as a

child. Heroin is like a big hug... a big maternal hug. I got into it because I needed that hug when I was young. It stimulates the same part of the brain as a mother's hug.

Of course the downside of heroin is the pain, the suffering and the collapse of all functions: social function, bodily function, mental function.

It's too late then to realise it's not a mother's hug. It's completely incompatible with the function of life itself.

'Treat the person not the problem'

'I felt their concern about my case. I wasn't just a statistic. We are not machines... people may have addictions but everyone's suffering is unique.'

We were extremely lucky at *The Paper* to be given the chance to speak to Vic (*above*) who attends at Inroads regularly. For him Inroads has been the lifeline that has saved him from a long addiction to heroin. But we found it an inspiring story and offer it to you in Vic's own words:

'I came to Inroads seven years ago. I had an addiction to heroin and needed help. And that's when I met Mags. She had a genuine manner and it was like an open arms approach. Mags and her husband Steve put a lot of themselves into their approach to help other people and that's what makes them so different and what makes them so

genuine. They are humans first and then professionals second and that's an approach I like.

I felt their concern about my case. I wasn't just a statistic. We are not machines.

Nowadays organisations are forgetting the human component. They forget the feelings, the emotions and the hurt.

I was an addict and I relapsed. Mags and Steve gave me confidence and belief and helped me choose a route to coping. They advised, they guided and, with their help, I'm getting there.

Most important of all is with



Steve and Mags

their love and compassion they have given me hope. Because of them I've seen it's possible to live without drugs.

I come to the centre whenever I can and see these two people who are my mentors. It's the balloon of oxygen. Mags and Steve have never judged me.... never, ever. My family rejected me many years ago and so Mags and Steve have become like family to me.

The problems are still there.

I have given this interview because I want to create some awareness. I'm not a criminal...I'm not a thief and yet people look down at me as worse than a murderer...that's how it feels.

Using drugs is not a cause it's a consequence of something that's already damaged in our psyche. When you break a leg they give you a crutch to help it heal....drugs become that crutch to heal all manner of emotional wounds and sores for people.

My faith and hope towards a better life keeps me going. I have a 13 year old son who I don't see but his love and energy keeps me going. This is what keeps me off the drugs. I do feel guilty. When I'm down and low I say to myself 'Hold on and keep going'. I have priorities in my life....one is to see my son again. Another is to have a house and a job and a car... to lead a 'normal' life

and by normal I mean without the pain and suffering I'm still enduring.

I'm in a benefits trap. I don't earn enough to survive but if I quit my job I'll get more help and money but then I'll never be independent. Instead of the heroin I'll be dependent on the benefits and always have the identity of drug dependency too.

It's important for people like me that there are people like Steve and Mags around. They see the value of people and the ability to see a life without drugs. Their approach is so unique and makes them so meaningful as a service for people like me. They don't come with bullshit they come as very real.

It's because of Steve and Mags that I wanted to do this interview and I want people to understand there is always hope...'

Vic has turned his life around and continues to be free from drugs. If you or anyone you know who have issues similar to Vics, contact INROADS

029 2040 7407

Sudoku puzzle 2

	6		3			8		4
5	3	7		9				
	4				6	3		7
	9			5	1	2	3	8
7	1	3	6	2			4	
3		6	4				1	
				6		5	2	3
1		2			9		8	

Sudoku: Fill in the empty squares so that each column and each 3x3 block contains all the numbers 1-9 (Easy)

Follow me, follow you, follow us...

Knowledge is power

This Paper is one way of knowing what's going on and one way of linking yourself into BRG activities and supports.

There are other ways too.... there is the website www.brgcardiff.com that can inform you about all sorts of upcoming programmes and classes as well as events and happenings. Your local library can help get access to the website if necessary.

BRG Communities First is about building links and relationships in Cardiff so we would urge people to get involved, to call in or call us.... we want to see you!

Take a look at the website and let us know what you think.... you may have ideas to make things better in your community.

GRAB it



Take the FIVE A DAY True/False quiz and see how healthy you are in your eating habits!!!!

- | | True | False | tick a box |
|--|--------------------------|--------------------------|------------|
| 1. It is better to buy vegetables pre-packed rather than loose. | <input type="checkbox"/> | <input type="checkbox"/> | |
| 2. Fruit and vegetables are often cheaper at your local street or farmer's market. | <input type="checkbox"/> | <input type="checkbox"/> | |
| 3. A chocolate bar is as healthy as snack as a piece of fruit and it is cheaper. | <input type="checkbox"/> | <input type="checkbox"/> | |
| 4. Stews, bakes, casseroles and curries count towards your 5 a day. | <input type="checkbox"/> | <input type="checkbox"/> | |
| 5. Fruit and vegetables are more expensive when they're in season. | <input type="checkbox"/> | <input type="checkbox"/> | |
| 6. Vegetables about to go out of date are best thrown out. | <input type="checkbox"/> | <input type="checkbox"/> | |
| 7. Supermarket deals on fruit and vegetables, such as buy one get one free should be avoided at all costs. | <input type="checkbox"/> | <input type="checkbox"/> | |
| 8. Never buy dried pulses and beans or frozen veg. | <input type="checkbox"/> | <input type="checkbox"/> | |

Look out in the coming months for the BRG FIVE A DAY Challenge... we will be offering BRG Timebank credits for those who take part!!

The strange tale of the Baroness, the raspberry pie and gender equality in the digital industries



On a 3D printer you can literally print out 100 George North puppets to wave at internationals.



Technology moves forward at a frightening pace and it seems almost impossible to keep up. Get one shiny new gadget then you need another and the newest mobile phone seems to last about as long as a clean pair of socks!

Last July **Communities First** held a one off day in Butetown to hook people in to the power of technology and raise awareness of the digital industries. There were workshops in social media, 3D printing and promoting digital engagement with a particular look at gender equality in computer technology.

The day was attended by Assembly Member Jeff Cuthbert and by Baroness Randerson who were as eager as everyone else at what was on offer. But if you're still not impressed then consider the Raspberry Pi because they are already at a Community Centre near you...

The Raspberry Pi is a credit card sized computer that plugs into your TV and a keyboard. And it has a million uses including the hope that it will inspire youngsters into programming rather than just

gaming. You could control all your devices in the house with it and through a mobile you could turn on your oven from 20 miles away and record a TV programme at the same time... all so easy.

Impressed?

If not then consider the 3D printer. In China they have even printed houses using a large scale 3D printer (please Google this if you're still sceptical....I did!!!).

Craft sessions will take on a whole new meaning now there is one owned by **Communities First**. Bangles, earrings and rings are a piece of cake...in fact you can even print out the piece of cake plus nuts and bolts, wing mirrors and shoes!!

And in a few years we'll all have them. Apparently at an Asda store in Leeds you can print out lifelike little statuettes of yourself in 3D.

The world really is your oyster.

Look out for digital involvement, digital classes and resources that you can use in your area through **Communities First**it is a technological revolution.

Comment and thought for the day

In these times of election fever and talk of terrorist alerts we at **The Paper** felt it was worth noting the success of life in Cardiff. Often we take for granted the very rich cultural diversity that exists in the Welsh capital. Cardiff has a very real sense of community that offers opportunities and services that build bridges for various migrants who have come to the city. It is a city that has a long history of migration and a proud history of integration and participation. Long may it remain so...
...come on Cardiff!



BRG Communities First



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THINK WELL & BE WELL COURSE

- Talking about how we feel
- Confidence Building
- Sleeping Well
- Physical Activity
- Relaxation & Breathing
- Healthy Eating
- Art Therapy

For further information please contact:
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LOOK OUT FOR 'SCHOOOP' in the next edition of **Grab It The Paper**.



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