

EDITORS' COMMENT THE ONGOING UNCERTAINTY?

Tesfu Gessesse & Fernando Almeida Diniz

In the previous edition of the Newsletter, readers will recall that we attempted to speculate on what the new-era of a Coalition government might mean and we highlighted key themes that would be of interest to CORE's constituency. Perhaps we hoped for clarity of direction and approach from our political leaders, whether in Westminster or Holyrood. Instead, what has emerged is *UNCERTAINTY* in large measure. There is a domino-effect of waiting and waiting for the third week of October to happen, for the Chancellor to disclose the package of economic cuts which will determine the parameters of our future hopes. As we have another two weeks of suspense and then another month before the Scottish Government publishes the nation's economic plan, it might be useful to take stock on what has been happening since the election. We start by looking at the themes that we highlighted previously.

Economic Cuts & Fairness

There is little progress to report about the economic cuts, except to confirm that forecasts of the level and duration of 'grim' times ahead have not diminished. Like

other voluntary organisations, we have been informed that public funding allocations will be governed by new 'open tendering' procedures, to be implemented for 2011-onwards. *Uncertainty* therefore continues to prevail over the viability of small voluntary organisations (like CORE) and the consequent pressures on staff.

Meanwhile, the idea of *Fairness* seems to have gained popularity. The whole political establishment seems to be talking about it, though the precise meaning of the term in public policy discourse remains imprecise and *uncertain*. We note that since our previous Newsletter, the Chancellor has adopted the theme *Cuts & Fairness* as his mantra for his economic policy and the recent publication by the EHRC (October, 2010) is titled: *'How Fair is Britain?'* Are we witnessing a ditching of the former social constructs of 'inequality' and 'discrimination', which have been used as analytical tools for researching evidence of what life is like in Britain or is this just another 'user-friendly' term that is difficult to pin down and implement in practice? We are left with the questions we asked before:*whether the two goals of 'cuts' and 'fairness' are compatible. How can these two goals be reconciled by service providers across Scotland?* The answers will appear in the weeks ahead.

Civil Liberties

Civil liberties issues continue to be a major concern, as reported in the EHRC report (above). The Scottish press has reported continuing complaints by Muslim passengers about disproportionate scrutiny by officers

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Editorial Team:

Fernando Almeida Diniz

Tesfu Gessesse

Khalida Hussain

Caroline Wilson

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at UK Airports (including Edinburgh) and there has been a racially motivated murder of a Vietnamese man by white youths in Edinburgh. The Home Office has introduced tighter regulations for entry of non-EU migrants and student visas and we await other changes that have been promised to 'restore' civil liberties of individual citizens.

EHRC

We have just learned that the EHRC has survived the 'cull of quangos' conducted by the Coalition Government but its remit is to be substantially changed. Whilst this is welcome, we will await developments to see whether grassroots BME communities and organisations will gain greater benefit.

Tackling Anti-racism in Edinburgh

A positive development that we are pleased to report is the establishment of an Anti-Racist Action Group (ARAG) in the Forth Neighbourhood area of Edinburgh; we will report on its progress in future Newsletters.

The Flood Disaster in Pakistan

Many of CORE's service users have been directly affected by the tragedy that is happening in Pakistan, including Masud Khan, CORE's vice-chair, who was visiting his heritage homeland with his children when the floods began. When he did manage to return to Edinburgh, he told members of the CORE Board of Trustees about what he experienced. We invited Masud to write a short article for the Newsletter to share his witness account of this tragedy and how he viewed its social impact. We thank him for his contribution.

THE FLOODS IN PAKISTAN: A PERSONAL ACCOUNT

Masud Khan Vice-chair of CORE

Like many other members of the Scottish-Pakistani community, I have recently returned from Pakistan where I witnessed the ravages of the floods at first hand. In this short article for the CORE Newsletter, I will report some of the devastation that the floods have had on local families and highlight the long-term implications for the safety and welfare of whole communities as they try to re-build their lives. How effective have the wider international governments, NGOs and the media been in responding to this humanitarian catastrophe? Should the floods be seen as a tragedy that Pakistan's people and government should sort out themselves? What can local people in Scotland do, apart from donating money, to offer direct support for families and children most affected?

One Family's Experience

Here is just one example of the need, want, poverty, destruction and hunger that is typical of the heart breaking events I witnessed. It happened when we assisted a family coming ashore from the flooded river with a *charpoi* (a wooden bed-frame, with an open weave rattan forming the fixed 'mattress') and some wet clothes. The family, including young children, had been floating in the river, holding on to the *charpoi* for 20 hours, without food or water. The father explained to us that their home and all their belongings had been swept away, except that *charpoi* and the few wet clothes that were all that they now possessed.

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This tragic incident occurred some 17km from our village near the city of Bhong in South Punjab, bordering with Sindh and situated on the river. On our side the river defence is the 'Bachao band' where this family was rescued. On the other side of the river the defences had already been breached two days earlier. So people on our side had been trying to help with a pretty bare infrastructure and were able to offer this family shelter and food.

The next morning back in our village we heard that the very defence we had stood upon had been breached at 5am. The city of Bhong was virtually now under water and many settlements between our village and the city swept away. Any current civil infrastructure crumbled immediately and the exodus of people in their thousands started, with children and elderly all looking for anywhere dry, settling under the open sky seeking safety, food and shelter.

My Analysis of the Social & Economic Impact of the Floods

Since my return to Edinburgh, I have tried to reflect 'objectively' on the significance of what has happened and what can be done. The impact on the social and economic framework of the country - rural and urban - cannot be over stated. And hand in hand with that, the implications for the future of the country, beyond this generation and the next, cannot be ignored. Here is a summary of my thoughts:

- The devastation experienced across vast areas of the country side will impact on the complete rural economy including small 'industries' both those supplying and dependent on the rural economy.
- The same outcomes will arise in urban/town settings for small commercial businesses and larger scale industries.

- The loss of life, break up of families, orphans, no bread winner, are just some of the suffering that will impact through all societal levels and all aspects of society: but take a moment to consider just two areas: health, and education
- The remaining adult-work force will be traumatised both physically & mentally, and this will undoubtedly effect their work-family lives
- The remaining children and young people will be traumatised both physically & mentally having lived through probably the worst disaster of their young lives. Can we even begin to imagine what bearing this will have on their view of *the future*, far less their *own future*?
- We must acknowledge the reality that there will be a depleted work force in the future, namely less adult-worker numbers than actually required to undertake 'work' at all levels, rural and urban.
- Can we begin to comprehend the decimation of complete infrastructure (roads, transport, health clinics, schools are just some of the examples) and the cascading effect this will have on previous societal 'norms'?

The official statements we have seen regarding babies, young children, lactating and pregnant women and the immediate health warnings of dehydration, infection, starvation, and the high death rates expected do not go on to state the obvious.....the severe diminution of the next generation in Pakistan.

How has the International Community responded?

There are numerous and well documented accounts of the generosity of 'giving' by the UK. The British and Scottish governments have made significant emergency donations and the general public has contributed an

estimated £50m. But very frequently that generosity of ‘giving’ is an emotive response to instant TV and press coverage at the start of the floods. As has happened so often before, the media peaks, moves on and the ‘giving’ moves on to the next ‘current’ disaster. And one outcome of such an approach by foreign journalists is the lasting imprint and memory of an image of ‘suffering victims in need, want, poverty, destruction and hunger in developing countries’, including Pakistan. And yes, that imprint is valid and true at **‘that moment in time’**, but beyond **‘that time’**, do the same media agencies tell us that, prior to the floods, Pakistan grew enough wheat to feed its people, as well as **exporting** wheat? Do they emphasise the value of the cotton cash crop.... also a major Pakistani export... both foreign cash crops now totally decimated this year and next, and probably longer? Did the same media agents accompany local Pakistani NGOs as they crossed the country as best they could to do as much as they could?

And why is it that most other rich industrial countries in Europe and elsewhere have apparently failed to make good their promises of significant contributions to the Pakistan disaster? Is the ‘developed’ world left with the impression of Pakistan as another ‘basket case country’? Because when you are left with the impression of the ‘begging bowl’ or a developing country that requires massive ‘foreign aid’, then it becomes more difficult to motivate the public into ‘giving’.

My Invitation to Communities to Get Involved

I am strongly convinced that there are more positive and practical ways to arrive at some appropriate programme of ‘support’ that can be identified, implemented and continued well beyond the length of the current media spot light on Pakistan. But let me make it clear that this is not another plea for donations of money.

What I would like is to begin a dialogue with local communities in Scotland to enable us to consider the future for the current and the next generation. For make no mistake, this is a catastrophe that will have implications long after the media spotlight has shifted, and sadly for the generations to come. I acknowledge the generosity and solidarity that people across Scotland have expressed for people in Pakistan and with the Scottish-Pakistani community here in assisting the immediate relief effort. However, I believe that we can build on these important contributions and harness the goodwill to tackle more long-term development. I invite you to join me at the start of my proposed dialogue and to be with me at the end in delivering an appropriate programme of support for longer lasting sustainable outcomes of direct benefit to all who have been affected by the floods. I can be contacted on: masudkhan@blueyonder.co.uk

A RESPONSE TO MASUD’S ACCOUNT Fernando Almeida Diniz

The world community is increasingly getting accustomed to regular natural disasters but what impact do these events have on wider communities not directly affected? Whereas the global media has focused on recent high profile cases like Katrina, Haiti, the Tsunamis in SE Asia - and now Pakistan - there are many others that hardly gain more than occasional mention in news headlines. Should such disasters be seen as ‘private grief’ to be borne by the peoples and governments of the countries concerned ‘over there’ or do we all share a ‘social responsibility’ for the humanitarian wellbeing of ‘the other’, wherever they may be? Masud’s eye-witness account brings home the severe damage of the floods on ordinary people and raises questions about the connection between the floods Pakistan and the outside world, including the people of Scotland. I wish to offer my comments on two issues that arise from what he says.

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Whose Problem is it? : Citizens' Responses

We have heard general puzzlement, even anger, about what is perceived as the unequal treatment that Pakistan has received from the world governing community in responding to this disaster, as compared with others like the SE Asian Tsunami. It is of course unhelpful to think of a 'hierarchy' of disasters and 'deserving cases' but how might we explain the apparent lack of support? Is it due to 'disaster fatigue' or 'bad timing' (World Economic Crises) or a 'negative image' of Pakistan in geo-politics and/or the specific way that the international media has portrayed the disaster (Masud calls 'basket case')? These are complex issues that are beyond the scope of a small NGO like us, but they are valid questions to ask as they have clearly had a destabilising effect on how the Pakistani-Diaspora communities feel about the treatment of their 'home country' and peoples (see later).

The response of civic society, on the contrary, has been strikingly different; the Scottish people, and across the UK, have been generous and caring in donating £60m+, despite 'hard times'. Their reactions once again illustrate a long history in which British public opinion on dealing with global disasters is way ahead of and often disconnected from the global political class and institutions. Masud's quest to harness individuals' energies towards longer-term action merits support and I hope that he will apply the extensive experience and model that BCDP/CORE has used in Community-Based Development.

The Contribution of the Scottish - Pakistani Diaspora

The notion of 'diaspora' ethnic communities is increasingly recognised as a positive force in contrast to the negative idea of 'strangers within', propagated by Norman Tebbit (remember his loyalty test?), the Far-Right (BNP) and more recent political discourses about 'Being British' and social cohesion. Conceding that there is no single accepted definition of the term

'diaspora', Ionescu (2006) broadly defines it as *members of ethnic and national communities, who have left, but maintain links with, their homelands*. It is a recognition of transnationalism and political belonging which migrants and their descendants 'live', in terms of citizenship, multi-culturalism and social movements that are part and parcel of their realities, wherever they 'are' and 'came from'. Both DfID and large international NGOs recognise the role of diasporas in promoting sustainable development goals but one wonders whether there is similar awareness across civic society. Rather than seeing various minority ethnic communities as preserving 'their interests', is there widespread understanding of the potential that resides in the successive generations of Britain's and Europe's migrant communities as a force of change from the 'charity' models pursued by elite western celebrities to grassroots social-economic empowerment of poor people?

Even within the relatively small minority ethnic presence in Scotland, there are various informal diaspora groupings from across Africa and Asia engaged in social movements and projects connected with 'home'. Scotland's Pakistani community is large and longer established than many and it is not surprising that it has a critical mass to mobilise public concern and action, as we have witnessed in Glasgow and Edinburgh. We are aware that the community has also previously had various development projects, apart from the flood relief. We foresee many more minority ethnic diaspora networks, based in Scotland, making their presence in ongoing sustainable communities across Africa, Asia and Latin America. Hopefully, they can share their experiences and energies in the future.

CORE has been conscious of the stress that some of our service users have experienced during this flood disaster and is pleased to stand in solidarity with the Scottish-Pakistani community. I wish Masud every success in his proposed initiative.

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WHAT'S BEEN HAPPENING AT CORE?

Minority Ethnic Mums' Support Group in collaboration with Circle - Haven



The Mum's Group has had a programme of mixed activities this term focusing on awareness raising about local services, complimentary therapies, team building, and sharing of skills amongst each other. The activities have ranged from a visit from North Edinburgh Volunteer Centre to share local volunteering opportunities; visit from Local PC McCulloch from Drylaw Police Station to establish contact and discuss community safety issues; visit from Women Supporting Women to raise awareness of other local services targeted towards women and talk on Energy Saving Advice from Energy Saving Trust. The Women also shared skills amongst each other such as Origami, Henna Hand painting, Cooking and Manicure. The term finished with a trip to Vogrie Country Park organised in collaboration with Edinburgh and Lothian's Greenspace Trust, ending the term on a high!

World Café

The World Café continued to take place on the last Friday of each month. Volunteers with support from the World Café Co-ordinator have provided delicious meals each month giving local communities an opportunity to taste a range of foods from various cultures. The World Café has now become an established local community facility which serves many purposes using food as a medium for people to interact, socialise, taste foods from around the world and experience a local multicultural atmosphere. The volunteers also benefit tremendously for being appreciated for the talents they share as well as having the opportunity to learn from each other and the training opportunities provided.

We wish to thank Alice for volunteering as a Volunteer Co-ordinator for the last 6 months.

Some comments provided by customers:

*Really nice food and such a vibrant place to have a meal!
Well done*

Really enjoyed the taste of Africa meal. The lamb was very succulent and it all tasted great. Never tried plantain before - Thank you

What a warm smiley welcome when we arrived at the door. It's our first time and we didn't know what to expect. Lamb was fantastic, tender and it was lovely to share a table with new folk because not enough space. We'll be back!

Inspiring Volunteer Awards

We were delighted that one of our volunteers was selected to receive an Inspiring Volunteer Award presented by Rt. Hon George Grubb at the City Chambers. Three other CORE volunteers received a similar award at a ceremony which took place locally at the National Museum of Scotland Collection Centre. All volunteers were pleased to be recognised for their volunteering and thoroughly enjoyed the occasion.

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Hong Yan Xu with the Rt. Hon George Grubb

Global Exchange Volunteers



We had the opportunity to benefit from 2 volunteers from Global Exchange who were placed with CORE from April-June. We wish to thank Moule Tangina and Sam Grinsted for their hard work and contribution to a number of different projects within CORE.

Cooking Skills Workshops



Healthy Eating and Cultural Cooking combined were the theme of the Cooking Skills workshops which started in July and took place over 6 weeks at Pilton Community Health Project. The classes were organised to encourage participants to prepare healthy meals for the World Café and at home and were delivered by an experienced tutor who ensured maximum participation with fun and learning.

Chinese Women's Group

The Chinese Women's Group continued to meet for their fitness class and was attended by a number of regular and new women. The group also met monthly to benefit from advice on Energy Efficiency and Welfare Benefits.

Family Networking Group (FNG)

The FNG has recently enjoyed a variety of activities and outings including a bike safety workshop and a guided bike tour before culminating at the end of term with the Cultural Exchange Day (CED).

The outings and cycling activities helped participants to enjoy the outdoor spaces, do some physical activities, get some fresh air and renew their knowledge of the local area. The CED on 22nd June 2010 was a vibrant and colourful event. It was full of entertainment with live performances, henna hand painting, origami and country information stalls from China, Bangladesh and Zimbabwe. Global Exchange, Global Awareness, Refugee Week, Red Cross, Blackhall Mosque and Beyond the Veil were also represented at the event to provide information on services and activities. The event attracted a large crowd who were able to enjoy many other activities including jewellery making, dressing up as well as a delicious multicultural themed lunch.

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North Edinburgh BME Forum

Two recent forum sessions were structured as ‘brainstorming’ workshops for community members to gather a range of thoughts to take the idea of a North Edinburgh Carnival forward.

The last forum session on Friday 30th June was divided into two parts: the first part was facilitated by Leith FM focussing on their BME training opportunities. Participants had the opportunity to find out more information about Leith FM radio training and ask questions. The second part was about Community Planning/Councils and was facilitated by Cammy Day (Labour Councillor for Forth Ward) and George Gordon (Royston Wardieburn Community Council). The purpose of this session was to inform forum members of the importance of getting involved in the local decision making process. It was agreed that a visit to one of the local community councils would be arranged in the near future to give forum members an idea of the process.

Global Awareness (GA) Group

Group members explored the Millennium Development Goals (MDGs) and investigated the role that we, as individuals, can play in working towards global poverty reduction. The group use arts, multimedia and a range of activities to achieve this.

The group discussion was excellent with the group’s members reflecting on their experience from a variety of countries including China, India, Malawi and Sudan. Issues of tribalism, cast systems, education and gender inequality were experienced by most of the group. By reflecting on the presentation on the MDGs and the further discussion on poverty the group came up with how they would like the world to be. This ‘new world’ would then be used as a basis for developing the final art piece.

Group members have increased their confidence about global issues through participating in this group, they have also demonstrated changed behaviour in their

everyday actions in support of the poverty reduction agenda. Participants found this project very educational and empowering.

Finance Matters Project

Our ‘Finance Matters’ project work has been completed now. The project aimed to provide financial advice and training to BME people over the age of 50 years. The project offered confidential and practical advice about benefits and help with applying and filling in forms. We worked with a freelance worker to deliver 5 one to one sessions and 2 group training sessions.

Drama Group

CORE teamed up with Pilton Community Health Project to bring together a diverse group of BME people who live in the Greater Pilton area to explore and develop solutions to barriers for local BME people accessing health services.

The project aimed to improve access to health services for local BME people, improve community participation in the design and delivery of health related services in the area and potentially city wide and increase social capital in the area.

As a result of this project there will be better social relationships and understanding between different sections of the community in North Edinburgh particularly between the members of the BME community, increased dialogue and better understanding between local residents and health service providers and improvements in service delivery.

Group members received training in health inequalities and barriers to accessing health services. They were supported to produce a short theatre piece illustrating one or more barriers. A half day conference that shows the barriers and explores achievable solutions using the prepared theatre piece was organised by the group. The Access to Health, Reducing Health Inequalities Conference took place on the 30th September.

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Outing to Currie Wood

Health Fair and Family Fun Day

This was organised by the Forth Neighbourhood Partnership on 26th June at Telford College. A large number of local BME people came along to the event to find out information about local health services and try some activities.

Outings

Three outings were held over the summer to help participants improve their health and life style, get some fresh air and renew their knowledge of woodlands and countryside. In addition to this, the activities help develop social networks between participants and bring communities together.

Two of the outings took place at local beauty spots; Currie Wood and Vogrie Country Park and the third at Strathclyde Country Park where the group enjoyed boating, country walks and a BBQ.

Children and Young People – Club4Us and Link Work

Club4Us

Mini Stars (5-7 year olds – Monday 5-6:30pm)

Last term the Mini Stars club at West Pilton Neighbourhood Centre had 12 children regularly attending.

The children all enjoyed the term and bonded well, new friendships are forming and those new to the group are fitting in well. The poor weather hindered our outdoor trips; however the young people have enjoyed dancing, singing, art work and learning to skip. We managed one nice day to Inverleith Park where we saw the ducklings and played Parachute games on the green. We ended the term with their favourite trip to the Fun Factory.

Junior Stars – (8-12 year olds – Friday 2-3:30pm)

The Junior Stars is regularly attended by 16 young people. Last term we focused on Healthy Eating for the first part with a continued theme of Healthy Lifestyles for the second part of the term. A trip to Gorgie Farm was enjoyed by all this was a new experience for the whole group. We also walked to Cramond Island and finished the term with a trip to the West End Park at Princes Street Gardens.

On the 22nd May the Junior Stars; joined by one Mini Star and one Young Star, took part in a Sports Event organised by The British Heart Foundation, this continued their theme of Healthy Lifestyles and developed their team working skills. They team finished 3rd and were awarded with Medals and Certificates.



Young Stars – (12-16 year olds – Wednesday 5-6:30pm)

The Young Stars has been attended by 13 young people. During the term we tried to have a looser approach to the programme and didn't plan much in advance as our idea was to get the young people involved in budgeting

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Trip to the Edinburgh Dungeon

and planning some of the sessions. We have had some excellent discussions with the young people about relationships, friendships, social networking, school and their futures. The young people all seemed to enjoy the BBQ on the beach as our end of term social event. They suggested this and compiled a list of all of the items that we would need to make a successful barbeque.

Youth and Children's Summer Programme

The Summer Programme took place at The Old Kirk on Pennywell Road from the 6th July to the 29th July. A total of 37 young people, aged 5-16 years, took part over the four weeks. We had a wide range of activities for the young people to participate in. Our younger group particularly enjoyed going to North Edinburgh Arts Centre one day per week to work with Alchemy Arts on a number of different projects; a favourite being kite making. They also enjoyed visits to Drylaw Police Station, Deep Sea World, The Yard, Dynamic Earth, the Trampoline Centre, Gorgie Farm and the climbing wall at St Pauls. Our older group had an active summer with long walks and games in various green spaces throughout the city as well as playing Golf at Portobello's 9 hole course and Cycling with MYDG through Edinburgh Leisure. They also had outings to the Trampoline Centre, Edinburgh Dungeons, Bowling and Dark Oceans (laser game). All the young people who participated enjoyed themselves and gave excellent feedback.

Alongside our Summer Programme this year we had a six day course in partnership with CAPRO where 8 young people aged 8+ were given the opportunity to take part in outdoor activities organised by CAPRO. The activities included; archery, sailing, kayaking, raft and shelter building. This programme ended with a get together of all of the young people and their families taking part in some problem solving exercises before the young people were presented with paddling certificates. All of the young people who took part enjoyed this programme; they tried new activities and made new friends.

Chinese Junior Culture Group

The Chinese Junior Culture group started on 10th June taking place at the Prentice Centre between 4pm to 5.30pm. The Club ran for 3 weeks before breaking for the summer. It was encouraging to see a number of enthusiastic kids turn up on the first day. The children had the opportunity to provide their views on activities they would like to do over the next term as well as take part in team building games, Chinese cultural activities and singing songs.

We are delighted to have Daisy Qian and Loretta Lou as the new Sessional Youth Workers for the above Club.

Chinese families wishing their children to join this club please call 467 7990, places still available.

Link Work

Basketball Club – (10-18 year olds – Thursday 7-9pm)

The Basketball Club runs in partnership with and takes place at Pilton Youth and Children's Project (PYCP). This group has continued to be very popular and on average we have 17 people attending each week. There is a good mix of gender, ethnicity and age within this group and everyone gets on really well with each other, it has also been noted that they are mixing out with the basketball group which is an excellent progression. This term we have split the group by effort level, we found that we have a core group of about 12 young people who were attending every week, were talented and keen this giving them the opportunity for a higher level and more focused training session. We also had basketball kits made which all of the young people were really excited about and are hoping to arrange a game so they can wear them next term. The Basketball practice time is split by a break, during this break there is an educational input where topics chosen by the young people at the start of the term are discussed. This term we have spoken about; self image, basketball rules and the UN Convention on the Rights of the Child. We have also

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Chinese Junior Culture Group



had visits from the Police which the group responded very well to, Caledonia Youth who did two sessions on relationships and The National Museum of Scotland who came to discuss a music project that they would like our young people to be involved in.

Multicultural Children's Club – (5-8 year olds – Tuesday 3-5pm)

Our main aim for this group is to introduce the world to the young people and learn a bit more about ourselves and each other. Our message is that we are all the same because we are Human but we are all different because we are individuals and each has our own personality. Last term we worked with one group of 10 children for five weeks. We will continue after the summer break for a further 25 weeks.

Advice and Information Work – (Children and Young People – Drop in)

This service is available to Children and Young People. They can access the service themselves or a referral can be made from a parent/guardian, teacher or social worker. This service used to be a drop in on Friday afternoons however it is now available Monday-Friday, 9am – 5pm. Children and Young People can drop in to the office and if Alyson (our advice worker) is available they can talk there and then, otherwise they can make an appointment.

So far this term advice has been offered on further education opportunities, career options, friendship and relationship issues.

Any young person wishing to seek support, advice, information or has an issue that is bothering them can call Alyson on 0131 467 7900 or text 07854566407.

UPCOMING PROJECTS AND EVENTS

CORE Conference

CORE, in association with Skillnet Edinburgh, NKS, Saheliya and 'Men In Mind, Health In Mind' would like to invite you to the following conference:
“Our Diverse Society” – How do we ensure the voice of the Minority Ethnic Sector in Edinburgh is heard in the face of change?

FRIDAY 12th NOVEMBER 2010

10am – 2pm

North Edinburgh Arts Centre, 15a Pennywell Court, Edinburgh, EH4 4TZ

Buffet Lunch & Creche provided.

To find out more and to register contact CORE on 0131 467 7990.

Cooking Skills Workshops

A new 8 week course where you will learn:

- Healthy eating on a budget
- Knowing nutritional content of what you eat
- Quick and easy methods of cooking healthy meals
- Introducing new food to your diet
- Learning new and exciting dishes from around the world

To find out more or to register your interest in the course contact Khalida on 0131 467 7990.

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Cross Cultural Winter Festival

Our annual Cross Cultural Winter Festival will take place on Friday 10th December. As always this will be a thoroughly entertaining day with arts and crafts workshops, live music and delicious food. More information will be available nearer the time.

New ESF Black Community Skills Project

The Skills Project is a unique programme open to members of the black minority ethnic communities. The programme is designed to increase individuals' desirability within the labour market by providing free accredited training. CORE will be running the new Black Community Skills Project training courses in partnership with Skillnet Edinburgh in September 2010 and January 2011. The training courses will run over a period of 12 weeks and will include English language classes, information technology and literacy and employability skills.

The Skills Project offers Childcare Support, £2.50 per day lunch subsistence, travel expenses (2-mile radius applies) and £50 end of course bonus (minimum attendance applies). Please contact Adil if you are interested in finding out more.

New DfID Global Awareness Group

We are now recruiting for a new Global Awareness group. The group meet on weekly basis to learn about international development issues including the Millennium Development Goals (MDGs). Group members are encouraged to develop new skills to take positive actions towards eliminating global poverty and acquire skills to question and challenge injustices globally. Please come along and help us promote understanding of global poverty issues amongst our local communities. Please contact Adil Ibrahim if you would like to get involved.

Working With Difference Programme (WWDP)

The WWDP recognises the fact that Scotland's outdoor spaces are powerful playgrounds that can be utilised for recreational, health, social and educational development for the local BME communities. CORE is a partner in the WWDP and through this partnership we are planning to organise a wide range of outdoor activities including conservation volunteering, regular walking groups, visits to woodlands and countryside.

Walking Group

CORE will be starting up new local walking groups in the area. The aim of this activity is to promote regular walking and encouraging people to walk more.

Leith FM Radio Station

Radio training opportunities for members of the local BME community will be starting soon. An opportunity to gain skills in radio research, interviewing and presentation. Contact Adil for more details.

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Cultural Exchange Day



CURRENT CORE PROGRAMME

Minority Ethnic Mums' Support Group in partnership with Haven/Circle Scotland

Thursdays from 12:30 to 2.30pm at the Haven Project, Craigroyston Primary School.

Creche provided for under 5's.

Contact Khalida

World Café

Cultural Food Buffet Evening

Last Friday of the month at North Edinburgh Art Centre
Time: 5.30pm – 7pm

Buffet Price £5 adults & £2.50 kids

Forthcoming World Café Dates:

Friday 26th November

Friday 28th January 2011

Friday 25th February 2011

Global Awareness Group

Develop skills to take positive steps towards eliminating global poverty

Wednesdays 10am to 12noon
North Edinburgh Arts Centre

BME Skills Project

New courses starting in September 2010 and January 2011. Courses include IT and Literacy, English Language Classes and Employability.

Advice & Information

One to one confidential advice on benefits, health, housing,

Immigration, community safety & other issues affecting minority ethnic people's lives

Contact Samantha for an appointment.

Personal Development Seminars

Want to work, study, volunteer?

Monthly workshops to help you improve CV, gain confidence, Present yourself. Contact Samantha

New Walking Group

Starting soon. Get out in the fresh air, keep fit and meet new people.

Contact Adil

Women's Keep Fit Class

Free fitness class for women only, all fitness levels.

Thursdays 12.15 to 1.15pm at Muirhouse Millennium Centre

CHILDREN & YOUNG PEOPLE

Mini Stars Club (5-7 yrs)

Mondays 5-6.30pm at West Pilton Neighbourhood Centre

Junior Stars (8-12 yrs)

Fridays 2-3.30pm at Fet Lor

Young Stars (12-16 yrs)

Wednesdays 5-6.30pm at Fet Lor

Contact Alyson for more details

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Multicultural Children's Club

Every Monday at Forthview Primary School from 3pm to 5pm.

Contact Alyson



Chinese Junior Culture Group (5-12 year olds)

Thursdays 4-5.30pm
Prentice Centre – West Granton Road
Contact Alyson

Basketball Club 11-18 year olds

Every Thursday at PYCP
7pm – 9pm. Contact Alyson

Advice & Support for Children & Young People

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

Contact Alyson for appointment 0131 467 7990
or text 07854 566 407

NOTICE BOARD

The Sudanese Community in North Edinburgh

Weekly Sunday Activities

Sundays 1.00pm to 4.00pm @
Royston Wardieburn Community Centre
11 Pilton Drive North, Edinburgh EH5 1NF

Activities for all: Table Tennis, Pool, Chess, Internet Access, English language classes, volunteering opportunities.

Additional activities for children: Arabic and Islamic lessons, creative art, Inflatable Castle.

Curries Galore at North Edinburgh Art Centre

South Asian lunch by Yasra Syed
Weekly -Tuesdays and Wednesdays
12noon to 3pm

Delicious wholesome lunch

Free English Conversation Classes

Every Sunday at Tollcross Community Centre, 117 Fountainbridge, EH3 9QG

12noon to 1.30pm

ALL LEVELS WELCOME

Contact Emily Mack at emilybehmack@gmail.com for more information.

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