Welcome to our spring/summer review. There have been many events highlighting the energy and diversity of the Thames Valley and we highlight some of these here.

Courtenay Griffiths QC was the keynote speaker at the Alliance for Cohesion & Racial Equality (ACRE) annual general meeting and shared knowledge and insights around the impact of legislation seeking to prevent terrorism.

Barbados and Friends Association held its first seminar on safeguarding children, which brought together Reading Local Safeguarding Children’s Board, Reading Children & Voluntary Youth Services and ACRE. They are all concerned about the safety and wellbeing of our children and the 70 participants requested follow-up activity. The children’s theme is picked up in celebrating the Mary Seacole Day Nursery and the significant role it has had in the lives of many children and families. We also spend some time with staff at the MAPP centre where Mary Seacole Day Nursery is based.

More locally we’ve interviewed the people behind the Coley food bank to find out how they came to set it up, how it works and how you can support them. One of their customers spoke to us to share how much they mean to him.

We speak to Cathy Poole about the death of her beloved son Ryan and listen to her memories from that time as well as the impact of his death on their family.

It is wonderful to meet people finding and living their passion through their business activities. Jimmy loves teaching people to drive and is able to do this through his driving school. Shaih loves fashion and has now set up her own label “Dont Judge”.

For our travel piece we go to Kuwait. As you will see from our pictures there is much more to Kuwait than desert, camels and souks. Whatever your plans, enjoy the remainder of summer.

Enjoy!

Shirley Anstis, Editor
Mary Seacole Day Nursery

Why is it called the Mary Seacole Day Nursery?
It’s the name of the black heroine Mary Seacole, who was a nurse around the same time as Florence Nightingale. She was from Jamaica. She sold everything she owned and offered her services free of charge to help the soldiers of the Crimean War (1853-1856). She cooked for them and attended to their medical needs, so she was there for support and was just a positive person. We opened the nursery in August 1991 in Coley Primary School, and then in 2006 we moved here to the MAPP Centre. We started off with 20 children and have now expanded to 52!

As nursery manager, what is a typical work day like?
They call it day-to-day operations. As soon as my feet hit the ground I don’t stop until all children are off the site at the end of the day. I need to ensure the staff are all in because we have to keep a tight ratio of staff to children throughout the day. I need to be on call if there are any issues in the nursery, and sometimes I have to step in as a member of staff. Last week we went on an annual trip and I had to step in because a member of staff couldn’t make it. It’s a full time job and you have to be able to take your shoes off and get involved. When I was young I never really realised how demanding the role would be but as time has gone on and with the changes by government, the job has become very demanding with huge responsibilities for managers.

Did you have to undertake any training?
Yes. I gained my nursery qualifications (NIB) in Birmingham. I became a nursery nurse and when I did my interview for my course one of my tutors said, “I can’t see you being a nursery nurse I can see you being a teacher or a manager” and that was all I needed to spur me on. I was young and energetic with lots of ambitions for my life. I also wanted a change. My brothers and sisters all went down the factory route and I didn’t want that for myself and my mum said to me “you all can’t go the same way”. That was my license to be creative with my life and future and decide on where I wanted to go.

I decided to go into education and I haven’t regretted it. As a nursery nurse there is always work, whether it’s in a school, a day nursery or as a child-minder. After I qualified I went to a training centre where they train young people in childcare and they made me a supervisor. The supervisor role gave me a taste of management. I rose to become manager of a day nursery in Birmingham. One and a half years later I was asked if I would consider coming over to Reading to work so I did. When I came to Reading I did Psychology BSc Hons. and then a Henley management course alongside an early years professional course which is the highest qualification you can get in childcare.

Have you got any strengths and weaknesses that you bring to the job?
One of my strengths is that I am extremely resourceful; nothing is ever impossible so I always find my way around it. One of my hobbies is sewing so when I have a difficult time trying to solve a problem I go home, sew something new and when I come back to the next day I know how to resolve the problem. I realised there is a connection between the right hemisphere and the left hemisphere of my brain so when I become creative with my hands it releases the other side of my brain to be logical and problem solving. Where there is a will there is always a way. One of my weaknesses would be that I sometimes do too much. I will just force myself to do it, even when I’m very tired or I can’t see a minute spare. I will still find a way of doing it, it may come late but I will still find a way of getting it done. That’s a weakness really because you should be able to say, “No, sorry, I can’t do it.” I just need to learn to say no.

Where would you like to see the nursery in the next couple of years?
The nursery has done very well. It’s been around a long time and its name is out there. It has credibility within the community, credibility with the local authority and with the children who leave here and go on to do great things. We have done lots of things for our parents and children who have used our services over the years. I would like to see an expansion of the nursery. We are more than capable of expanding the services here or having another nursery in Reading. I would also like to see a family support unit develop from the work we do, managed by a social worker or a community worker. I am keen to see this come off the ground because that’s the part that helps the families or the parents move from where they are to a better situation. It can sign post and support them with accessing services and provide counselling.

Did your staff have to undertake any training?
Yes, the minimum qualification for early years is NVQ level 3 if they are to have responsibility within the room. The government has now changed this so that all individuals working in childcare need to have a grade C in English, Maths and Science.

Where can people contact you, do you have a social media account?
No, we don’t have any social media set-up; that is another part of our organisation that needs to develop; it is so easy for people to access social media and see the services that are available, just like they would access email. We are looking for an office manager who can come in and develop that aspect of the organisation. They can contact the nursery on 0118 916 8418, MAPP Community Centre, 22 Mount Pleasant, RG1 2TD.

What has been one of your biggest highlights so far?
Last week was my biggest highlight because one of our parents nominated Mary Seacole Day Nursery for the Pride of Reading award. They came and took pictures of us staff and the nursery and gave me such a big hug. This is a family that came in who had a crisis and I just felt that we had to do everything we could to help them but what’s we do with most of our parents. It was so unusual and unique for her that she has never forgot it. She always reminds us that we are the ones that helped her get back on her feet. She has three children and they are all under five and we came in and just supported her with whatever she needed. For example, she needed clothes for the kids and buggies; she was just so grateful and appreciative.

Anything else you would like to add?
One of our parents wrote a poem about her experience at Mary Seacole and I would love that to be published. We have a very good team and I’m very happy with what we do. Linda Walcott and I have been here from the start when the nursery opened in 1991 and we stuck by it. I feel our success has been the team. Linda Walcott has given her life to Mary Seacole, and this will probably be the last nursery she will be involved in before she retires. She has given so much to the organisation. Yagane has worked her way up in the nursery from a cook to a very good nursery practitioner. Joyce has also been here from the very beginning of the development of the nursery. These are the people that have stuck with us all the way. I’d just like to thank them all for what they have done because without the team I don’t think we would be here as a community day nursery and we wouldn’t be as successful as we are.

Shanice Medford
What is MAPP?
The MAPP Centre is a combination of three partners: Mary Seacole Day Nursery, Apollo Youth Club and Phab, which is a group for people with learning disabilities. M.A.P.P. stands for Mary (Seacole) Apollo (Youth Club) Phab Partnership and it has been opened since 2007. The partnership came together to get the funding for this building because they all needed new premises. When they won the funding it was suggested that they have an umbrella organisation that brings them together and that’s how the MAP Partnership was formed.

How did you find out about the MAPP Centre?
I was training here and as a child I used to go to the Apollo Club, which is the old school building they have just developed into flats, so I knew about this area. I started doing Kung Fu with a teacher who was also working with the Apollo Club. When the building became old the class moved here to what is now the MAPP building, so I knew about the centre, I just didn’t pay too much attention to what they did inside the building.

What does your role involve?
Initially my role was administration. When I came here to work I was mainly doing the hiring side and all the administrative tasks. After a while I kept working with the finances so I became the Finance Administrator. Then I started to take on more of the financial responsibilities and financial management plus liaison with the Executive Committee about where they should go financially or what they should do in regards to their finances and how to measure it. It is not really
my background but somehow I’ve got into it. I have had my role change again so I am now the Centre Coordinator. Since my old manager left I’ve taken on some of her roles too. This now includes health and safety, management of the building and facilities management. Basically if there is anything that needs to be done within the building for MAPP it comes under my role and my responsibility.

Can you share with me one of your challenges and one of your strengths in your current role?
One of my challenges would be that I’m too willing to help. I used to get told off by my previous manager because I would drop what I’m doing to help one of the partners if they asked me to do something for them. She would always suggest that I finish what I was doing first and then go on to the next task. I would always try and multi task and try to do everything at the same time. One of my strengths would be that I’m resourceful, I like to work and I put myself into it so I like to make sure things get done properly and I like to work to a procedure.

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Where would you like to see the MAPP Centre in the next few years?
Well I want it to be sustainable and useful to those who use the centre, those who are based in the centre and the community surrounding the centre. At the moment I see it as a community centre but I know it’s a purpose built centre for the partners. I would prefer it to be more of a community centre, a hub for the community. The immediate community and also the Black community could really benefit, as we have no hub at the moment.

What has been your biggest highlight since working at the MAPP Centre?
I can’t think of one overall highlight because I think all of it is a highlight, which is why I’ve stayed here for so long. My former manager Sharon, was very organised and structured and I found it quite invigorating to work in those conditions. It was good as I was learning lots. I like helping and trying to do a good thing. MAPP has a good feel to it and we have plans for developing the building even more in the months ahead.

Shanice Medford

Photographs: © Raj KC
Along came a spider and Jamaican Anansi Stories

by Martha Warren Beckwith

For well over two centuries, folk tales featuring the spider Anansi have been popular throughout much of the Caribbean. In Jamaica, the first instance of stories concerning the trickster arachnid appeared in print in 1834. However, by the early twentieth century many Anansi tales were in danger of being forgotten and dying out completely. An emphasis by church and state on the superiority of British culture in this period resulted in Jamaican folk stories, proverbs and songs being dismissed as “old-time sayings” and the preserve of the uneducated. A number of folklore collectors, both Jamaican and non-Jamaican, fearing the permanent loss of traditional folk practices, began to gather the tales thus preventing the exploits of Anansi, Tiger, and Tacoomah from being lost forever. One of the most prolific of these collectors was an American anthropologist and folklorist, Martha Warren Beckwith. Beckwith visited Jamaica four times between 1919 and 1924 to research the island’s folk culture. Alongside Anansi tales, she wrote about festivals, proverbs, music, spiritual practices, children’s games and plant lore. She recorded the stories and songs she heard on a wax-cylinder phonograph. The majority of the material that Beckwith collected came from people in rural areas as she believed that folk culture was stronger in the countryside than in the towns. Beckwith’s informants were made up of people of a wide variety of ages (from 11 year olds to 80-somethings) and their occupations included hotel staff, estate workers, small settlers, religious leaders, school children and entertainers. Occasionally, she paid the children she encountered on her travels to sing songs for her to record. This led to criticism from one of her fellow collectors, the American anthropologist Joseph John Williams. Williams was also a Jesuit missionary and his interest in Jamaican culture had developed during the five years he had lived and worked at missions in Jamaica. He believed that Beckwith risked being given whatever material her young informants felt would pay the most with little or no concern as to its authenticity; for example, versions of fairy tales the children had read in school textbooks and which they had embellished to make the stories appear Jamaican. Modern folklorists have criticised Beckwith’s work because her lack of familiarity with the Jamaican dialect led to occasional misinterpretations and spelling errors in her transcriptions of the stories. Despite this, in her book Rock It Come Over: the Folk Music of Jamaica, Jamaican folklorist Olive Lewin argues that because of the wide ranging material Beckwith collected and the painstaking approach that she took to her work, she played an important role in helping to preserve traditional Jamaican stories and songs which ‘might well have been irretrievably lost’. As well as recording aspects of folk culture for posterity, Beckwith’s Jamaican research left other legacies. Firstly, her work influenced later generations of Jamaican anthropologists, folklorists and sociologists, including Edith Clarke, Michael G. Smith and Jean Besson. Secondly, there is a modern legacy as her book of Jamaica Anansi Stories continues to be published today.

Dr Hilary Sparkes

Vox Pop
Youth on media influences...

1. What is your opinion on the media’s portrayal of terrorism?
2. Apart from England, what country would you live in and why?

Siobhan; Age: 26
1. I don’t believe what the media says, it’s full of propaganda.
2. I’m not sure, somewhere happy and equal if there is such a place.

Bianca; Age: 25
1. I think it’s over exaggerated and rubbish.
2. France, for the food.

Harry; Age: 16
1. It has some valuable information but it has a negative look on Islam and this is a serious issue as not every Muslim is a terrorist nor not every terrorist is a Muslim.
2. America for the food, music, and fashion.

Serena; Age: 23
1. The truth is, there is propaganda to make the public believe in the presence of an identified entity.
2. Japan because of culture, food and anime.

Sarah; Age: 26
1. I don’t care nor listen to what the media says about terrorism, it’s just blown out of proportion.
2. I would live in a country with nice scenery and a peaceful way of life.

James; Age: 17
1. In my opinion the media portrays terrorism as the most destructive and violent act an individual could carry out. Terrorism can be anywhere and happen to anyone around the world.
2. I would live in Dubai because it is a hot country and full of wealth.
A mother's loss

Tell us about your son Ryan and what happened to him on the day he died?

My son was full of life and had lots and lots of friends. He wasn't always a good boy; however at the age of 25 he was just beginning to come into his own. He was extremely popular, and he had that type of personality that young and older women adored. He had a daughter called Chelsea May who was nearly 4 when he met up with another young lady who seemed to take him head over heels. They were together for about six months when Chelsea May’s mother gave birth to another baby. On this particular day, Tuesday 25th November, Ryan left his girlfriend to look after Chelsea May and that's when I got a call from my husband saying something had happened. I think by the end of the day everything could have been okay but something went a bit off and there is a sort of a myth surrounding it all.

In the few days after Tuesday 25th Ryan was getting very agitated and he couldn't really understand what was happening. Those of us around him couldn't understand either. He was an outgoing man who could walk into a pub and have girls all around him straight away. He arranged to meet this girl on a coffee bar I owned and he was meant to get her out of that situation. My husband was angry too and our granddaughter's life because things were difficult in her mother’s life. She stayed with us for about 2-3 days a week and my husband completely took over her with schooling and stuff, which was good for her.

It was just a bit weird being in that space of 10 minutes is probably the last thing I think of when I go to bed and the first thing I think of when I wake up, you can never get it out of your head. I can be driving along and just see some handsome lad walking in shorts and open tops and they remind me of him, everything does. Those are the sort of things that get to me, it also makes me think about how at the time he would have looked like now, matured and all grown up. The only thing I do believe is that the day you are born and the day you're going to die is sealed, it's just the bits in between we can do something about.

With TV and the media you hear about the terrible places and things that are happening and you realise you're not alone. I like to go to church and light candles and ask for guidance. My husband and I took a main part in our granddaughter’s life because things were difficult in her mother’s life. She stayed with us for about 2-3 days a week and my husband completely took over her with schooling and stuff, which was good for him.

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Eight years after Ryan died we found out that our granddaughter's stepfather was abusive to her so we had to get her out of that situation. My husband and I had hoped to have a bit of a life when she was older but that's not how it worked out. This little girl had been through so much in her 11 years. She had both her parents and many problems and her stepfather was abusive. That is the only time I thought, I'm glad Ryan is not here because he probably would have gone to kill him. My husband was angry too and our granddaughter has been living with us ever since. Sadly my husband died a year ago and that was another blow to Chelsea May and myself, and things are beginning to work out.

Ryan will always be missed and remembered by his friends and family. Many of his friends still have some of his things which I find comforting.
Safeguarding our Children

Barbados And Friends Association (BAFA), Reading held its first ever seminar on safeguarding children on Saturday 9th May 2015 at St. Laurence’s Church, Reading. The seminar was held in partnership with Reading Local Safeguarding Children’s Board (RLSCB), Reading Children’s & Voluntary Youth Services (RCVYS) and Alliance for Cohesion & Racial Equality (ACRE).

The seminar entitled “Safeguarding our Children” was aimed at the local Black and Multiracial community and brought together around 70 delegates from the local community and beyond. Various agencies responsible for the safety and wellbeing of children, including health, education, police, children’s services and the voluntary sector also took part. Other delegates included the Deputy Mayor of Reading Cllr Sarah Hacker, the High Commissioner for Barbados to the UK, His Excellency Guy Hewitt and the Independent Chair of Reading Local Safeguarding Board (RLSCB), Fran Gosling-Thomas.

Speakers: Fran Gosling-Thomas, Seminar Speaker & Chair of RLSCB; Jeff Jones Chair of BAFA; Keith Seville, Seminar Chair & Publisher of Today Magazine; H.E. Guy Hewitt High Commissioner for Barbados to the UK; Mohamed Rahim, Seminar Speaker & Senior Associate at Faith Associates; Ben Cross, Seminar Workshop Host & Development Worker with RCVYS; Anderson Connell, Seminar Coordinator & Lay Member RLSCB.

The speakers provided delegates with an introduction to safeguarding children and highlighted some of the issues and challenges on safeguarding children in the Black and multiracial communities like Reading. As well as highlighting the role that professionals and non-professionals play in keeping children safe, the seminar also explored and raised awareness of physical abuse, neglect, sexual exploitation, emotional abuse and female genital mutilation (FGM).

Saater Ikpaahindi, Seminar Speaker & Project Officer, AFRUCA – UK addressed the delegates on Voices of the Community and presented on findings from Manchester University on Female Genital Mutilation (FGM).

Mrs Gosling-Thomas also highlighted the challenges for the Reading LSCB and said Local Safeguarding Children Boards LSCB’s were established by the Children’s Act 2004 to hold statutory agencies and account for their safeguarding duties and enable them to work better together. The Act was updated in 2013 and again in 2015.

The LSCB’s role is to:
- Co-ordinate what is done by each agency for the purposes of safeguarding and promoting welfare of children in the area
- Develop policies and procedures
- Communicate the need to safeguard children
- Monitor and evaluate effectiveness
- Undertake reviews of serious cases
- Assess the effectiveness of early help
- Quality assure practice

There is a need for vigilance! As parents, guardians, grandparents and relatives – we want to believe that our world would treasure its children – but some don’t – for whatever reason…

As a consequence, millions of children are not adequately protected. Many of them deal with violence, abuse, neglect, exploitation, exclusion and/or discrimination every day. Such violations limit their chances of surviving, growing, developing and pursuing their dreams.

The family is the first line of protection for children. Parents and other caregivers are responsible for building a protective and loving home environment.

Similarly, schools and communities are responsible for building a safe and child-friendly environment outside the home. In the family, school and community, children should be fully protected so they can survive, grow, learn and develop to their fullest potential. Parents and Guardians should always be aware of what can happen to their child or any child. The community needs to understand the importance of child protection. The children need to be made aware of the dangers, but try to balance their knowledge so that they are not overwhelmed and lose their childhood.

The Independent Chair of Reading’s Local Safeguarding Children’s Board (LSCB), Fran Gosling-Thomas addressed the delegates on the role and importance of the LSCB.

She said Local Safeguarding Children Boards LSCB’s were established by the Children’s Act 2004 to hold statutory agencies and account for their safeguarding duties and enable them to work better together. The Act was updated in 2013 and again in 2015.

Mrs Gosling-Thomas also highlighted the challenges for the Reading LSCB moving forward which consists of:
- Strengthening challenge and support
- Getting partners to deliver the work
- Getting the right data
- Addressing board and agency resources
- Scale of improvement agenda
- Preparing for Ofsted Inspection

Delegates were able to participate in a number of interactive workshops that included activities such as, “Getting started to safeguard children” and “Working with families from different cultures”. The latter was lead by the conference facilitator Amelia Robinson of ALAFFIA: Acre Family Support Team.

Delegates also took part in an open discussion forum where the speakers provided more detailed questions and points raised by delegates. There was some discussion on what can be done to overcome these issues.

Speakers on the open forum discussion panel were, Keith Seville, Ben Cross, Saater Ikpaahindi, Mohamed Rahim, Adrian Rodrigues, Member of The Youth Parliament, Reading and Fran Gosling-Thomas.

Many delegates agreed that the seminar was a very productive event and was well organised for a first seminar on such a very important topic.

Anderson Connell, coordinator of the seminar, said he was very pleased with the attendance, which met the target of 70. Anderson also said that many delegates attending have asked for it to be repeated focusing on one or two specific areas in more detail and to also repeat it in other communities. This is something the organisers will think about but the immediate task is to produce a post seminar report with key findings and follow up actions.

Anderson Connell Coordinator, “Safeguarding our Children” Awareness Seminar
Tel: 07852 708 540
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Features

AWARDS 2015

From Managing Directors to Football Coaches, Awards Honour Inspiring Asian Women Across Britain

On 20 May 2015, The Asian Women of Achievement Awards ("AWA"), in association with RBS, announced the winners of the 2015 Awards at an event in London in the presence of HRH The Duchess of Gloucester, Patron HRH Princess Badiya bint El Hassan, The Rt Hon Theresa May MP, The Rt Hon Hilary Benn MP, Tasmina Ahmed-Sheikh MP, Miriam Gonzalez Durantez, Elif Shafak and Jazmine Walia. AWA is an annual celebration of the contributions that individual Asian women have made in Britain, both professionally and in their communities, and the applicants this year were as impressive as they were diverse.

This year’s winners are saving lives in their communities, and the applicants were selected as category winners by a judging panel chaired by Sir Nicholas Raynsford, former UK Cabinet Minister for Transport and Community Safety and Chief Executive of PepsiCo.

The judges this year were: Piali Ray, CEO of Vital Voices; Indra Nooyi, global Chairwoman and CEO of PepsiCo; and Dr. Jennifer Gupta, Institute of Cosmology and Gravitation, University of Portsmouth.

The common factor linking the women was their inexhaustible positive energy, making us proud to stand with this group of inspiring women.

Les Matheson, Chief Executive, Personal & Business Banking, RBS said: “RBS is proud to be a part of Asian Women of Achievement for the 4th consecutive year, and today’s awards have highlighted the incredible contribution made by Asian women in the UK today. Congratulations to the finalists and winners who are all fantastic role models achieving tremendous success in their fields.”

Cherie Blair, long-time supporter and Patron of the Awards said, “The sheer talent and quality of the nominees is testament to the hugely important impact that Asian women have in the UK and it is essential that we continue to recognise and support them. The AWA programme plays a key part in doing so, helping to create more role models, finding more future leaders and helping to create more role models, finding more future leaders and championing women. Congratulations to all of this year’s nominees.”

About AWA

The Asian Women of Achievement Awards, co-founded by Pinky Lilani OBE DL in 1999, were conceived to celebrate the often unsung Asian heroines of British life. Such women make a huge contribution in fields as diverse as business, entrepreneurship and social and humanitarian work. These awards are their moment in the spotlight. The Asian Women of Achievement Awards are hosted in association with The Royal Bank of Scotland.

For information on the awards visit: http://www.awaawards.com/

Rules

A woman is eligible to enter the Asian Women of Achievement Awards if she is resident in the United Kingdom, the Channel Islands or the Isle of Man and has been so for a period of 12 months before the date of application; if she was born on the continent of Asia; or if she is born into an ethnic group or had at least one grandparent born into an ethnic group or groups, of Asian origin other than Caucasian.

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About AWA

The Asian Women of Achievement Awards, co-founded by Pinky Lilani OBE DL in 1999, were conceived to celebrate the often unsung Asian heroines of British life. Such women make a huge contribution in fields as diverse as business, entrepreneurship and social and humanitarian work. These awards are their moment in the spotlight. The Asian Women of Achievement Awards are hosted in association with The Royal Bank of Scotland.

For information on the awards visit: http://www.awaawards.com/

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Winner (Business) - Sevasti Wong

Winner (Arts and Culture) - Sajeela Kershi

Winner (Community) - UEL (Femi Bola MBE collecting)

Winner (Social & Humanitarian) - Parmi Dheensa

Pinky Lilani, Rt Hon Theresa May

Elif Shafak, Princess Badiya

Miriam Gonzalez Durantez
AWA Winners 2015

Winner (Entrepreneur) Farzana Baduel
Winner (Young Achiever) Tanya Datta
Winner (Public Service) Daman Mullhi
Winner (RBS AWA Chairman’s Award) Jyoti Shah
Winner (Media) Shivvy Jervis
Winner (Sports) Annie Zaidi
Winner (Global Empowerment Award) Elif Shafak
Tell us about your background and what led you to set up this fantastic concept...

I struggled at school with bullying, I always came across to people as loud and as I was larger than other children I was always being judged. People wouldn’t believe me if I said that I was getting bullied and found it hard to make friends, they would just assume that I was fine or assume I was the bully. This progressed in a different way because it was the other children at school but when I got to college it was all about how the teachers treated me and that’s why I started the brand. For my final project, someone said ‘you can make a lot of money from selling this as a brand’ so from that comment I just decided to see how it went and make it into something.

How did the teachers at college treat you?

I had a really hard time at college. It would come to a point where every day I was crying before I went in and end up crying during the day. I think it was more about things my teachers would say and how they would treat me. They would “twizzle” my personality so it would become hard to express myself because I was being labelled.

The name ‘Dont Judge’ where did that come from?

I basically did it as a message to my teachers, and it was to say just because you may think certain things about people it doesn’t mean that it is true. People would always think that I was over confident and stuff but I wasn’t, I think me being loud was kind of a front for the fact that I didn’t have that much confidence but people just see the surface, they don’t really dig underneath and find out why people do what they do. It also came from a lot of society, for example I was in my class one day and everybody from that area would say things like people who speak a certain way are thugs or if you wear certain things you’re a gangster. It’s things you hear but I don’t like to hear them because people close to me will speak in that way or wear those clothes and they’re the complete opposite to what was said.

I don’t think people should look at someone on what they wear or how they speak and just assume that they might not have the same level of intelligence or that they might be violent. People have a right to be themselves, everyone should get to know people before they disregard them or treat them in a certain way and for me I think I was never given the chance. People never got to know me; they just assumed I was a certain way, that got to me as a person so I wanted to give out a message to do with that. It made it hard for me to place myself. I used to like listening to rock but being Black and living in this society is a weird thing to do. I remember people saying to me I must be depressed because of the music I was listening to, but that had nothing to do with it. If I wanted to chill with people that listened to rock music I wouldn’t fit in because I’m a Black girl. I don’t like being labelled, and I felt it hard to express myself because I was being labelled.

How did you get the logo and come up with the design?

The name just popped into my head so I stuck with it. When I was searching and looking up different things on the internet and realised that the first two letters were DJ I wanted to incorporate it with music and my first connection at university was about old school music so I based it around old school hip hop. Since I love music I incorporated that into the logo and I thought it would be a good idea. Also I wanted to look at future prospects so I wanted to have more of a commercial name, DJ is more commercial than Dont Judge.

What about the manufacturing of the clothes?

I’m not manufacturing the clothes myself at the moment, they’re being sent away for production. I want to make sure that I always have the knowledge of how to do all the things that gets done so I can pin point those things that are wrong and right. I do know how to make a t-shirt as I did fashion throughout school. With the manufacturing I made sure I researched it, went for meetings and talked to managers. I’ve got samples that I created myself so that I have a guide of how I want them to be made, but right now, as one person, it’s easier to send them away and get them sent back to me. But quality control I can do that with my eye and the skills I picked up on the way.

Where are you currently marketing your clothing?

All of the marketing, apart from the launch, is online through social media. I have Twitter, Instagram, Facebook and tumblr. I had a photo shoot the other day and all the pictures are on there but I only selected a few for Instagram and Facebook.

How do people purchase your products?

I have a website which is going to be launched on Saturday 15th August so you can purchase things directly from the website and also I will also have a stall at Reading festival this year. I will be there from the Wednesday through to the end of the weekend.

How has it gone down so far with family and friends?

Since I set up my social media I have been receiving messages from different people telling me that they like the designs. Everybody in my family loves the designs unless they are being biased, but I think it’s because they can relate to it. We are a Black family and have a lot of young gentlemen in the family. It’s a subject that everyone can relate to because everyone gets judged in his or her own way. So far it’s been good and really positive. I went to my family for advice from the very start anyway and they gave me a lot of feedback. I went to my family and friends for market research too and I got a lot from them because they’re quite opinionated, they just tell me how it is. That has been very valuable from the very start and still is.

How can people contact you?

I have a business phone and premises plus they can contact me through any of those below.
Assessing the impact of terrorism legislation

Distinguished Queen's Council
Courtenay Griffiths QC

A terrorist act, at the end of the day, is possibly 'a murder', possibly 'causing an explosion' or it's any number of criminal offences which are already under the normal criminal law. It seems that the ordinary criminal law remains adequate to protect the public from violence, and those terrorist acts which have taken place have more to do with adequate use of intelligence and the available criminal path, rather than prompting a need for this raft of legislation since the year 2000.

When it comes to the Islamic terrorism, this has been treated completely differently and the only law for that was 9/11; that was the game changer because thereafter was the launch of the so-called 'War on Terror', lead by the United States and its willing and obedient ally, our then Prime Minister, Tony Blair.

The consequential effect of the 'War on Terror', saw the military men of the Gaddafi regime sent to The Hague and cross-examining the most high profile case was defending the Dartmoor prison riots trial and that for the Brighton hotel bombing which almost killed Margaret Thatcher and her Conservative Cabinet; those involved in the 1996 Docklands bombing. He has also been involved in the Riesley and Dartmoor prison riots trial and that for the Broadwater Farm Estate riot. His most high profile case was defending Liberia's former President Charles Taylor in The Hague and cross-examining the supermodel Naomi Campbell as a result.

Here follows extracts from Mr. Griffiths speech at the AGM:

There is a distinction, in my mind, in the way the law has treated the Irish Republican terrorism and the way in which so called Islamic terrorism is now being treated. The IRA so-called terrorists were tried under normal criminal law with some adjustments.

In Northern Ireland they were tried without a Jury, but they did not have the full array of anti-terrorist legislation which began with The Terrorism Act 2000.

As the definition of terrorism is so wide, this could include criminalising people who speak out against repressive regimes around the world;

7. Offence: photographing anything that might be useful to someone committing or preparing an act of terrorism;

8. There is also a power given to a solvable, immigration officer, a customs officer at a port or border to question and detain including for the police to take the DNA of anyone entering or leaving the UK to determine whether they are involved in an act of terrorism. So the free movement is constrained by that law;

9. Then there are the broad powers under Civil Contingency Act 2004 which allows a Minister, whenever there is a threat of terrorism, to make an emergency regulation that could temporarily override all other legislation; and

10. Finally, in the latest draft, it includes a measure of passports. This was followed by a question and answer session which gave Mr. Griffiths an opportunity to elaborate on earlier points. For example, one person's terrorist is another person's rebel or freedom fighter. People, wanted to know how small organisations and individuals could inform and mobilise others without being seen as a terrorist for doing that and he encouraged attendees to "demonstrate, agitate, make noise, challenge power and don’t be afraid". In concluding he encouraged using imagination and innovation to have an impact on the current legislative climate.
Summer brings a change in the weather and a change in how we spend our time. Children have holidays from nursery and school whilst adults have breaks from work or study. It can be particularly challenging to entertain younger children for several weeks.

The River and Rowing Museum is a great hub of activity where children and adults can find something to enjoy. It tells the story of the River Thames, the history of the area and holds 20,000 items covering the sport of rowing. During August the special exhibit is on Ancient Egypt and you are provided with experiences to touch, see and smell. There is a Pyramid type play den with soft play and you can make your own pyramid too. You can also see a mummy display and walk in the footsteps of animals, an archaeologist and a mummy! Nearby you can put a skeleton together by moving body part magnets around on a human outline.

More Egyptian themes exist near the entrance with a floor drawing of the River Nile for visitors to walk on. The whole museum is very experiential and there are Egyptian smells to inhaled! These are pleasant and unpleasant so be warned. Special activities for August includes Toad’s ancient Egyptian fete, described as all the fun of a fete with an Egyptian twist. There is a hieroglyphics board where visitors can reorganise the symbols to spell their name. You can make your own Egyptian beard and headdress or paint your face with hieroglyphics and make a bookmark from papyrus. This special exhibit goes on until 20th September so I hope you get a chance to visit. If you do let me know which was your favourite experience. Currently the museum also has a display of one of the Olympic torches that was on the Royal Barge.

For more information check out www.rrm.co.uk

Shirley Anstis

River and Rowing Museum

Opening Times
The Museum, Quince Tree Cafe and shop are open every day, 10am – 5pm FREE parking for visitors

Admission prices
Adult – £9.50
Child 3 & under – Free
Child 4 & over – £7.50
Concessions – £7.50
Carers are entitled to free admission.
Family groups are entitled to a 10% discount. Please see rrm.co.uk for details.

rrm.co.uk

Throughout the year there activities you can do and here is a list of the 10 free family activities they suggest:

1. Wildlife walkway where you can investigate the nature hiding on the walkway.
2. Get Crafty by going to Toad’s Trolley for all age craft activities – this changes every month.
3. Get competitive in the Rowing Gallery and see who can go the furthest on the machine.
4. Immerse yourself in the Wind in the Willows exhibition as you dive into the world of Ratty, Mole, Badger and Toad.
5. Get interactive and explore animals in life, see how much water you use and listen to various excerpts and music on headphones.
6. Dress up by imagining you’re a Viking or World War Two officer by trying on helmets in the River Gallery.
7. Ask at front desk for one of the trails to explore the galleries.
8. Borrow a backpack from reception to get a different experience.
9. Use the story books and puppets on Toad’s Trolley to imagine your world.
10. Imagine stepping in to the paintings in the galleries – what would you see or hear?
We find out what it’s like to be part of ‘The Way’ food bank community from 28-year-old Jason Johnson

How did you find out about ‘The Way’?
I was on the streets hungry and homeless so I asked around about food banks and charities and on a Friday night at a soup bank I saw Grace and that’s when she told me about the food bank she does every other Sunday.

How did you become homeless?
I’m from Wales, I did something that I wasn’t supposed to do and people wanted to kill me so I had to move. Now I’ve been coming here for about 7 months and now I’ve found my feet so I’m good.

Do you like it here at the food bank and the people?
Yes! It feels comfortable and it feels like home, everyone makes you feel relaxed when you’re here. They treat you like family plus they are really polite and respectful. I’m shocked that I got this kind of treatment from them but I’m happy that Grace is like a sister to me.

Is your life turning around now?
Yes! I was drinking too much and doing all sorts on the streets but coming to a place like this and speaking to people about alcohol and my problems really helped me a lot. If they didn’t help me or I didn’t come here I’d probably still be getting into trouble.

What do you do with the rest of your time when you’re not here?
I volunteer for a community group called Christian Community Action. It’s a second hand shop and I help them out all week.

Do you have any friends or family in Reading?
No family here at all. I’ve only made one friend since being here and I’ve met loads of people.

What would you say to people out there who need help?
First thing is to go to the council and try get help but if that doesn’t work or you’re not getting anywhere then go to the 99p store at 8pm in the evening and speak to someone there, they will point you in the right direction. If you get knocked back, just don’t give up!

Do you have a home to go to now or are you still homeless?
Oh no! I’m housed now, Grace did a lot of phoning around and pushing on my side, this is a Godsend!

What do you want to do in the future, what are your plans?
To be honest I’m not 100% sure because I’m still getting on my feet. I will still carry on doing the voluntary work even when I have a proper job because it is a big part of my life. I’m happy that I landed in Reading and happy to start my future here.

The Way

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What is your role here?
I run ‘The Way’ with my husband. We started it just over 3 years ago and we run fortnightly, on Sundays.

What inspired you to start up this food bank?
I’m a Christian and new to my faith. God came into my life around 2010, just as things were going really wrong. I’m so glad I woke up in the middle of it because He brought me out and made me realise he had a plan for my life as well as me wanting to change my life. There was a time in my life when I was effectively homeless, I had run away from home and had nowhere to stay, I just sort of surfed as they call it today. I started to volunteer for ‘Faith, a Christian charity that gives out food on the streets of Reading three nights a week. I went along on Fridays and I just couldn’t believe what I was seeing. I can remember going home the first few times and crying but then I thought there is no point in crying, we have got to do something about it. I thought it would be good if we could invite people to come somewhere, where it is warm and dry, talk to them, give them something to eat and share faith with them. We bought the food with our money to start off with. We want people to know that we are here on Sundays so they can come and get something to eat, and there are people here that care and want to help. We normally start to prepare at 2.30pm but the official kick off is 3pm till 4.30pm.

How would you like to see ‘The Way’ develop in the future?
Our plans and visions are to get it going every week. The Coley Park Community Association are a small charity that run a community centre and they offered us the hall for free so that was really nice of them. I want this to not just be a drop in for food but I want to expand to advocacy. Generous people donate clothes which we put out so people can help themselves. We also have food so if people get stuck they can come and help themselves. It’s all about giving people a “hands up” because sometimes that’s all most people need.

How do you feel knowing that you are helping other people and that you have set the food bank up?
I can’t explain it but the most profound thing is when God came into my life and what he has shown me is love and the most important commandments are to love God and love your neighbour. I think about them, I pray and we fast. I just love this and God has called me here and I do it because I do generally love and I do care what happens to people that come here.

Have you had any bad experiences since you opened the food bank?
No, I can honestly give God thanks that we have not had any trouble here.

Do you do any other charity work alongside the food bank?
My husband and I still volunteer with Faith on a Friday; he has been doing it for six years and I’ve been doing it for two and half years.

How many volunteers do you have at the moment or how many would you like to have?
We have around 14 people that we can call on but not everyone can do every week so we are looking for more people who will be committed so that we can open more often.

How can people make contact with you?
We’ve just set up our Facebook page called ‘The Way Ministry Reading’ so they can find us on there or in Coley Park Community Centre (140 Wensley Road, RG1 6DW). People can also contact us on 07788235006 and via email frogodsovedtheworld@hotmail.co.uk

Is there anything else you would like to add?
Just to thank God for the blessing of this promotion; that it will bring in the right people to help and to get the message out there. I’m very grateful and it’s a privilege. Seeing people on the street and sleeping in tents makes me think that it is my long-term goal to have a permanent night shelter in Reading. It will happen, I’m determined.

Shani Meford

Today Magazine interviews Grace Gomez of ‘The Way’ Ministry Reading food bank

Today Magazine 37

Cuisine

Today Magazine
Shirley Anstis spoke to Thea Green on her recent visit to Kuwait and got advice on what to do and see when visiting. Below are five great ideas to help you plan a visit.

Visiting Kuwait

1. Kuwait Towers
Kuwait Towers are situated in the heart of Kuwait City, overlooking the Gulf. It was opened in 1979 as a desalination facility and a water reservoir. The unique design represents Kuwaiti heritage. The sphere on the first tower represents an incense burner and the second represents a Marash while the third is inspired by Arabic eye makeup. A marash is a tool used to sprinkle rosewater on guests. The Main tower boasts restaurants and cafes 82m above sea level and with panoramic views of the city. The middle tower supplies one million gallons of water whilst the small one illuminates the whole area.

The State of Kuwait shares its border with Iraq and Saudi Arabia. It has a population of 4.1 million people, 2.8 million of whom are expatriates. Oil reserves were discovered in 1938. Kuwait was invaded by Iraq in 1990 and this ended in 1991 after military intervention by US-led forces. Kuwait has a semi-democratic political system. The Kuwaiti dinar is the highest valued currency in the world and Kuwait has the third-highest per capita income in the world.

Through the centuries Kuwait has been the centre of trading routes and boat building. 1946-1982 is described as a Golden Era with prosperity from oil sales and a more liberal atmosphere. Ninety percent of Kuwait's population live within the Kuwait Bay coast. Kuwait is windy most of the year. The winds between July and October are damp whilst the winds in spring and summer are hot and dry. The temperature in Kuwait during the summer is above 25°C, the highest recorded temperature being 54 degrees centigrade. The spring season in March is warm with occasional thunderstorms.

Here are 5 great ideas for your visit, starting with:
2. Beaches
Kuwait has a large number of beautiful beaches along its coastline. These are not far from the city and are seldom crowded. Messilah beach is very popular with families whilst holidaymakers tend to enjoy Al Oqeila Beach with more amenities on site. You can also take a ferry to Failaka Island and visit Wanasa Beach and the nearby heritage attractions. As well as the many public beaches there are private beaches attached to larger hotels and resorts. A range of water sports and boat trips offer visitors with many choices on their visit.

3. Sand sculptures
Having an abundance of sand has led various artists to create beautiful sand sculptures and Kuwait even hosted the world’s largest sand sculpting festival. 80 of the world’s best sand sculptors from 25 countries went to Kuwait and worked together to re-imagine the stories of 1001 Nights. The sculptures are made when clay is added to sand and it is compacted in layers. After the final layer the carving is done with shovels, trowels, knives and pottery tools. Some of the taller ones are 15 metres high so the scale is monumental.

4. Grand Mosque
This was completed in 1986 and is the largest mosque in Kuwait City. The dome is 26 metres (85 ft) in diameter and 43 metres (141 ft) high. The mosque can accommodate up to 950 women and 10,000 men in their separate prayer halls. There is also a huge library and 5-level car park which can hold up to 550 cars. It has been described as a beautiful and peaceful place. Tourists, being covered, can visit and experience the building.

5. Camels
Camels are plentiful here and when they are not used for travel or work they are used for entertainment. Welcome to camel racing. It sounds strange to begin with but we do the same with horses and cars. At the Kuwait Camel Race Club the camels do not carry humans but have robots as a result of child safety legislation. The owners drive alongside their camels and control their robots at the same time. Visitors can watch this and tune in to a local radio to hear the commentary. After many races the winners and prizes are announced and celebrations begin.

Shirley Anstis
My name is Monica, I was diagnosed with M.N.D. (Motor Neurone Disease) on the 31st July 2013; Can you imagine when we got the news, my world came crashing down around me. It was the worst day of my life and my family’s lives. I still can’t believe this has happened to me. I have an amazing family and carers, they keep me going. I feel very blessed to still be alive today. My family keep me going I see them every day, they take it in turns to come and see me, they have their own special day to visit, and they always come, they never miss a day. It is really nice spending time with them individually.

I have had M.N.D. for three and a half years, and the first thing I noticed was I started limping, and then I started falling over. Then my right hand started twitching, and as the days, weeks and months went by I became progressively worse and the only part of my body I could move is my head and my thumb on my left hand, but I am so grateful to be alive. I went into hospital about six months ago with breathing problems, they told my family I would not make it through the night, my family were distraught, and the doctors did not want to give me any oxygen but my mum begged them to give me the oxygen and so they did. Mum said to the doctors it is not up to us to say when my daughter will die, it’s up to the bigger man, I am still here and I don’t intend on going anywhere for a long time.

Me, my family and my carers will continue to fight this war until we win this battle. I would not wish this terrible disease on my worst enemy. I am very lucky to have the carers I have, they will do anything for me, I do have to pull them up sometimes, they forget I was a manager for 25 years in the caring field. There is no pulling the wool over my eyes; On a whole they are lovely girls. I tend to go for younger carers because they always have a story to tell, and the stories are always very interesting and I look forward to hearing them. My carers come from a company called Devana Care, they are really good to me, and they always have my best interest at heart. They always listen to what I have to say, and they act on it. I will never change care agency.

M.N.D. stands for MOTOR NERONE DISEASE, there are four types, the one I have is called A.L.S. which is where the muscles in your body start wasting, which leaves you feeling very weak and unable to move, it is such a terrible disease and one of the worst things about this illness is when you have to wear a face mask to help with your breathing, that bit of it is ok, the only thing is I have no-one can understand you when you’re wearing the mask. It is so difficult for anyone to understand me, I get so frustrated about it, but I manage to keep my cool. It is not anyone’s fault and it is really hard watching my carers and family doing my housework, I was so house proud. At least I can talk or use my computer to communicate with everyone. I know I am lucky to be alive, and to be able to talk and eat, I feel very blessed, so thank you guys for all your blessings. I eat and drink very well, the only thing is I have to remove my mask often when I’m eating and when I’m having my medication. I try not to think about it too much otherwise I will get upset. I just take each day as it comes and thank God I’m alive. What I will say though is that I have met some amazing people since I became ill. I would not have met them if I did not have this dreadful illness, so there are some positive things about this illness.

Another awful thing about this illness is that it is hard for you to hold a conversation because of my mask, it is so difficult, but again I am not going to give up, no matter what is thrown at me. I just want to mention a few people who have had a major impact on my life, first the most amazing woman in the world, who happens to be my mum. If it was not for my mum, I would not have had those amazing holidays abroad so thanks mum. Also thank you for being you, I love you unconditionally.

I want to say a few things about my brother Keith Seville; what an incredible man. Keith has always been the one to take me to all my hospital and doctor appointments, there was never a day where Keith could not take me, always came first, Keith would change whatever appointments he had to take me where I needed to go thank you again Keith for what you have done for me and my family. I love you from the bottom of my heart, I know you will keep up the good work. Me and Keith have always been very close, but since I became ill we have become even more closer, even though I thought we could not become any more closer. I love you bro.

Now about my wonderful daughters; I have two amazing daughters, Natalie and Shona. We have
always been very close, they have been
my rock, they are with me most days,
they are so strong, they get that from
me, but I know deep down inside they
are struggling to come to terms with
the fact they are going to lose their
mum, but we don’t talk about that, only
positive things. They keep me going
bless them, I love you girls more than
you will ever know.
I have been blessed with two
amazing granddaughters, Jada and
Saraeya, we are very close and I see
them all them all the time. When I was
driving, I used to look forward to picking
them up at the weekends, but now
they’re old enough to come and see me
on their own, which is so nice, they are
one of the reasons I have to keep going
just stay as sweet as you are girls, nanny
loves you very much.
Now for the rest of my family, I want
to thank you all from the bottom of my
heart for all the support you have given
me, you have all been amazing, you are
my soldiers and we will keep fighting
this dreadful war together. I love you all
like cook food.
If I had to sum up this illness, it’s
like I have committed this dreadful
crime and now I am being punished for
it. It’s like being behind bars in prison,
watching the world go by, and there is
nothing I can do about it. I hope one
day soon, they will find a cure for this
dreadful disease, I would not wish this
on my worst enemy. Whatever plans
you all have, take it from me, just do it,
because you don’t know what’s around
the corner, there is no warning.
I thank God for my family and
carers, you’re more like family so thank
you again for keeping me looking this
good. I thank you God for giving me the
strength to carry on.
Kindest regards
Monica Seville
P.S. I hope you all enjoyed reading my
article as much as I enjoyed writing it.
Much love!

Monica typing the article using her Eye Gaze computer

Monica with her mother

Monica with her mother and siblings

Monica with her granddaughters

Monica with her mother and siblings

Monica with her mother
I understand that our publisher Keith Seville was your mentor back when you were in school. What do you remember about that time?

Keith was my mentor when I was in secondary school. He was there to guide me with regards to learning about business and I looked up to him as a successful businessman. I appreciated having a role model, who was an entrepreneur especially as I was new to this country, from St Vincent. Keith was there to guide me. It interested me to see how Keith was very successful and I wanted to become successful myself. Keith always tries to achieve a lot in his life as well and that was always an inspiration to me. He is hard working and because of that he was my mentor.

Why did you become a driving instructor and what inspired you to do this?

I became a driving instructor because my dad inspired me to take up this career path. He is a driving instructor, and I noticed that he had done several jobs whilst I was growing up. But when he became a driving instructor he seemed happier and was motivated to go to work every morning. I wanted a career that was rewarding, and it is a good feeling when a pupil passes their test.

What training did you have to undertake?

There are different options, but there are three stages and exams to take to become a driving Instructor, which are challenging. The options that you have, are to train with a driving school college or with an individual for one to one tuition. The option that I took was one to one tuition. It is a lot of hard work but when achieved it is worth it. On average, it takes about one year to become a driving instructor. I've been an instructor for about four years now.

Have you ever had anyone crash while teaching?

As a driving instructor you are likely to crash around once every two years, on average, but I haven’t had a crash where it was my pupils’ fault or mine. I have always been hit in the back of the car while stationary at a junction or roundabout. Often the person behind us becomes impatient and then hit us. So it’s never our fault, but it does happen.

What have you enjoyed the most so far?

I enjoy meeting different people from different cultures and with different interests. But what I really enjoy is changing peoples’ lives. I believe that my job does that. There are many stories, for example, teaching single parents. They can struggle to look after a child and have a job at the same time and I really enjoy helping them get their licence because it changes their lives completely as they can get around more.

What are the most enjoyable and the least enjoyable aspects of your role?

Seeing the joy on a pupils face when they overcome a difficult hurdle, is enjoyable. I like watching and seeing people progress in their driving and see how it makes them happy. What I least enjoy is getting up at 6.30am in winter and scraping the ice off my car to get to a driving test. I don’t always enjoy being busy at times but at the same time I enjoy people’s company in the car.

What is the most difficult manoeuvre which pupils find difficult to master?

The majority of my pupils find the reverse into a new road most tricky of all the manoeuvres. The reason for this, is that all other reverse exercises can be performed easily with my reference points. But reversing around corners are more challenging because of the variations of corners. However this does not mean it is difficult to for a pupil to learn it, because some pupils find this manoeuvre the easiest. But on average this is the manoeuvre that most pupils like to revisit.

Have you taught anyone famous yet?

No, no one famous yet.

Why should people choose you to teach them instead of other driving instructors?

This is going to sound a little bit arrogant, but I believe I am the best instructor in Reading. And the reason why I believe I am the best is that thought keeps me motivated. If I believe that I’m the best then that means I always have to perform to my highest level. Also I believe I can get on with anyone, I can speak to the young, middle age or older people. I’m very good at my job and very hard working.

What is the next step for you?

I enjoy my job and I am happy where I am at the moment. But the next step for me is hopefully expand my driving school. With the driving I’m very happy at the moment, it’s fantastic.

For more information please contact me on my mobile 07706 734431

Shanice Medford
Sudoku

Rules: Each column, row and block must contain all of the numbers 1 through 9 and no two numbers in the same column, row or block of a Sudoku puzzle can be the same.

Across
1. Extinct NYC punk club
5. Some persons
10. Japanese sashes
14. Clock division
15. Trail blazer
16. Cinematic clownfish
18. Antioxidant ion
20. Freezer cycle
22. Autocratic
23. Szechwan sauces
25. St. ___ (the largest of the Virgin Islands)
26. Actress of the silent pictures
27. Nudging joint
28. Septuplet
29. “___ Dawn” (war film)
30. Wormwoods
31. “The Luck of Roaring Camp” writer
32. Overdo it on stage
33. Made two-by-fours, e.g.
34. 1984 horror flick
35. “Wouldn’t ____ Loverly?”
36. Gooden or Yoakam
37. Withstood
38. “Runaround Sue” singer
39. Great sadness
40. Blend together
41. A third of a film dog
42. Apple’s mobile platform
43. “___ _ ___”
44. “Star Trek” series, to fans
45. Neighbor of Lux.
46. DMV requirement
47. Please, abroad
48. Was in debt
49. Gooden or Yoakam
50. Blend together
51. Beatles song “___ You”
52. Like fleas and lice
53. Beatle song “___ You”
54. St. ___ (the largest of the Virgin Islands)
55. Kind of pudding
56. Actress Helgenberger
57. Kind of pudding
58. F., D., or R.
59. Wilbur’s word
60. “____ la guerre”
61. African snakes
62. Actress Helgenberger
63. Rites
64. F., D., or R.
65. Laugh, in Lyon
66. Mus. ensemble
67. Ben Franklin’s religious belief
68. Gadget, e.g. (abbr.)
69. Political cartoonist Thomas
70. Easily vexed
71. Sign on a B’way booth

Down
1. 1984 horror flick
2. Off-white
3. Verbal abuse
4. Winter exclamation
5. Doesn’t quite tell
6. Doesn’t quite tell
7. Assented to
8. “We hold ___ truths…”
9. 1984 horror flick
10. Japanese sashes
11. Poiret’s tablemate
12. Clock division
13. Some persons
14. Clock division
15. Trail blazer
16. Cinematic clownfish
17. Mean
18. Antioxidant ion
19. Eliza’s “liggins”
20. Freezer cycle
21. Flabbergasts
22. Autocratic
23. Szechwan sauces
24. Mama bear, in Mexico
25. Informant’s tidbits
26. Dame Marsh
27. Nudging joint
28. Septuplet
29. “___ Dawn” (war film)
30. Wormwoods
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For solutions, please visit our website: http://www.todaymag.co.uk/puzzle-solutions-spring-summer-2015-review

Horoscope - Spring/Summer 2015

ARIES: (21 March - 21 April)
Take time out to have fun now. Stop dwelling on sources of stress and find time for things that excite you. Give extra attention to romance if you have been neglecting it lately. Your creative juices are boiling over. Take advantage.

TAURUS: (20 April - 20 May)
Strategic planning helps make things right this month, Taurus. Don’t put it off. Focus on the short term and achieving your goals will fall into place on its own. Take a break with a Pisces friend.

SCORPIO: (22 October - 21 November)
Have you been dragging your feet lately? It’s time to make things right. Stop weighing every possible outcome and seize the moment. Don’t be afraid to delve into savings for special projects.

LIBRA: (23 September - 22 October)
To really know someone you need time together. Make it a priority this season. Pull out all the stops, use charm, creativity and don’t forget your sense of humor. Good news comes in the mail this month. Money looks good at this time.

CANCER: (21 June - 22 July)
Money is tight throughout this season. Stop making excuses and get to it. Leave room in your schedule for the unexpected this season. Be careful not to bite off more than you can chew.

LEO: (23 July - 22 August)
You’ll need it for a romantic tryst. When was the last time you exercised? Take time out to have fun now. Stop dwelling on sources of stress and find time for things that excite you.

SAGITTARIUS: (22 November - 21 December)
A Sagittarius sweeps you off your feet with creative romantic overtures. Put yourself on the back burner this time and remember to say thanks over and over again. Be careful not to turn battles into a war.

CAPRICORN: (22 December - 19 January)
A Capricorn poses an interesting opportunity. A Leo appreciates your efforts at work. Take pride in getting ahead.

AQUARIUS: (21 January - 19 February)
Pulling yourself out of a rut is hard work, especially for a sensitive Aquarian. Nonetheless, it must be done. Stop focusing on loss and open your eyes to all that is around you.

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To really know someone you need time together. Make it a priority this season. Pull out all the stops, use charm, creativity and don’t forget your sense of humor. Good news comes in the mail this month. Money looks good at this time.

SCORPIO: (22 October - 21 November)
Have you been dragging your feet lately? It’s time to make things right. Stop weighing every possible outcome and seize the moment. Don’t be afraid to delve into savings for special projects.

LIGA: (20 January - 19 February)
A Leo appreciates your efforts at work. Take pride in the example you have shown. Financial matters demand some attention. Stress tis your muscles up in knots. Extra time at the gym relieves your body and your mind.
Devana Care is an independent provider of supported living and domiciliary care (CQC registered for the activity of ‘personal care’) offering services to all ages.

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