

HIKMAT DEVON NEWSLETTER



Spring 2018, Issue no. 19

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Hikmat's 5th AGM

Tom Mack, the Project Lead from Active Devon opened up Hikmat's 2017 Annual General Meeting, updating on physical activity, its importance and what Devon statistics look like.

The meeting also covered an update on the new government Pension Scheme, our WW1 Project, and a World Culture Quiz. Hikmat's Annual Report & Accounts were presented and a New Director appointed: Ajmal Shah from North Devon, who we welcome to the Hikmat Board of Directors.

We have 3 General Meetings coming up which are open to Hikmat Co-op Members and non-members:

East Devon (Honiton) 18th February 11am

North Devon (Barnstaple) 20th Feb, 11-12pm

Exeter: (St Sidwell's Centre) Tuesday 27th March, 12-1PM

South: (Newton Abbot) Sunday 25th Feb, 2.30-4pm



Take Care of You Day

In December we invited Carers from minority ethnic backgrounds together for a day of Relaxation & Stress Management. Sam Harris from Bis-net ran a workshop on the importance of Carers looking after themselves in order to be able to look after others, he gave tips and tools for them to use.

'TOP TIPS FOR STRESS MANAGEMENT'

1. De-clutter, allow time & space to slow down
2. Pro-Active Planning & Scheduling – helps you and your children/cared for person
3. Support yourself – hobbies, mindfulness, therapeutic – just talking to someone, going to groups etc
4. Objective Reflection & Recording – what went well, what would I change next time

Helen Barnett also ran a relaxation session looking at herbs and herbal tea infusions to help with relaxation, energy, sleep and hand massage.

It was a lovely day and it gave the Carers a chance to get to know each other a bit more and share their own experiences and challenges around being a carer.



The Big Birdfood Bake

Raising money for Comic relief, Hikmat Hub hosted our first Big Birdfood Bake last February. 52 people came from all ages to learn how to create a healthy feast for our garden birds, whilst raising £47 for the Charity through donations.

This year we will run the event again so come and join us:

Thursday 15th February, 11-2pm, Co-Lab (CVS). Family Event

ADVENTURES, TRAINING & BASKETBALL IN SOUTH DEVON

Hikmat has been developing links and supporting minority ethnic communities across South Devon over the last year, supported by funding from Awards For All. Vina (Hikmat Mentor) has built links with the South Devon Islamic Association and arranged a family trip to Woodlands Adventure Park in September, 92 people attended from 12 different ethnicities. It was a wonderful day not only for kids but also with the grow-ups. It was their first trip out together and they plan to do more often because they found it to be extremely great opportunity to socialise, meet up and catch up with friends. Below is a quote from Mohammad Ezzeldin who leads the South Devon Islamic Association:

"Thank you very much for the great help and support to our community. Last Sunday was a very nice day out in woodlands, so many people attended. It is a big support from Hikmat Devon. Big thanks for Vina as she did big effort. Kind regards"

The Filipino community who do Basketball every Sunday in Torquay had a special residential trip to Warren Barn, with Confidence & Communication Training run by Fiona Hutton (Hikmat Practice Supervisor). The group had a marvellous time. They thought the training might be a bit boring but it turned out to be a great fun. They said *"it is a very useful powerful tool"* and one parent commented *"it will be very beneficial in the future, and will be a guide for our children if they encounter any problems at schools or us at work"* We would like to thank Awards For All for the funding to enable this work.



All Things Japanese...

Last September Hikmat Hub hosted a much enjoyed Japanese Culture Experience session, run by a Hikmat member. 37 people from 10 different ethnicities came along to enjoy the experience of rolling their own sushi which was then shared, learning some traditions of Japan, and the opportunity to try on some Japanese clothes and sandals. We also had a big laugh whilst trying to make origami crane birds (Japanese paper folding).

As this was such an enjoyed session, we will be hosting an **Hikmat Origami Craft Session** at St Sidwell's Centre on **7th June, 12.30-2.30** so hope you can join us.



LIVE WISE AGE WELL!

Thanks to Drink Wise Age Well a local organisation working with over 50's, we were able to provide a funded 4 week course to 14 Hikmat Users aged over 50, from 7 different nationalities, including 3 Carers. The course equipped them to live a healthy and happy life, covering Age Well, Feel Well, Think Well, Plan Well, Connect Well and Live Well. The group went on to do an 8 week yoga course, an idea and request from the group members.

"I found the course interesting, it was an opportunity to meet people and interact with them. It was very helpful having Arabic interpreter that helped me understand better and express my ideas. The environment was very friendly and the teacher was very respectful and helpful. I enjoyed the Yoga sessions, I had never tried it before" Badr (One of the Group Members)



Tips to stay healthy and avoid colds & flu.

- Wash your hands. Common cold and flu viruses spread by direct contact
- Get more sleep
- Drink plenty of fluid
- Control stress
- Eat well
- Avoid alcohol
- Get plenty of fresh air
- Get plenty of exercise
- Stay warm



Hikmat's Physical Activity Groups:

Since September 2017 we have been lucky enough to receive funding from Get Active Exeter (managed by Active Devon and Exeter City Football Club).

This has enabled us to kick-start our Fit & Fun Group and Line Dancing. Active Devon have also been working with our North Devon Team to part-fund a Ladies Exercise Class.

If you or your family might be interested in joining any of the groups (we just ask for a small donation per session) please find details below:

Fit & Fun (Exeter): Variety of ages, mix of energetic sports and kids play area. Meet every other Saturday 4-6pm Riverside Leisure Centre (13th Jan, 27th Jan etc). Group Leader = *Vina 07823887093*

We also hope in the future to introduce Volleyball at the Fit & Fun group for young people.

Line Dancing (Exeter): Variety of ages, a fun line dancing class every Friday. 2.30-3.30 Clifton Hill Sports Centre. Group Leader = *Tony 07837568553*

Ladies Exercise (North Devon): Barnstaple Rugby Centre, Mondays 10am £5 per session. To book your place contact Kharun who will link you with Leader. *Kharun 07971204832*

Our huge thanks go to Active Devon who have support Hikmat to help us offer physical activities to our members. Some feedback from the Leader and Members of Fit & Fun:

"We were delighted for the comeback of this sport activity. It was great to see more people from different ethnicities joining in, getting active, having fun and socialising"
Member.

Another member commented *"it is a great way of uniting people"*

"We can see people are becoming aware that sports are very essential to maintain health and physical fitness and a good source of recreation" Group Leader



Fundraising Thanks (My Family in Pakistan)

I'd like to thank all those who have kindly sponsored and donated money for my family in Pakistan who are struggling after a bad robbery in their home in Pakistan. We have raised over £1150 so far (through Sponsored Walk & Christmas Fair) and I will be doing a Pakistani Cookery Course on 2nd February, contact Hikmat for more info. Money is being used for medical bills, security and repairs to ensure future safety.

Rasheed, my father is overwhelmed that people so far are thinking of them and helping fundraise, reminding him that there is such kindness and good people out there, in a time of trauma and hopelessness. They have had no support in Pakistan and the police have not taken any action, so any support from us is invaluable, and hugely appreciated from the Rasheed Family.

Musarat Asif (Hikmat Hub Manager)



DATES FOR YOUR DIARY...

Feb:

8th - **Hikmat Mixed Hub**, 12.30-2.30pm, St Sidwell's Centre: **Heart Health Session** with British Heart Foundation

15th - **Hikmat Big Bird Food Session**, 11-2pm, Co-Lab (CVS)

22nd - **Hikmat Men's Group**, 11-1.30, St Sidwell's Centre: **Heart Health Session** with British Heart Foundation

March:

8th - **Hikmat Ladies Group**, 12.30-2.30, St Sidwell's Centre: **Hair & Nail Pamper Session**

10th/11th - Mothers Day Treat @ Seaton Wetlands (Colyford Rd). 10-4pm, treat your mum to a cream tea £3

29th - **Hikmat Men's Group** - 11-1.30, St Sidwell's Centre: **Men's Meet up**

April:

1st - Exeter Inside Outside Craft & General Market (every 1st Sunday of the month)

6-8th - Quilt Festival (Westpoint, Exeter)

12th - **Hikmat Mixed Hub**, 12.30-2.30, St Sidwell's Centre: **Thai Foot Massage**

26th - **Hikmat Men's Group**, 11-1.30 **Walking Trip**

May:

3rd - **Hikmat Men's Group** (St Sidwell's Centre) 7th June - Hikmat Hub Origami Craft Session 12.30-2.30 St Sidwell's Centre

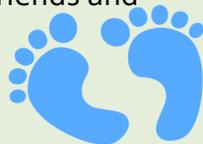
5-7th - Exeter South West Food & Drink Festival, Exeter Castle, 10am+

17-19th - Devon County Show. Westpoint. £21 adult, £19 over 60's, £8 child

Why Are Healthy Nails Important?

Keeping your nails trimmed is an important part of keeping your feet comfortable and yourself fit and healthy. Healthy feet will assist you with:

- Keeping you active and in touch with your friends and family, and avoid being isolated
- Taking exercise and keeping you mobile
- Reduce your risk of falling



Contact **Hikmat Happy Feet** for an affordable service, enabling you to keep healthy nails and remain mobile...

Clinics in Torrington, Honiton, Barnstaple, Exeter, & South Molton

[Contact: 01271 267047](tel:01271267047) (Please leave a message) or email hikmathappyfeet@gmail.com

Ethiopian Shiro-Wot (Chickpea Flour stew)

Ingredients:

- 1/2 cup gram flour (chickpea flour) or shiro powder
- 1 small onion
- 2 cloves garlic
- 1/4 cup olive oil
- 1 tsp Berbere (Ethiopian spices)
- 2.5 cups water
- Salt as needed



Method:

Finely chop onion and garlic and in a medium pot, sauté with olive oil for about 3-4 minutes. Add Berbere spice and a couple of tablespoons of water and simmer for about 4-5 minutes, stirring occasionally. Add the remaining water to the pot and carefully whisk in gram flour a teaspoon at a time until completely combined. Let cook on low heat until it becomes thick but smooth - about 15 minutes. Salt to taste. Serve hot with Injera on the side.