

# HIKMAT DEVON NEWSLETTER



Winter 2015, Issue no. 15

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Have a story you want to share?

Please contact us on:  
[hikmatdvon@gmail.com](mailto:hikmatdvon@gmail.com)

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## Hate Crime Awareness:

As part of Hate Crime Awareness Week, supported by Safer Devon Partnership, Hikmat ran a Laughter Yoga and Hate Crime event on 20<sup>th</sup> October and will be having the following in November:

### Cultural Activities & Dance (Exeter)

**Date:** Wed 18<sup>th</sup> November **Time:** 11-2pm

**Venue:** Princesshay, Exeter



*Come and join us in Princesshay for some **Henna Art, Chinese Writing, Try on Cultural Dress** and watch our **Bollywood – Fit & Fun Group** perform some dances. Information on Hate Crime will be available.*

## Bugs, Art & Cream Tea:

In August, 11 of us from different ethnicities from East Devon visited Tracey Estate & Gardens, located just outside Honiton. We were warmly welcomed and greeted by a beautiful vista of the town of Honiton. We had a walking tour of the grounds, learning a bit of the history of the house and the gardens, which had been neglected and overgrown, and are now being lovingly restored. We gathered leaves and flowers, and looked for insects in special viewing bug containers. There were impressive old trees such as oak, and sequoia with huge trunks.



Later we learnt how to paint the flora and mini-beasts that we had collected, with Tara. Our work was rewarded with a lovely packed-lunch picnic in the garden and a delicious cream tea. To top off the day, Mandy let us play with her pet pigs and the children played croquet in the gardens.

By Natalie McCarthy



## Hikmat Devon runner up at UK's Largest Diversity Awards

Nine of Hikmat Devon's Staff, Directors and Volunteers travelled to Liverpool to attend the award ceremony. Hikmat was shortlisted for the **Community Organisation for Race, Religion and Faith Award** at the National Diversity Awards 2015.

Over 20,000 nominations were received this year, paying tribute to grass root communities nationwide. Hikmat Devon was up against 7 others in the category. It was a fantastic, impressive evening hosted in the Liverpool Anglican cathedral.



## Award Corner:



### Volunteer of the Year Award Win:

Irfaan Jhetam – has won Volunteer of the Year Award under the category of 'Bringing People Together' for his work at Hikmat Devon. He attended the award ceremony on 15<sup>th</sup> October with his father and Hikmat Devon Mentors at Muddifords Court in Cullompton. Hikmat nominated Irfaan for his years of volunteering helping on our allotment, at events and fund-raising



# HIKMAT REMEMBERS

## HIKMAT REMEMBERS WW1

Join us for a Diary & Poppy Making Workshop



Everyone of all ages welcome.

Bring fabrics and textiles that reflect your culture/  
faith/style.

**Make beautiful Hikmat poppies.**

Create a one day diary in words or pictures.  
Share & compare diaries & experiences in 2015  
with those who lived 100 years ago during WW1.

11th NOVEMBER 2015. 10.45am-1.15pm  
Meet Cathedral Green, Exeter at 10.45  
workshop at RAMM (museum) 11.15am

**ramm**  
Home to a million thoughts

For further information contact:



Hikmat Remembrance Day Activities  
Wednesday 11th November.

**Activity 1: Keep a one day diary on  
Wednesday 11th November.**

\*These can be written or in pictures.

\*What do you do, see, hear, make, talk about  
or feel on that day?

\*Send your diaries to:

[hikmatww1@outlook.com](mailto:hikmatww1@outlook.com) or hand to a Hikmat  
mentor

**Activity 2: Creative Workshop @ RAMM  
11.15-1.15PM**

\*Make your own poppies, bring fabrics and  
textiles that reflect your culture, faith and  
style.

\*Create your one day diary, share and com-  
pare diaries and your experiences in 2015  
with those who lived 100 years ago through  
WW1.

### Research Volunteers Needed:

If you might be interested in helping us  
research certain WW1 topics—please  
contact us at:

[hikmatww1@outlook.com](mailto:hikmatww1@outlook.com)

## HIKMAT WW1 Event Dates:

### Exeter:

- \* **WW1 Remembrance Event:** Wednesday 11th Nov 10.45am (Cathedral)-1.15
- \* **WW1 Photovoice:** Tues 24th Nov 11-1 (St Sidwell's)
- \* **RAMM WW1 Object Workshop:** Thurs 17th Dec 11-1 (RAMM)

### Barnstaple: (Venue: Hikmat Office - Queens House)

- \* **Bengali Involvement in WW1:** Wed 9th Dec, 11.30-1.30
- \* **WW1 Film Showing:** Wed 16th Dec, 12.30-3

For more info on the HikmatWW1 project and events coming up go to: [www.hikmatremembers.com](http://www.hikmatremembers.com)

## Human Rights – Hikmat flag off to Parliament...

Hikmat attended the BIHR Human Rights Tour in October to be kept up to date  
with the Human Rights Act and changing government policy. Participants creat-  
ed flags for bunting that BIHR will take to parliament next time they go...

**The British Institute of Human Rights**



# New Community Visits to Exmoor

Through the Exmoor National Park New Audience Fund, Hikmat offered two new communities that we have recently started working with, a trip to the moor this summer.

## Russian Community visits the Exmoor Pony Centre:

'We had a tour around the Pony Centre and walk on the moor followed by a picnic, we also visited a tiny but beautiful village, which was exciting for the children. They all thanked me for taking them to this lovely place'

*By Anastasia*



## Korean Community visits Lynton and Lynmouth:

14 of us went to Exmoor in October, it was a little cold but it was so clear that we could see landscape around, the sea and the moor in a distance. We arrived at the Valley of Rocks, and looked at Lee Abbey nearby where is with a fantastic view. Adam, a tour guide led us around the moor while he told us interesting history of the moor and caves down the cliff where used to be a place for smuggling before. The children were so excited to go on the cliff railway taking them down to Lynmouth. *By Mikyoung*



## A lot on at the Allotment!!!

### What a summer for the Hikmat Honeysuckle Garden Group:

Volunteer Day (July): 23 Hikmat and BBC Radio Devon listener Volunteers came together to help turn the allotment plans into reality as part of their Action Station Scheme. It was a great day with lots of skills being learnt including fitting ponds, planting, making pathways, creating raised beds. We all learnt new cultures and traditions. A follow up session enabled us to finish tasks, working together we created great achievements.

Allotment Open Day: (Aug) To show off all our hard work we hosted an open day. 33 people, 8 ethnicities attended to watch a Kenyan cooking demonstration and a flower arranging workshop.



Film Crew! (Sep): We then had a film crew visit from Devon Community Foundation as a Hikmat Volunteer, Irfaan was shortlisted for 'Volunteer of the Year Award'. It was a fun day and the sun came out...



## WW1 Recipe: *Beef Tea!*

A recipe used in WW1, this very mild liquid was soothing and comforting. Give it a try when you're feeling under the weather.

### INGREDIENTS

- 8 ounces (225 grams) beef chuck steak, cut into 1/2-inch cubes
- 1/4 teaspoon salt
- 3 cups water



### PREPARATION

1. Combine the beef, salt, and water in a saucepan and bring to a boil over high heat. Let the mixture boil for 1 minute. Reduce the heat to low and let the water barely simmer for 20 minutes more, skimming off any scum that forms on the surface. Remove the pan from the heat and let cool.
2. Pour the liquid and the pieces of beef into a jar or container, cover it tightly, and let the liquid steep (like tea, of course) in the refrigerator for at least 24 hours.
3. Warm through before serving

## Hikmat Consultations:

### Recover Together:

Hikmat hosted a Focus Group in August for the Recover Together scheme - a review to improve involvement at Devon Partnership NHS Trust – around Mental



Health services. The Focus Group was well attended with 15 participants representing 7 ethnicities, between them they had experience of more than 17 different services in the health system. A range of feedback was collated in and used in the baseline review report produced by Enable & East.

### Healthwatch Focus Group – Vitamin D:

The consequences of being deficient in vitamin D have been well-known to Hikmat for ten years. Several service users have been prescribed vitamin D injection over the years and the effect has been startling. So pivotal has it been to the improving health of these women, and given the number of Hikmat member and service users who are covered when outside, Hikmat Healthwatch recently hosted 2 consultations on the issue. Twenty-six women from across the county contributed, from eight nationalities, which resulted in a diverse collection of cultural prevention strategies and restorative practices (which were noted and shared between groups).

**healthwatch**  
Devon

## DATES FOR YOUR DIARY...

### Nov:

3<sup>rd</sup>: '7 Steps to Business' OPSW Workshop 10-12PM – Booking required (Hikmat)

11<sup>th</sup>: WW1 Remembrance Workshop – 'Poppy making & Diaries' Cathedral Green 10.45, RAMM 11.15-1.15

18<sup>th</sup>: Hate Crime Hikmat Cultural Stand. 11-2pm Princesshay – All Welcome

20<sup>th</sup>: Carers Rights Day: 'Carers Into Employment' 9.30-1pm Exeter Football Club.

Book <http://devon.cc/carers>

24<sup>th</sup>: WW1 Photovoice Exeter Workshop 2, 11-1pm (St Sidwell's Centre)

### Hikmat Co-op General Meetings:

\*Exeter: Mon 23<sup>rd</sup> 10.30-11.30

\*East: Wed 25<sup>th</sup> 10.30-12 (Charmouth)

\*North: Mon 30<sup>th</sup> 10.30-11.30

29<sup>th</sup>: Candlelight Choir 6pm, Exeter Cathedral, booking required

### Dec:

9<sup>th</sup>: Bengali in WW1 (North), 11.30-1.30. Barnstaple Office

17<sup>th</sup>: WW1 RAMM Object Workshop, RAMM Museum, 11-1pm

25/26<sup>th</sup>: Christmas Day/Boxing Day – Bank Holidays