

VISION STATEMENT: "To work towards the elimination of racial and religious discrimination, to promote equality of opportunity and good race relations between persons of different races, religions and cultures. To encourage social inclusion and diversity amongst different groups".



Bedford Race Equality Council

NOVEMBER/DECEMBER 2009

EQUALITY MATTERS

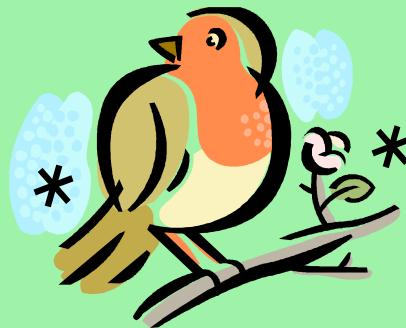


CHRISTMAS OPENING HOURS!



**A very Merry Christmas and
best wishes for a happy and prosperous
2010 from all the Staff at the Race Equality
Council!**

**Our offices are closed to the public from:
4:30pm Wednesday 23rd December 2009
To
9:00am Monday 4th January 2010**





Bedford Race Equality Council

Equality & Diversity Awards Evening

On Saturday 24th October 2009 we held our 2nd Annual Equality & Diversity Awards Evening at the Swan Hotel, Bedford, where over 100 guests attended. We were delighted to see Patrick Hall MP and his wife and the newly elected Mayor of Bedford, Dave Hodgson and his wife, the Lady Mayoress. We had guests from all across the Eastern Region.

We hold our Annual Awards evening, together with a Charity Ball to highlight and celebrate good Equality & Diversity practices across the county and region. We Reward and Award those who take Equality & Diversity seriously, use innovative and sustainable practices to ensure it is embedded across a service or activity and learn from those projects that have demonstrated success.

We received over 40 applications for the awards and the very best were shortlisted.

Our main Sponsor for the evening was **Central Bedfordshire Council**. Other sponsors and supporters of the evening were: **Aldwyck Housing Association, Bedford Pilgrim's Housing Association (bpha), Bedfordshire & Luton Fire & Rescue Service, Business Link, Bedford Borough Council.**

We would like to thank the following for donating us some wonderful prizes for our Prize Draw: **Autoglass, Admiral, Bodyflight, Bedford Rugby Club, Ruby Murray Restaurant, White Horse Pub, Santa Pod Race Venue, DSD Leisure, Charles Wells, Matis Spa & Beauty, Stagsden Golf Club, Patrick Hall MP.**

We held a prize draw whereby all the proceedings went to the Cystic Fibrosis Unit at Papworth Hospital. We managed to raise a great sum of £635.00 for the Cystic Fibrosis Unit which is being put towards the reconstruction of the Unit to enable patients to have use of better facilities to make their long term stays in hospital a little more comfortable.

I would personally like to thank each and every one of you who also donated money because as many of you are aware, this is a charity very close to my heart and I would like to continue raising money to help CF Sufferers.

Kind Regards,

Robyn Anderson



Equality & Diversity Awards 2009



SHORTLIST

LEADERSHIP - Sponsored by BPHA

Sergeant Mohinder Chand, Bedfordshire Police
Mrs Carol Solaiman, Bedford Refugee & Asylum Seeker
Support (BRASS)

TRAINING— Sponsored by Business Link

Bedfordshire & Luton Fire & Rescue Service
Biddenham Upper School & Community College

PARTNERSHIP WORKING - Sponsored by Aldwyck HA

Hills Lower School, Bedford
Bedfordshire & Luton Fire & Rescue Service
ASPIRE
NHS Bedfordshire
NHS Luton & Partners

INNOVATION - Sponsored by BREC

Kenyan Community Bedford
Bedfordshire & Luton Fire & Rescue Service
Central Bedfordshire Council & Hillcrest School
NHS Luton & Partners
Gypsy & Traveller Project
Bedford Borough Council—Cecil Higgins Museum & Gallery

RESEARCH - Sponsored Bedfordshire & Luton Fire & Rescue Service

East of England Ambulance Service

Central Bedfordshire & Bedfordshire Rural Communities Charity & BPROUD

SPECIAL RECOGNITION AWARDS -

Sponsored by BREC

Presented by Cathy Moorhouse and Wendy Anderson-Welsh

Trustees' of Bedford REC Special Recognition Award 2009

The Chief Executive of Bedford REC Special Recognition Award 2009

COMMUNITY ACHIEVEMENT AWARD

Sponsored by Jagtar Singh Associates

This Award will be presented by Jagtar Singh MBE

EQUALITY & DIVERSITY CHAMPION OF THE YEAR

Sponsored by Central Bedfordshire Council

Abdul Mohammed Qayum, Beds & Luton Fire & Rescue Service

Sergeant Mohammed Chand, Bedfordshire Police

Julia Overton, Central Bedfordshire Council

Fozia Irfan, Aspire

Stephanie Bennett, Gypsy & Traveller Project

Peter Martin, Bedfordshire Rural Communities Charity

Vina Harvey, Bedford Borough Council

Carmela Semeraro, Bedford Borough Council

James Marshall, Bedfordshire Police

Jack Waiyaki, Kenyan Community Bedford Ltd

Mike Berrill, Principal, Biddenham Upper School & Community College

OUR WINNERS!



LEADERSHIP – Carol Solaiman, Bedford Refugee & Asylum Seeker Support

TRAINING – Bedfordshire & Luton Fire & Rescue Service

PARTNERSHIP WORKING – ASPIRE

INNOVATION – Central Bedfordshire Council and Hillcrest Lower School

RESEARCH – Central Bedfordshire & Bedfordshire Rural Communities Charity & BPROUD

TRUSTEES SPECIAL RECOGNITION – Hills Lower School

Chief Executive's SPECIAL RECOGNITION – Bryden Keenan (BRASS)

EQUALITY & DIVERSITY CHAMPION OF THE YEAR - Peter Martin,
Bedfordshire Rural
Communities Charity

Carers' Café

BIGGLESWADE – 1st Saturday of the month
Abbotsbury Day Centre
Mead End, SG18 8JU

HOUGHTON REGIS – 2nd Saturday of the month
Houghton Regis Day Centre
Parkside Drive, LU5 5QN

BEDFORD - 4th Saturday of the month
Goldington Centre,
Barkers Lane MK41 9SJ

All café's run 1pm—5pm

Refreshments

Carers Support

Information

Physio*

Pampering*

Reflexology*

Hairdressing*

Computer Games

And Much More!

*Please ring us on 01234 214 914 as soon as possible to book any of these, if you need us to arrange transport for you or you would like more information



*Carers in Bedfordshire in conjunction
with NHS Bedfordshire*





Carers in Bedfordshire
Goldington Centre,
10 Barkers Lane,
MK41 9ST
Tel: 01234 214914

Bedford Race Equality
Council
36 Mill Street,
Bedford
MK40 3HD
Tel: 01234 350459



**Carers in Bedfordshire & Bedford REC
Working in Partnership to provide the
BME CARERS SUPPORT SERVICE**

Someone who...
...Without payment provides help, support
to a partner, child, relative, friend or
neighbour who could not manage without
their assistance.



You **don't** have to be
registered!

Your age and who you
support is not a factor in
deciding whether you are a
carer...
e.g. there are the young BME
carers who perhaps look
after a parent.

A carer can be
from any walk of
life, any culture
and any age.



**Who is a
carer?**

Many carers do not
even consider
themselves one as they
see it as their duty, e.g.
a man looking after his
disabled wife.

Do you look after
someone who has a
physical or mental
illness,
addiction or disability?
They can be younger or
older than you!

Carers do not always
have a choice...

**Well... Carers need help & support
too!**

Here is something important that you as a
carer need to know...

We are always here to support and help
YOU!

Contact our BME Carer Support Worker
Toyin Ogefere on - 01234 350459
Mobile: 07794 523046
Email: toyinbrec@fsmail.net



Voluntary
WORKS

Funding Advice and Training in Bedfordshire and Luton 2009-10

Identifying funding sources Getting tender-ready
Making good funding applications Business Planning
Meeting funder and commissioner requirements



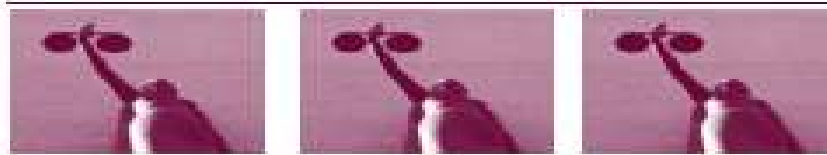
Voluntary and Community Action

Training Workshop

Empowering the Voluntary Sector to Influence Public Bodies

**Tuesday 2 February 2010
10.00am - 4.00pm**

**Bossard House
West Street
Leighton Buzzard**



Fees will be refunded on attendance

"Having attended this workshop I know enough about public law to feel confident to incorporate it in my negotiations with public bodies"

To reserve a place, request a booking form or for more information about this workshop please contact Kim Mead – Training and Information Coordinator on 01525 850559 or email training@action-centralbeds.org.uk



Yoga Classes!

Free weekly yoga classes are conducted at Guru Gobind Singh Gurdwara (GGSG) & Community Centre, 152 – 156 Bedford Road, Kempston, MK42 8EL

Every Thursday from 6.15 to 7.15pm.

These classes are conducted by fully qualified yoga teachers in coordination with an international charity Patanjali Yog Peeth. The sessions include breathing exercises and light physical exercises.

Time to time large yoga workshops are also arranged that are supervised by international yoga teachers. A similar free Yoga workshop took place on the 9th Nov. and the 14th Nov. on 'World Diabetes Day'. Around 100 local residents of Kempston & Bedford attended this session (brief report and 2 photos attached). It was conducted by an international Yoga Teacher Mr Sarwan Poddar.





DIABETES AWARENESS & YOGA SESSION BY MR. SARWAN PODDAR

AT GURU GOBIND SINGH GURDWARA & COMMUNITY CENTER (GGSG), KEMPSTON, BEDFORD

09 NOV. 2009 FROM 6.15 TO 8.00PM

The coordinator of the event Mr Charan Singh Sekhon provided details of the event and introduced the guests.

Opening ceremony done by the following guests:

1. Mrs. Shan Hunt

Honorary Alderman of Bedford Borough Council

2. Mr. Mahindra Mistry – Chairman of Gujrati Mitra Mandal Society, Bedford

3. Mrs. Parul Patel – Yoga Group

All the attendees were asked to complete the registration form. Over 100 people attended the session. Apart from people from all the Asian communities a significant number of people from English background also attended this session.

Apart of breathing exercises Mr. Poddar covered diabetes issues in full details coupled with medical facts and linkage of Yoga with the modern science. He also covered light physical exercise and benefits of healthy diet.

The Chairman of the Gurdwara Management Committee Mr. Lal Singh thanked Mr. Poddar

This event was organised and coordinated by Bedford & Luton PYPT committee in coordination with the GGSG, Kempston.

Employment Discrimination Casework

Have you, or a friend or relative, suffered discrimination in the work place as a result of your

Gender

Race

Disability

Age

Sexual orientation

Religion or belief?

Discrimination may happen at any stage of the employment relationship, e.g:

- Recruitment
- Treatment at work: transfer, promotion, training, pay, benefits, disciplinary action, work allocation etc
- Dismissal
- Post dismissal if connected with the employment, e.g. adverse reference

We are able to provide advice on what you can do about discrimination in the work place. There are strict time limits for taking action about discrimination so early advice is vital. If you think we may be able to help you then please telephone us on

01234 350459 and ask to speak to Linda, or email

lindabrec@btconnect.com

Free business advice on offer to charities

The scheme, called the Third Sector Surgery, will be open to small and medium-sized organisations.

“The aim of the surgery is not to solve problems on the spot – rather to point people in the right direction,” he said.

If you would like to take part in the workshops, email registration@thirdsectorsurgery.org



New Director General appointed for the Office of the Third Sector

We are pleased to announce that [Rolande Anderson](#) has been appointed as the new Director General for the Office of the Third Sector (OTS). She joins the OTS from the Office for National Statistics (ONS) where she was Director General for Transformation and Corporate Services.

Before joining ONS, Rolande was Regional Director of the Government Office for the South East, England's largest region.

Rolande has two family members with hearing disabilities and is a member of RNID. Throughout her career she has championed diversity, and she has mentored on various schemes for BME and disabled civil servants.



Started on 1st December 1988, World AIDS Day is about raising money, increasing awareness, fighting prejudice and improving education. The World AIDS Day theme for 2009 is '*Universal Access and Human Rights*'. World AIDS Day is important in reminding people that HIV has not gone away, and that there are many things still to be done.

According to UNAIDS estimates, there are now 33.2 million people living with HIV, including 2.5 million children. During 2007 some 2.5 million people became newly infected with the virus. Around half of all people who become infected with HIV do so before they are 25 and are killed by AIDS before they are 35.



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Understanding of the needs of voluntary sector organisations

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Call now and see what RUDI can do for you on

01234 313984 / 07714 340369 or email info@house-call-it.com

Or for more information visit www.house-call-it.com

BREC is open to the public:

Monday to Thursday: 9:30-4:30

Friday: 9:30-1:30

Our office hours are: Monday to Friday 9:00am -
5:00pm

Answer phone services at all other times.

Contact Bedford REC:

36 Mill Street, Bedford, MK40 3HD

Tel: 01234 350459 / 340728 Fax: 01234 327487

Email: brec@btconnect.com

Website: www.voluntaryworks.org.uk/brec

**If you would like to advertise here, please contact Robyn Anderson at Bedford REC on
01234 350459 or email brecnews@hotmail.com**

BREC welcomes your comments about all aspects of this newsletter. If you have any comments about the layout, content or distribution of the newsletter, or if you wish to make a contribution to the next issue, please contact us on 01234 350459 or email brec@btconnect.com

Bedford Race Equality Council is supported by: The Equality & Human Rights Commission, Bedford Borough Council, Central Bedfordshire, Big Lottery, HMP Bedford, Capacity Builders