



One Portsmouth

Spring 2011 edition

Spring festivals

Wedding rituals

Russian group

Social care website

Mental health

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Editorial

Dear readers

This month we see the Royal Wedding celebrations take place, which means an additional bank holiday so regardless of your royal views it's a perfect excuse for a party!

There are loads of forthcoming festivals in April celebrating the beginning of spring including Easter and the Bangladeshi Spring Festival. All the spring festivals celebrate the reawakening of nature after the winter months. Read our article on page 6&7 to find out more.

If you want to know how Portsmouth community members celebrate their weddings, read our vox pops on page 3.

The days are getting longer and it's getting warmer, so it's the perfect time to get out and be more active.

Have a wonderful spring,

Yours Runi and Uta

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Guildhall Square
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Wedding memories

We look at how different cultures celebrate weddings

Two members of the Chinese community recall their weddings in Hong Kong.

'Our marriage was arranged by a matchmaker'

Ling Ching Ho*'s marriage took place over 60 years ago and was arranged for her. She didn't even meet her husband before the wedding. Ling said: "a professional match maker looked at our dates of births according to the Chinese calendar and decided that we would be suitable for each other". On her wedding day Ling was carried from her house to her future husband's in a sedan chair. Ling said: "I was wearing a traditional wedding dress embroidered with dragons and birds and a crown with a cloth that covered my head and face."

* Not her real name



A bangladeshi wedding



Chinese wedding picture by Trey Menefee

Bangladeshi wedding

Nadia Khan, 29:

"My husband and I have been married for seven years. Even though I had an arranged marriage, I did meet my husband and got to know him before the wedding. My

wedding was not as big as some Bengali weddings but it was good having lots of close family around me. My husband is from Bangladesh and was a student when we got married. At first we had some problems communicating as his English was not fluent but now we are OK as we've picked up each other's native languages. Many people are sceptical about arranged marriages but not all love marriages last either. Relationships may change over time but I believe in my destiny and think it's important to keep with tradition. Overall I love my parents for choosing the best partner for me and I love my husband too for being so caring."

"There were dragon dances, flags and fire crackers"

Wai Ling Lee got married in the 1960s in a Buddhist ceremony, Wai said: "there was a big celebration at my husband's house with his family, there were dragon dances, flags and fire crackers".

At the wedding ceremony incense was burnt and Wai and her husband prayed to their ancestors. A poetic exchange also took place. During the wedding, food was eaten to represent different aspects of the marriage. Wai said: "before and during the wedding celebration, we ate special dishes: sweet dumplings that symbolise harmony, happiness and sweetness for our relationship and red date soup and lily seeds to wish us a good family life." Her wedding dress was similar to Ling's in that it was also embroidered with dragons.

Mrs Wai Ling Lee



A traditional Chinese wedding dress

Befriending project launches in Portsmouth

Mental Health community development workers (CDWs) and Portsmouth Mind are appealing for volunteers from the Black and Ethnic Minority (BME) community to become befrienders to adults with mental health issues.

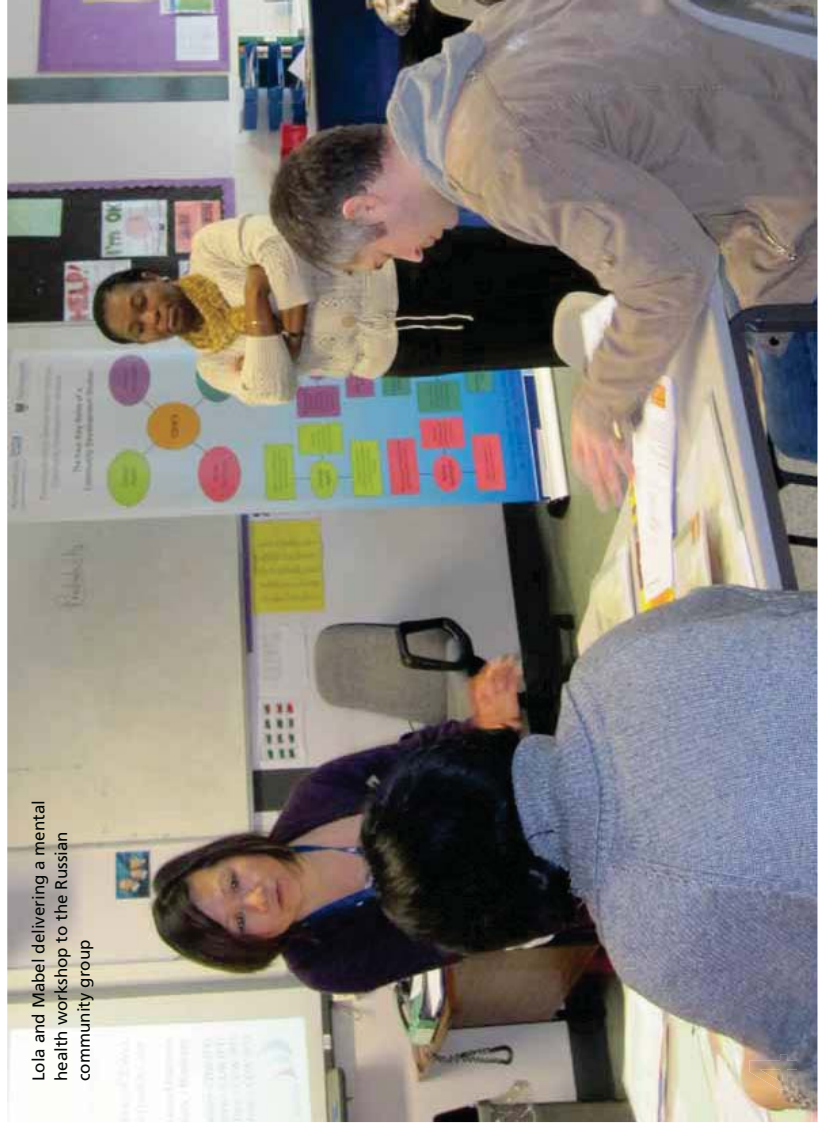
Volunteers will be working alongside CDWs to build relationships and provide a chance for isolated BME service users to participate in social activities. Volunteers will have a chance to meet new people, make friends and become involved and learn about the issues facing people with mental health issues.

Lola Adegboye, CDW, said: "We work hard to find effective ways of meeting the needs of BME users and build stronger links with diverse communities."

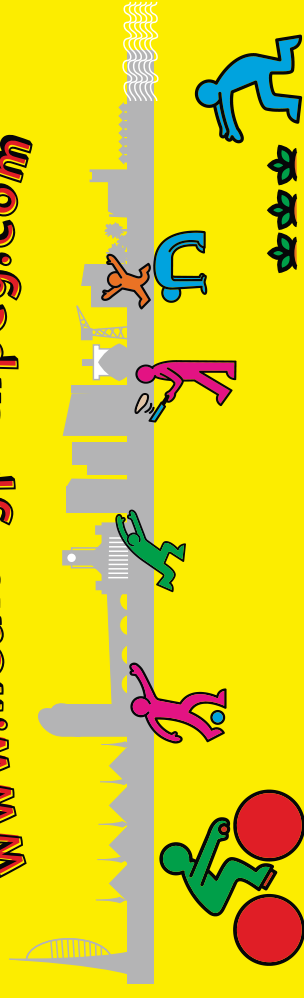
The befriending project is based at the Friendship House on Elm Grove and is aimed at reducing isolation among BME mental health service users and to encourage volunteering within the community.

If you are interested in becoming a volunteer and are 18 years old or above please contact Lola or the CDW Team 023 9275 5485 or email cdw@portsmouthhcc.gov.uk

Lola and Mabel delivering a mental health workshop to the Russian community group



www.healthypompey.com



the healthy pompey website
your passport to a healthy future

Healthy Pompey is a joint programme from Portsmouth City Council and NHS Portsmouth to promote healthy lifestyles.

Please visit www.healthypompey.com and

- Explore our four key themes: food and health, active travel, city growing, and community cafés to find free advice, practical support and resources.
- Use our search facility to find out what activities and events are going on in your local area and how you can get involved.
- Visit our news and events section to find out what we've been up to and what we've got planned for the coming months.
- Join 'Change4Life' today and get your free welcome pack that shows lots of handy hints and tools to help you stay healthy.
- Make good use of our range of on-line assessment and planning tools including: the five a day meal planner, healthy eating assessment, fitness levels, food intake, weight and a diabetes test.

Healthy Pompey is delivered through the council's Health Improvement and Development Service (HIDS). Go to www.hids.org.uk and find out more about the work of the HIDS team or call 9284 1560.



Spring time

Spring festivals in some of our communities



Slovak Easter celebrations



In Slovakia, Good Friday is known as the "day of fasting" and Easter is celebrated with a huge feast on Easter Sunday.

The custom that sets Slovakia apart from other countries is the "Oblievačka" (water pouring) ritual on Easter Monday. This is when men visit their female relatives and friends, pour water on them and whip them gently with special whips made of braided willow rods. According to tradition, pouring water on a woman will guarantee her fertility, beauty and good health throughout the year.

This is accompanied by traditional music which is performed by the men. The final phase of the whipping ritual involves the man spraying drops of perfume on the woman's hair. The woman then rewards the man with a feast of sweets, fruits, drinks and Easter eggs.

Zuzana Bacova

Function organised by weekend Bangla school



There are two spring festivals in the Bengali calendar that celebrate significant events in history.

Independence Day : 26 March

The biggest state festival is the Bangladesh independence day. This is celebrated every year on March 26 by Bengali people around the world to mark the anniversary of independence in 1971.

The celebrations see the citizens of the Bangladesh capital city, Dhaka wake up early in the morning with the booming of guns heralding the day. People are encouraged to lay floral wreaths at the National Memorial Monument at Savar and different cultural functions are organised. At night the main public buildings are illuminated to give the capital city a dazzling look.

Pohela Boishakh 14 April (Bengali New Years Day)

The Bengali New Years day, officially known as Pohela Boishakh is the most important traditional day of the nation. New Year's festivities are closely linked with rural life in Bengali but have also become big in the cities.

Boishakhi is celebrated with fairs that are held all over the world organised by Bengali supporters. Similar functions are arranged in other cities and towns. Agricultural products and traditional handicrafts, as well as various kinds of food and sweets are sold. The fairs also provide entertainment with jatra (traditional plays), folk songs, baul, and bhatiali songs. Sports tournaments are organized including the exciting boat race on the river Buriganga.

The main attraction of the day is the serving of "Panta Bhat" (watered rice) and "Hilsha Fish" - the purpose of this dish is to welcome the spring season for better rice crops.

In Greece and Cyprus Easter celebrations are started on Holy Thursday when eggs are dyed red, symbolising the blood of Christ.

On Holy Thursday a traditional dish called 'Flaounes' is baked, a cheese pie made with mint and sultanas.

On Easter Saturday, those who have fasted receive Holy Communion and bring home lighted candles which represent the holy light of the resurrection.

Friends and family gather at their homes to break the fast with a midnight feast and enjoy the traditional Greek-Cypriot 'Avgolemoni', a type of chicken soup.

On Sunday, traditional lamb is roasted on the charcoal spit accompanied by roast potatoes, Easter bread 'tsoureki' and other Greek delicacies.

Charlie Pericleous



Greek-Cypriot Easter eggs picture by Julio Garcia

The Russian Speaking Support Group

Russian families living in Portsmouth who want to continue learning their native language, and celebrate cultural traditions, are encouraged to come along to the Russian Speaking Support Group.

In 2004, after the EU enlargement, many people from countries where Russian is spoken such as Latvia, Russia and Estonia moved and settled in England. The Russian Speaking Group was set up in 2010 to bring together the community and teach children of Russian speakers their native language and support them with their learning.

We spoke to chair of the group Julia Akaev. Julia said: "Many children that come to the group have one Russian and one English speaking parent and grow up bi-lingual. It is much easier for the children to learn Russian if they have got other people to speak to as well. We have early years development for two to four year olds and lessons for children from four years onwards."

The group also helps people who are interested in learning more about Russian culture and it acts as a support service to families.

Julia said: "We also organise family fun events and cultural celebrations for the whole family, for example New Year celebrations and a spring show."

The group meets in Portsmouth but is open to people from all over Hampshire.

Julia said: "We have got members from Fareham, Havant and Gosport. About 20 families in our group are from Portsmouth. Most of them are Russian, but we also have Russian speakers from Ukraine, Latvia, Estonia and the Czech Republic."

If you're interested and would like to know more contact

Julia Akaev on 023 9229 4013,
email portsmouth.enquiries@gmail.com or
visit www.russian-hants.co.uk

Russian language school

Every Saturday at Charter Academy, Hyde Park Road, Southsea, PO5 4HL
Early Years development
2-4 years (children can attend with parents)
Language lessons for over 4 year olds

Russian Mother and Toddler group

Every Tuesday term time,
11.15am-1pm
With music, toys, books, games, refreshments, activities and community resources
Children's Centre, Union Street, Portsea, Portsmouth, PO1 3BY

Introducing "Social Care info Portsmouth"

<http://scip.portsmouth.gov.uk>



Social Care info Portsmouth is an online directory that provides useful information for service users, carers and professionals

Navigating the website is easy; use the icons above or enter key words to search for services and information. You can also search for services by postcode.

The website features a shortlist of your search results that you can either print or email to friends, family or service users.

Service providers are able to register for free by clicking on the "add an entry" button on the home page which takes them to an online form. All entries to the website are moderated by the website administrator to ensure they are appropriate.

Do try the website yourself!

For more information, comments or feedback please contact Marijke Cochrane at involved.social.care@portsmouthcc.gov.uk or 023 9284 1636



Author Talk

by Ghana Writer, Marilyn Heward Mills
Saturday 2 April 1pm
Portsmouth Central Library, third floor.

Marilyn Heward Mills will be holding a talk about her new novel, *The Association of Foreign Spouses*.

She will be speaking about writing a novel, her research and her home country of Ghana where the novel is set. This will be followed by a question and answer session.
Marilyn's first book *Cloth Girl* was short listed for the Costa First Novel Award.



Participants at the Breast Health Course



Be breast aware

Members of the Portsmouth community from seven different cultural backgrounds have teamed up with health professionals to educate the public about breast awareness.

Breast cancer is the most common cancer in the UK yet there is still a lack of knowledge around breast health and screening programmes.

15 community members and health workers underwent training with Breast Cancer UK in order to provide information on breast health to those in their community.

If you are interested in receiving more information for your group or would like to organise a breast health awareness session, please contact: Uta or Runi at Portsmouth City Council's Health Improvement and Development Service on 023 9268 8390, or email runi.ahmed@portsmouthhcc.gov.uk

Japanese Chicken & Scallion Rice

Prep Time: 10 mins

Cook Time: 10 mins

Total Time: 20 mins

Ingredients

- 1 ½ cups brown rice
- 1 cup reduced-salt chicken stock
- 1 ½ tablespoons sugar, granulated
- 2 tablespoons reduced salt soy sauce
- 1 tablespoon mirin (sweet rice wine)
- 2 large egg whites
- 1 large egg
- 8 ounces skinless chicken breast fillet, cut in ½ inch pieces
- 6 whole scallions (green onions), trimmed and thinly sliced



Recipe

Preparation

1. Prepare the rice according to package instructions
2. Pour chicken stock into a heavy medium saucepan, along with sugar, soy sauce and mirin. Bring to the boil and reduce heat.
3. Stir egg whites and whole egg in a small bowl until just mixed. Add chicken to the simmering broth.
4. Gently pour in the egg mixture, without stirring. Sprinkle scallions on top. When the egg starts to firm up, after about 3 minutes, stir it with chopsticks or a knife. (The chicken will be cooked by now.) Divide the rice among 4 deep soup bowls and top with the chicken mixture.

Free Daytime Weight Management Group

The Portsmouth Health Trainer Service has started a free weekly weight management group at Friendship House every Wednesday 12.30 – 13.30pm.

Each week health trainers Fun Wong and Ashraf Sultana are available to offer advice and support to help people lose pounds, by suggesting changes to diet and lifestyle. An NHS dietician will be on hand to give further advice. There is also a chance to be referred to a specialist active health trainer.

As well as weekly support from the group, attendees will have the option to receive free individual one-to-one support from a health trainer.

For further information please contact Fun or Ashraf: 07800 577685 or visit

www.portsmouthhealthtrainers.org.uk



Useful numbers

Adult social services

023 9268 0810

Citizens' Advice Bureaux:

Cosham
023 9237 6742
Leigh Park
023 9271 7707
Portsmouth
023 9282 2727

Council area offices:

Buckland
023 9260 6500
Landport
023 9260 6300
Leigh Park
023 9230 6900
Paulsgrove
023 9260 6030
Portsea
023 9260 6200
Somerstown
023 9260 6300

Health improvement & development service

BME Community Services
Runi & Uta
023 9268 8390

Immigration:

Southampton
023 8082 0140
Portsmouth
023 9285 2700

Portsmouth swimming pools:

Eastney Pool
023 9273 1786
St Luke's
023 9283 8798
Mountbatten
023 9262 6500

BME services and groups:

Adult mental health service (BME)
development workers
023 9275 5485

African Cultural Organisation
for Integration
07886 309238

Africa Trust chambers
023 9273 0987

African Women's Forum
07758 805 316

Anglo Arab Society
023 9226 5929

Anglo-Hellenic Society
023 9286 3566

Asylum seeker activity project
023 9229 7177

Bangladesh Welfare Association
023 9229 5448

Bangladeshi women and
children's groups
Surestart
07985 126440

Bangla school (Priory)
023 9282 6450 or 07742 933222

British Red Cross
Asylum seekers project
023 92296463

Caribbean Islands Association
023 9282 2745

Cheburashka – Russian
support group
07983851664

Chinese lunch and shopping club
023 9268 8390

Chinese school (Mayfield)
07899 918 930

Chinese women and youth group
07789 196 098

Community languages
023 8048 0021

ESOL
Portsmouth College
023 9234 4340
Highbury College
023 9272 8200
Craneswater Centre
023 9289 3921

EMAS
023 9273 3130

Equalities and diversity team-
Portsmouth City Council
023 9283 4204

Friendship Centre
023 9229 7177

Jami mosque
023 9283 2541

Irish Club
023 9282 5152

Laticap
07908911429

Portsmouth Counselling Service
023 9273 7989

Multicultural librarian
023 9268 8259

Multicultural Link Group
023 9262 5832

Multicultural women
and children's group
The Brambles
023 9282 8606

Ogroshor- Bangladeshi
women's project
07983 450 870

Polish community group
023 9279 8164

Portsmouth African Union
07773 600019

Portsmouth Chinese Association
023 9266 5182

Portsmouth Filipino group
023 9232 6336

Portsmouth interfaith forum
023 9287 7189

Portsmouth Kurdish Association
023 9275 2557

PRENO
023 9287 7189

Portsmouth Vietnamese Association
07789 570874

Racial awareness service
023 92834227

Sylhet District Association
07775 755786

Thai association
023 9242 9922

Zanzibar organisation
023 92346562