

ENFIELD SAHELI MENTAL HEALTH TRUST Quarterly Newsletter

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Applying for Naturalisation as a British Citizen - Language Requirement

From 28th July 2004, the standard of knowledge of the English language which applicants for Naturalisation will need has been defined by ESOL Entry 3. This means at this level "People are able to follow straightforward spoken explanations and can hold a conversation on a familiar topic".

The sections below will show a number of ways to prove if your English has reached Entry 3 or above. It will also be relevant to different people according to their circumstances.

Section 1 applies to people who already speak English and have an educational qualification which could have been obtained by someone who has good English

Section 2 applies to native speakers of English and particularly to those who do not have an educational qualification of the kind described in Section 1

Section 3 is for people who have been learning English as a second language, and who already hold a certificate of knowledge of English language which they believe is of a standard as high as ESOL Entry 3

Section 4 is for people who are learning English and believe that they have reached the ESOL Entry 3 standard but don't have any certificate to show this.

Section 5 is for people who are clearly not yet at ESOL Entry 3 Level in English.

Source: Home office website.

Drop-in Activities & Sewing Classes

Due to popular demand we have seen the re-surface of the sewing classes since 24th September. The classes are running with a great success whereby the women are learning new skills and producing excellent pieces of work. Mrs Malik a professional sewing teacher has started off with Sari blouse making and will be teaching many other designs.

We have also seen the development of the arts and crafts sessions which is running well by Mrs Khan, who brings with her a wealth of knowledge, experience and expertise in various activities related to art therapy. Mrs Khan has proved to be an inspiration to the women, currently she is undertaking the sessions around appliqué and has bonded and built a trust with the women. In future she will carry on with tie and dye, batik and tissue paper work.

Enfield Saheli presents.....

Arts and Crafts Classes

Do you want to learn skills around Tie and Dye, Batik, Painting, Appliqué, Paper Sculpture and many many more.

All students should bring their own scissors and pens/pencils
Every Friday at 1.30 pm to 3.30 pm

For further details contact Sabah / Hasu on 020 8373 6220.



Dates for your diary

Friday 29th October 2004

1.30 pm - 4.00 pm

Talk– Raising awareness on Breast screening and its importance by Sam.

Friday 19th November 2004

1.30 pm - 4.00 pm

Rosie from Chase Farm Hospital will provide us a talk on “General hygiene”.

Friday 17th December 2004

1.30 pm - 4.00 pm

Party for all members

The above events will be held at
Community House.

Refreshments are available at all our Drop-ins

Victim Support

Last month we had a talk on Victim Support by Adriana and Mash on 24th September. Both of the trainers introduced their organisation.

Victim Support is an independent national charity for the people affected by crime. They normally see children under 16 with the permission of their parents. Victim Support is based in Enfield and can be contacted on 020 8350 0354 or victim-support.enfield@virgin.net.

The workshop was well received by the women especially by Mash who shared his experiences of being bullied at School.

FIRST AID

Lucy from British Red Cross came to provide us a talk on First Aid. Lucy showed the women the procedure of performing resuscitation. The service users showed great interest and took part in the practical skill.

She also explained the different situations of which some were simple, others complex. At times emotional support is required until help arrives. Whatever the situation we only need to remember the basics such as keep calm, stop and look around you DR ABC (danger, response, airway, breathing and circulation), to stay confident and get the help quickly. The trainer also introduced training courses designed for first aid.

Many thanks to our users, supporters, friends and Enfield NHS Primary Care Trust

Sewing classes for Asian Women
BY

Mrs Malik

(AN ASIAN FEMALE SEWING TUTOR)

Would You Like to Learn New Skills in:

- Pattern cutting
- Shalwar Kameez
- Sari blouses & Trouser Suits

Join the Sewing Class on every Friday at the Mental Health Drop-in, 10.00 am -12.00 pm For details please contact Sabah / Hasu on 020 8373 6220

If you are happy with the translation of the newsletter please return this slip to Enfield Saheli

Name.....
Address.....

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r inform Sabah / Hasu on 0208 373 6220.

We would like to hear from you in order to continue this service in the future.

Registered Charity Number: 1045236