

*Supporting the successful integration of all migrants, refugees, BME community members and groups in Essex and Hertfordshire*

## ISS Launches Saturday Family Club in Loughton

Over thirty parents and children from different backgrounds and cultures got together to celebrate the launch of our Saturday Club in Loughton, whose aims to create facilities and opportunities for families with children from migrants and other ethnic minority communities to integrate successfully with the community through a variety of activities like playing, learning, social events and accessing a package of support services provided by ISS staff and volunteers and other local organisations.



The Saturday Club launch Event, 15th January 2011

The role of ISS in this club is to make sure that every child has the opportunity to play, learn and have a happy and healthy environment by encouraging their parents to attend and participate in children centre's activities across Epping Forest. Making sure that migrant families and other ethnic communities are fully informed about the services available for them and their children in their local area, build links among all service providers and migrant communities with aims to support a successful integration, community cohesion cultural awareness and understanding.



*The opening of this club has been made possible as a result of our successful partnership work with Epping Forest Children Centres with whom we are sharing resources, experiences and best practices to reach isolated families with children in Epping Forest areas.*

The club will be open every 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> Saturday of the month between 10 am and 1 pm and on the 4<sup>th</sup> Saturday of the month between 1 pm to 4 pm. If you have experience working with children and a desire to work with the community, please give us a call on 01279 639442. We are now recruiting volunteers with relevant experience and skills to support this new project.

## ESOL Classes have now started...see inside

Also inside: Exciting news about our new Community Café in Wych Elm, Harlow see page 7!

## ESOL Classes have now started...

Thanks to our partners like **L&Q Housing Association**, **Limes Farm school** and **Limes Farm children centre** we have now started our ESOL classes with first sessions being held on the 8<sup>th</sup> of January at Limes Farm Community cabin, Limes Farm.

The classes will be held every Friday between 9 30 am to 11 30am. The classes are for those with little or no knowledge of English and aims to support students to achieve at least an Entry 1 or 2 certificate in English.



The demand for this course is very high and you must call our main office on 01279 639442 to book a place. Also if you have little children, and need help with child care to attend the course, that can be provided free if you call our office in advance and speak to Joanna.

## New compassionate approach to family returns



Children will no longer be detained in Yarl's Wood immigration removal centre, the government announced in December 2010.

The UK Border Agency will instead follow a new four stage process for returning home families who have no legal right to stay in the UK.

It focuses on engagement with families during the decision making process and the opportunity for parents to help decide when and how they return.

Developed after wide consultation, it is hoped that these new measures will ensure a family's return home is safe and dignified. For more information visit:

[www.homeoffice.gov.uk/media-centre/news/family-returns](http://www.homeoffice.gov.uk/media-centre/news/family-returns)

## ID cards consigned to history



ID cards have been scrapped by the government after the Identity Documents Bill received Royal Assent just before Christmas 2010.

This means that all ID cards will now be cancelled within one month and the National Identity Register, the database which contains information of card holders, will be destroyed within two months.

This means that by January 31st ID card holders will no longer be able to use them to prove their identity or as a travel document in Europe.

A counter has been placed on the Identity and Passport Service (IPS) website counting down the seconds until the cards become invalid. The Identity Card Scheme and other biometrics work has already cost the taxpayer £292 million. The Act has saved £835 million in planned future investment. IPS will now write to all existing cardholders and inform international border agencies, travel operators and customers of the change in law.

**Please be aware that if you are planning to travel using the ID card from next month you must make sure that you have the passport with you as ID card will no longer be valid.**

For more information please visit the Home Office website or contact our support workers on 01279 639442.

## BANK HOLIDAYS IN THE UK THIS YEAR

**Handy advance planner  
Both ISS Harlow and Epping area offices  
closed on these days:**

22 April Good Friday  
25 April Easter Monday  
29 April special (extra) holiday for the royal wedding  
2 May (May Day)  
30 May  
29 August  
Friday 23<sup>rd</sup> December last working day for ISS Epping and Harlow, return to normal hours on 3<sup>rd</sup> Jan 2012

**Please ring our office if you have any questions  
about these days, we will do all we can to help:  
01279 639442**

## Volunteers Needed

**Do you have a passion to work with the community? Do you want to gain experience and new skills, do you want to share your knowledge and expertise with others?**

We offer the following opportunities to help run our services in Harlow, Epping Forest, and East Herts:

Interpreters, translators, advocacy, IT support, play workers, catering, admin and many other opportunities.

**Please do give us a call on 01279 639442 for an informal chat. We would be very happy to explain the benefits of becoming a volunteer for ISS.**



## Biometric residence permits - Tiers 1 and 5 of the points-based system

From 14 December 2010, migrants must enrol their biometric information (fingerprints and facial photograph) with the UK Border Agency if they want to apply for further leave to remain in the UK under the Tier 1 or Tier 5 (Temporary worker) categories of the points-based system.

Enrolling biometric information helps to protect the identities of genuine applicants. Successful applicants are issued with a **biometric residence permit**, which provides evidence of their permission to stay in the UK and shows the conditions of their stay.

Amended application forms for Tier 1 and Tier 5 (temporary worker) can be accessed in Home Office Website: [www.ukba.homeoffice.gov.uk](http://www.ukba.homeoffice.gov.uk)

If you apply **by post** to extend your stay in one of these categories, the Home Office will send you a confirmation letter when they receive your application. You will be able to enrol your biometric information at one of Home Office's eleven biometric enrolment centres (by appointment only) or at one of 17 post offices nationwide (which offer a walk-in service for an additional fee).

## Government announcement on 'Earned Citizenship' policy

The Home Secretary has outlined the government's approach to reform of the settlement rules, including a decision not to pursue the 'earned citizenship' policy.

Earned citizenship concerned the path to settlement and British citizenship, and was planned to come into force in July 2011. It will now not be introduced.

Outlining the government's approach to settlement reforms, the Home Secretary said:

"It is too easy, at the moment, to move from temporary resi-

dence to permanent settlement. We will not implement Labour's policy of earned citizenship, which was too complicated, bureaucratic and, in the end, ineffective.

"If people enter this country saying that they will only stay here temporarily, then it is obvious that they should only stay here temporarily.

"Working in Britain for a short period should not give someone the right to settle in Britain. Studying a course in Britain should not give someone the right to settle in Britain."

The Home Office will make further announcement in the near future. In the meantime, the current rules and requirements for obtaining settlement and citizenship will remain in place.

## UKBA – updated guidance for employers to prevent illegal working

The UK Border Agency has published an updated version of their summary guidance to help employers.

This is to "understand the law on illegal working and what they need to do to comply." The summary guidance includes details of document checks that employers are advised to undertake, and aims to be a quick reference tool. It must be read in conjunction with the comprehensive guidance for employers on preventing illegal working.

If you are an employer and need more information please refer to:

<http://www.ukba.homeoffice.gov.uk/sitecontent/documents/employersandsponsors/preventingillegalworking/>

**If you have any questions about issues raised in this newsletter, please contact us:**

**01279 639442**

## African Adventure



Andrew Pryde, who joined ISS as a trustee and board Member in 2010, spent three months last year working with small businesses in Malawi as part of a Scottish Government-funded programme aimed at helping to develop entrepreneurial success in one of the poorest countries in Africa. He came across the opportunity to take part when his wife brought a copy of the Evening Standard back from a business meeting in London that contained a small advert asking for business consultants to volunteer.

Within 5 weeks, he was on a plane bound for Blantyre, the principal commercial city in Malawi. Andrew says:

"I've travelled a lot, and had visited South Africa as well as various countries in North Africa, but Malawi (and Sub-Saharan Africa as a whole) is so different in terms of the people, the landscape, and the way of life. There were several really great things about the project: being able to work with young entrepreneurs, helping them to develop business plans and goals, supporting them in gaining additional funding, and providing mentoring and advice to small organisations from a wide range of sectors."

The other key aspect to the project was training a group of young Malawi apprentice business consultants who are working towards a qualification from the UK's Chartered Management Institute, which will help to ensure that the core skills of modern business remain in Malawi even when this project ends.

Andrew says that his time in Malawi was very busy, but totally enjoyable. Indeed, he is still working on one project he was involved with - developing a business plan for a new food processing factory - that will have enormous economic and health benefits for the country. He says "It was hard work, but I made many new friends and had my eyes opened to that wonderful part of the world. There is great poverty, but I left with a positive feeling that things will improve, and that the dependence on aid can be reduced. My time in Africa gave me a small insight into some of the issues faced by people moving to a new country, and makes me determined to contribute what I can to the work of ISS".



## Changes to Worker Registration Scheme (WRS)



The Worker Registration Scheme was introduced in 2004 when new countries joined the European Union. It allows us to monitor where citizens of those countries (except Malta and Cyprus) are coming into our labour market, the type of work they are doing, and the impact this has on our economy.

**Under European Union law, the Worker Registration Scheme cannot continue beyond the end of April 2011.**

You will normally have to register under the Worker Reg-

istration Scheme if you wish to work for an employer in the United Kingdom for more than one month and are a citizen of:

- Czech Republic;
- Estonia;
- Hungary;
- Latvia;
- Lithuania;
- Poland;
- Slovakia
- Slovenia.

Which means from 1<sup>st</sup> May 2011 there is no legal obligation to register with Home Office. All immigrants from these A8 group coming to work in UK are entitled to do so.

Source: UK Border Agency

**For more information please contact  
our office: 01279 639442**

# ISS Going from strength to strength!

This year, for the first time away from their offices, ISS held their 5<sup>th</sup> AGM on the 12<sup>th</sup> of November 2010. Harlow College kindly provided the College Hall for the event which was attended by more than 50 people from various prominent organizations as well as speakers Robert Halfon MP and Terry Kirkby from Pitney Bowes, who have been very supportive to the organisation during the last few years.



Above: Terry Kirkby, Pitney Bowes addresses the ISS AGM

Also attending was Lord John Petre Her Majesty's Lord Lieutenant for Essex (seen left) who was the speaker last year and was very interested in the progression of the work done by ISS.



Robert Halfon MP said that his involvement with ISS began three years ago when he visited their office and that he is always confident to recommend them to people who come to his surgery for help; he went on to say “that we are living today in a diverse society and this is something to celebrate. ISS is a living embodiment of what this society is all about and is very rare in fact, ISS are social entrepreneurs and with each client they help, humanity and dignity is always at the forefront.” The organisation has grown from strength to strength in the last 5 years and has now ambitious plans to expand its work across Essex and Hertfordshire with a clear mission to support a successful integration of all migrants, refugees, BME community members and groups in Essex and Hertfordshire. While funding is going to be a real challenge for many charities including ISS, MIMOZA Matoshi the Chief Executive emphasized the importance of partnership working and innovative approaches to support ISS objectives in longer terms.



Robert Halfon gives an award

## IMPORTANT

**Integration Support Services have now made it much easier for you to contact us by changing our email addresses and website address to be much briefer and easier to remember.**

**To write to us simply type in: [info@iss.org.uk](mailto:info@iss.org.uk)  
and to visit our website enter: <http://www.iss.org.uk> in the address bar  
Please do not use the older and longer version of our email/website address  
as very soon it will cease to operate.**



## International Women's Day

It has become an ISS tradition to celebrate International Women's Day, originally called **International Working Women's Day** which is marked on the 8<sup>th</sup> March every year.



It is a major day of global celebration of women. In different regions the focus of the celebrations ranges from general celebration of respect, appreciation and love towards women to a celebration of women's economic, political and social achievements.

**As in past years, we are arranging a special date to mark the event on the 12th March and we would be delighted to invite all our female clients and partners to celebrate this occasion together with ISS. please contact the office for more details: 01279 639442**

# Culture Corner

## MAKAR SANKRANTI -14 January 2011

This festival is celebrated in India and other south east Asian countries like Nepal, Thailand, Myanmar and Cambodia. Typically a harvest festival Makar Sankranti also marks the holy phase of the sun's transition in its celestial path. It is, therefore, considered an auspicious occasion, a time for change and transformation. Prayers are offered and local delicacies are prepared.



## CHINESE NEW YEAR – 3 February 2011

Ring in the 'Year of the Rabbit' on 3 February 2011 is the Chinese new year, the most significant of all Chinese festivals. It marks the start of spring. The Chinese New Year is a celebration of new beginnings. It is a time for family, food and gifts. Preparations start early with the cleaning of homes which is to get rid of evil and bad luck making way for good luck and prosperity. Homes are decorated with lanterns and colourful paperwork representing happiness and longevity. Red and gold are the auspicious colours. People wear new clothes and shoes, exchange good luck wishes with family and friends. Families gather to eat a sumptuous dinner consisting of seafood, dumplings and rice and sweets. The elders give children 'red packet' (*hong bao*) with money or chocolates in it. Ancestors are also remembered and tributes are offered by burning incense. Dragon and lion dances as well as fireworks are an integral part of the festival. Traditionally, the festivals end after 15 days with the 'Festival of the Lanterns' when lanterns of various sizes and shapes are hung and celebrated with music and dance.



## MILAD-UN-NABI -15 February 2011

Muslims celebrate the birthday of Prophet Mohammed on this day. It is a day of reflection to remind oneself of the honourable character, simple life and teachings of the Prophet which they must emulate. Stories of the Prophet are told and prayers are offered. Charity is offered and food is given to the poor.



## EASTER- (GOOD FRIDAY 22 April and EASTER SUNDAY 25 April 2011

Christians celebrate the resurrection of the Lord, Jesus Christ on Easter Sunday. In most Christian churches worldwide, this is typically the most well-attended Sunday service of the year. The name is derived from Pesach, the Hebrew name of Passover, a Jewish holiday. Easter occurs on any date between March 23rd and April 26th. The actual date is set as the first Sunday after the first full moon that occurs after March 21. Originally Christian Easter was celebrated at the same time as Jews celebrated Passover, the 14th day of the month of Nisan. This was moved to Sundays which had become the Christian sabbath or day of rest. The Holy week begins with the observance of Palm Sunday (the name originated from Jesus's entry in Jerusalem). The crowds laid carpets of palms on the street for him. The Last Supper is commemorated on Holy Thursday of special week and Good Friday is the anniversary of the crucifixion of Jesus Christ. The Holy week ends with Easter Sunday (resurrection of Jesus Christ).



Further festival dates can be found online at:

<http://www.bbc.co.uk/religion/tools/calendar/>

or please ring our office on 01279 639442 where we will be happy to help.

## Making the best of your qualification with qualification comparison

Integration Support Services together with The Learning Partnership are jointly running this project.

If you have a qualification from your home country, and would like to know what the closest UK qualification comparison is, please contact our office for assistance: 01279 639442.

ISS can provide a free qualification comparison service to migrant workers who are in employment, and to individuals from black and minority ethnic (BME) communities. We can offer you access to a comparison of your qualification to its closest UK equivalent. You will receive a letter confirming the closest UK equivalent qualification and full assessment of your needs with advice and support throughout the process. The service we provide can only compare

your qualification if it is a complete qualification from an accredited institution within the country in which it was issued. You must bring your original certificates to your initial interviewer who will ask to see your original certificates, naming the qualification title and the issuing institution and they will make copies of your original certificates. They will then send a letter with the details of the comparison to your Advisor who will make an appointment to see you again.



This is not all we do for you! ISS will also discuss your options to help you achieve your full working potential in the UK and explain the significance of the comparison process results and help you further with your CV and options.

**Joanna Hewelt**

## Internet Community Café! An exciting new project for ISS... (This is also an ideal volunteering opportunity, please ring us to find out more and see how YOU can be actively involved...)

Supporting the successful integration of all migrants, refugees, BME community members and groups in Essex and Hertfordshire



### Internet Community Café

We offer:

- ❖ Free internet!!!
- ❖ Help in using computers
- ❖ Support with filling application forms
- ❖ Guidance on improving your qualifications
- ❖ Help with CV writing
- ❖ Advice on employers and landlords disputes
- ❖ Place to meet new friends
- ❖ Advice on services and opportunities in your area
- ❖ Food and drinks at affordable prices





### Join us every Saturday

Starting: 5<sup>th</sup> February 2010  
**Opening time: 11 am- 2 pm**  
 Directions and how to find us:  
 At 2 Wych Elm, Harlow  
 CM20 1QP



Next to the NHS centre and ambulance station



Integration Support Services 2 Wych Elm Harlow Essex CM20 1QP  
 Registered charity No: 1120609 Limited by Guarantee No: 6308078  
 Telephone: 01279 639442 Email: info@iss.org.uk  
 Website: http://www.iss.org.uk

## ISS invited to participate in Community event

On the 12<sup>th</sup> December ISS was invited by Robert Findlay founder of Heart4 Harlow to participate in the Civic Carol Service at St Paul's in Harlow Town Centre.

The event was one of thanksgiving for services in the town which go a long way to help so many people especially as Revd Findlay said, "in times of an average cutback in funding in general of about 25%."



After an introduction by Revd Findlay on the excellent and caring service ISS brings to the community Marlene Brooks, who represented ISS at the event, lead the prayers. Marlene was joined by Mel Foster from St John's Ambulance, Mark Samuels Commander Essex County Fire and Rescue Service, Superintendent Adrian Coombs from Essex Police and Joshua Findlay, Hertfordshire and Essex Against Trafficking (HEAT) and Joel Charles from Harlow Council read a poem by John Betjeman. Martin Harris, Area Dean gave the sermon. The event was very well attended and refreshments were served afterwards offering an opportunity to meet together and speak to members of the congregation.

St Paul's, being in the centre of a thriving town has the privilege of being a very diverse parish and this was an excellent opportunity to reach out to more people who may need our services in the future.



## Job Vacancies with ISS

We are looking to recruit experienced play workers to assist us on Saturday activities for children 0 to 10 years old. Salary: £7.50 -£8.55 per hour (depending on experience), a minimum NVQ 2 qualification or equivalent in play work is required. Normal hours will be Saturdays 10.00 am to 1.00 pm. With 4th Saturday of each month from 1;00pm to 4;00pm

You'll be providing an inclusive play facility for children aged up to 10 years old where they will benefit from a safe, stimulating and enjoyable experience. You will also be working closely with the ISS staff and volunteers to develop the service and ensure that any special needs are met. Previous experience of working with children of this age group is essential. For an informal discussion or for an application pack please contact our office on 01279 639442.

### Also needed Volunteers

If you have a good understanding of migrants, refugees and other Ethnic minority issues in this area and want to make a positive difference in people's lives we would like to hear from you. Support and training for various positions in our office, Saturday groups, and for various projects are provided.

All volunteers and staff of ISS must undergo a CRB check prior to starting work with us.

**For more details and to have an application pack please call our main office at 01279 639442.**

integration support services

CABLESHEER GROUP

SureStart east POTENTIAL

5 Brewer Group plc L&Q

Community Development

# FREE ENGLISH CLASSES

**Starting on Friday 7th of January 2011**

**When: Every Friday 9:30-11.30**

**Where: Limes Farm Community Cabin, IG7 5HG**

**Free Childcare Provided**

Contact Integration Support Service for more details and to book your place

01279 639442 or phone Joanna 07775955982

info@iss.org.uk

## UKBA pilot project in London and Peterborough City Council helps homeless from EU return home or may enforced removal from the UK

Immigration minister, Damian Green said: 'People from within the European Economic Area who have been in the country for longer than three months have to be working, studying or self-sufficient in order to have a right to stay. If they are not, or don't have a genuine prospect of doing so, the UK Border Agency expects them to return home.'

Newcomers from EU are often left to fend for themselves; unless they have worked full-time for a year and register with WRS, migrants from countries that joined the EU in 2004 and 2007 have no right to public funds and only limited access to services. The outcome is often isolation and homelessness.

In London the pilot sees the UKBA issue letters advising homeless EU nationals to go to the police station to prove they are working, in education or self-sufficient. If they fail to provide proof, they can be forced to leave the UK. Immigration staff have handed out 116 'minded to remove' letters to people from eastern and central European countries. Forty letters have been issued advising people they must leave the country. First 13 homeless European nationals were forcibly removed from the UK. The people were removed as part of a UK Border Agency pilot project in which it staked out soup runs and other places homeless people congregate.

In Peterborough the pilot began after Peterborough MPs voiced concerns to UK Border Agency about the number of migrants sleeping rough in the city. A new approach targets people who have travelled legitimately from European countries to work, but who are now unemployed and homeless. Latest figures show that five people have been removed from Peterborough to their home countries by the UK Border Agency. A further 11 people have taken advantage of the project's reconnection service which sees travel and support provided as part of a voluntary return.

A UK Border Agency spokesperson said: 'Since the pilot began, the partner agencies involved have encountered 63 EU nationals who were rough sleeping. Of those, 11 have taken advantage of the reconnection service provided by Peterborough City Council and a further five have been removed from the UK by the UK Border Agency.'

Many EU rough sleepers stay in London because they think – often incorrectly – there is a only a limited safety net in their own country. Thames Reach has been working with Eastern European charities to get people home. They first help to detox rough sleepers, reunite them with their families and prepare them for work in their home nations.

**Source: UKBA**

## Racism in the community.

A response to racist incidents is our obligation and responsibility. If you or somebody you know were a victim of racist incidents, hate crime – please report that to police, as this is a crime.

Migrants who move to find work and asylum seekers dispersed by official policy are often isolated and at risk from racist attacks in traditionally white, rural communities. No section of British society is more vulnerable than asylum seekers and undocumented migrants.

Forced by circumstances beyond their control to seek a life outside their home countries, prevented by laws from entering legally and from working, denied a fair hearing by the asylum system, excluded from health and safety protection at work, kept from social care and welfare, un-housed and destitute, vilified by the media and therefore dehumanised in the popular imagination, their hopes of another life are finally extinguished. The IRR has catalogued a roll call of death of the 77 asylum seekers and migrants who have died in the UK.

Five migrant workers have died since 2006 following attacks with racial motives. In March 2009, Kunal Mohanty, an Indian sailor died after his throat was slit in a street attack in Glasgow. Also in 2009 Marek Muszynski, a Polish migrant worker, died following an attack in Newry, Northern Ireland.

Adam Michalski, a Polish migrant worker, was stabbed to death in Wrexham in 2007 and Gregory Fernandes, another Indian sailor, died from a heart attack following a gang attack in Hampshire in the same year. In 2006 two men, Khizar Hayat and Hamidi Hamidullah, died following an arson attack on the shop where they were working. In August 2006, Wei Wang a Chinese asylum seeker, was murdered.

As in the case of those perishing on the way to the UK, it is not possible to accurately count those who have died in workplace accidents related to negligence. If there are health and safety problems in your workplace you need to report that to Health and Safety Executive, just call 0845 300 99 23.

**Source: Institute of Race Relations: Driven to Desperate Measures: 2006-2010.**

**If you feel a need to discuss  
any problems you may have,  
please contact us on  
01279 639442  
We are here to help**

# ISS Christmas party was 'Magic'!

Every year ISS have their Christmas Party at the Tree House Children Centre and this Christmas was no exception, but with a difference.

This year a Magician presented the show. This was new for children and they really enjoyed it.



The party was a great opportunity to see the magician, play games, dance, share snacks and drinks. At the end of our party Santa came with presents for all the children.

The event was very well attended and over 100 people came to celebrate the day with us. We had extremely positive feedback from all who came and all agreed that it was great fun for children and their parents.

## World Story Telling event at Harlow Library

3rd February at 10 am and 11 am to celebrate the Chinese New year  
And

On 16th March at 10 am Marlene Brooks from ISS will be story telling to 6/7 year old local children.

Please do join us.

You are very welcome to ring our office for more details: 01279 639442



Coming soon!

art and crafts

eggs

games

Fun

## ISS Saturday Club Easter events

16th and 23rd April



## ISS Women's Group

Our monthly Women's Group has been running for 4 months. In November the theme was international food and we enjoyed specialities from Ireland, Poland and England. and the ladies worked on the delicious foods from 6am on the Friday of the meeting. Everyone enjoyed the varieties and tasting of the foods from different cultures and the ladies were able to exchange recipes to try at home.



In December we had a taste of Indian dancing such as Bollywood and Bhangra.

*Bollywood dance is primarily modelled on Indian dance: classical dance styles, dances of historic northern Indian courtesans (tawaif), or folk dances. Bollywood dance is made up all forms of dancing and is vital as the story we would like to tell.*

*Bhangra 'dance began as a folk dance conducted by Punjabi Sikh farmers to celebrate the coming of the harvest season. The specific moves of Bhangra reflect the manner in which villagers farmed their land. This dance art further became synthesized after the partition of India, when refugees from different parts of the Punjab shared their folk dances with individuals who resided in the regions they settled in. This hybrid dance became Bhangra. The folk dance has been popularised in the western world by Punjabi Sikhs and is seen in the West as an expression of South Asian culture as a whole. Today, Bhangra dance survives in different forms and styles all over the globe – including pop music, film soundtracks, collegiate competitions and cultural shows' (source: Wikipedia).*



Dancing was very intense but we enjoy it very much. We would like to thank Disho for sharing the mysteries of Bollywood and Bhangra with us.

**Next dates for our monthly meetings are: 28<sup>th</sup> of January, 18<sup>th</sup> of February and 11<sup>th</sup> of March.**

**Group is held in Limes Farm Junior School from now on as the crèche for children. Please, remember to book the crèche in advance.**

We look forward to seeing you.

### Introducing Saba our new volunteer

"I am Saba, mother, wife and friend. Relatively new to the country, attending to domestic responsibilities and raising two children. Happy to be doing it; yet the desire do something, to contribute and share my knowledge and skills led me to contact the Volunteering Centre, Harlow who put me on to ISS, where I help/work now."

"I am extremely happy to be here. I know that with my background of mass communication I can make valuable contributions to ISS. Having been here just a few weeks, I am already helping out with planning events, and communication strategies. The staff are warm and helpful. Working with ISS gives me a purpose and new confidence."

"I look forward to a long and rewarding association with ISS."

**Saba Shameel**



**Saba (left) with Abi  
ISS Public Relation Volunteers**

## SCHEDULE FEBRUARY TO APRIL 2011

ACTIVITY	VENUE	Day/Time
Outreach/Support Consultation and advice	Harlow and Epping area	Monday to Saturday By appointment, please ring our office
Saturday activities for families with children	Treehouse Children's Centre Staple Tye Harlow CM18 7MG	Saturdays 10.30 am—2.30 pm
Saturday activities for families with children	Sunrise Children's Centre Loughton IG10 3HE	1st, 2nd, 3rd and 5th Satur- days of each month 10 am—1 pm 4th Saturday (ONLY) 1 pm—4 pm (no morning session this day)
Internet Community Café Free access to internet, practical help, in- formation and guidance, Tea/coffee, food and refreshments at very affordable price.	2 Wych Elm (follow the sign for Quigy's café) CM20 1QP	11 am—2 pm
Drop in sessions	Harlow Office 2 Wych Elm Harlow CM20 1QT	Thursdays 10 am—2 pm
Drop in sessions at: True Stars Children Centre	Limes Farm Community Centre Chigwell IG7 5NT	Tuesdays 10 am—12.30 pm
ESOL Classes (FREE BUT TO BOOK) For beginners to learn and improve English Crechè available	Limes Farm Community Cabin Chigwell IG7 5NT	Fridays 9.30 am—11.30 am
Women's Group	Limes Farm Junior School Limes Avenue, Chigwell IG7 5LP	Monthly on Fridays Please ring our office for details)

Office Address:  
Integration Support Services, 2 Wych Elm,  
Harlow Essex CM20 1QP  
Telephone: 01279 639442  
E-mail: [info@iss.org.uk](mailto:info@iss.org.uk)  
Website: <http://www.iss.org.uk>  
We are a registered charity No. 1120609  
Company limited by Guarantee  
No. 6308078

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production of this newsletter.



**Pitney Bowes**