

# BRINGING CULTURES TOGETHER

SPRING/SUMMER EDITION - 2020

Food

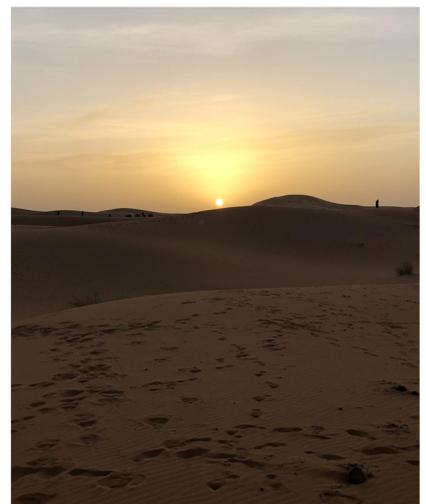
Gardening

Health

Clubs



Image Credit to 1Zoom.me





**HAWA**

HERTFORDSHIRE ASIAN  
WOMEN'S ASSOCIATION  
community | culture | empowerment

# CONTENTS

## Pages

1: Sofia Shakir

2: About us

3: Meet the team

4-5: Lavender Gardens

6-7: Oxfam

8: Amrasha Beauty

9: QK Property Services

10: Fitness Tips

11: RM Fitness

12-13: Recipes

14: Academy of Cake

15: Artisan Chocolaterie

16-17: Recipes cont.

18: Colour me in!

19: Puzzle Page

20-21: Habiba Gardens



22-23: Gardening Tips

24: Monir Ali Photography

25: Smart Wash Laundrette

26-29: Travel Inspiration

30-31: Rainbow of hope NHS

32-33: Kids Corner

34-40: Useful Info

41: Sopwell Community Trust

42: Covid-19 Response Group

43: End Page



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groups of 3+**

**Sofia Shakir MUA  
07897420121**

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# HAWA

HERTFORDSHIRE ASIAN  
WOMEN'S ASSOCIATION

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## About Us

Hello and Welcome to Hertfordshire Asian Women's Association (HAWA).

We at HAWA are a group of women, who care about our community and are passionate about supporting women to reach their maximum potential as individuals within our community.

Our story started in 2008, when we launched Hertfordshire Asian Women's Association (HAWA). As a group, we run events, workshops and projects for women from all cultural and racial backgrounds. These range from our weekly Saheli Tiffin Club, The Gardening Club (Habiba Gardens), visits and trips, The HAWA community hub and support services.

Our work is based primarily in the St Albans City and District area and in the future, we hope to extend our support and services to the rest of Hertfordshire.

We are an independent and voluntary organisation with no religious, national or political affiliations; and we welcome membership to all women over 16.

# Meet The Team



Rushna Miah  
Chair/Acting Treasurer



Zia Kiani  
Vice Chair/ Acting Treasurer



Farhat Zia  
Executive Member



Zaitun Sadikali  
Executive Member



Rafina Suffee  
Executive Member



Sufia Ali  
Executive Member



Mubin Mohammed  
Executive Member



Sabina Mostafa  
Executive Member



Rahena Chowdhury  
Secretary to the chair



Touria Oulhat  
Tiffin Club  
Co-Ordinator



Shanaz Shama  
Tiffin Club  
Sessional Worker



Sadia Sharif  
Tiffin Club  
Sessional Worker

Mouna Vacca  
Social Media  
Volunteer



Yasmin Vacca  
Admin Assistant  
Volunteer

# A Sunny Day in the Lavender Gardens, Hitchin

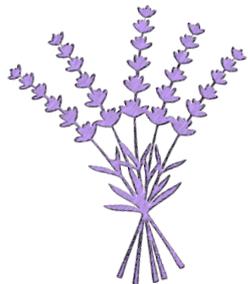


Image 1: Close-up shot of Lavender from The lavender Gardens.

**I**n June 2019 we took the ladies from The Saheli Tiffin Club and HAWA

for a day out in Lavender Gardens in Hitchin. As we arrived into the car park we could smell the sweet scent of Lavender. Once we gathered together from the coach we proceeded to follow the signs to the gardens, as we turned the corner of a large barn we could see breath taking views of the lavender fields that seemed to go on for miles. As we picked up our tickets and bags from the farm shop, we were taken in by all the beautiful bunches of fresh lavender, soaps, candles and many other items made from Lavender, the choices were endless. We then went out into the fields to pick our Lavender in the glorious sunshine. This was nature at its best; we had a lot of laughs, took many photos and

day with lunch in the picnic area overlooking the fields.

## A bit about Lavender

Hitchin Lavender is a Lavender farm attraction close to both London and Cambridge.

They have around 35 miles of lavender rows which you can walk through and pick your own fresh flowers from.

As well as the fields of lavender, they also grow sunflowers and have a wildflower area.

The farm has some spectacular views of rural Hertfordshire and Bedfordshire and there are many interesting walks surrounding them. Inside their 17th century barn they have a range of lunches and homemade cakes available to buy and you can also browse their products and choose from their large

variety of lavender plants on offer. They also have an online shop, where you can check out their products online. Visitors are also welcome to walk around their museum which houses a replica of the "Perks & Llewellyn" pharmacy, well-known in the 19th century for their lavender products. For the younger-Guests, there are a whole range of activities for them. There is a fortress play area and a model tractor. This place is very unique as it has a historical element.

## History of Lavender

The use of Lavender in England was documented in the early 17<sup>th</sup> century. Lavender is thought to have originated from the Mediterranean, The Middle East and India which can be dated back to more than 2500 years ago. Archaeologists discovered

perfumes with Lavender in Egypt inside of The Pharaoh, Tutankhamun's tomb. The discoverers mentioned that the traces of lavender that were found kept its scent and were easily detected. Lavender has many beneficial properties including Health, Beauty and many others!

Many Historians believe that Lavender was first thought to be introduced into the UK by the Romans who came to The UK several thousand years ago.

As Lavender is a natural Antiseptic. Antiseptics are known to be very useful as they stop or slow down the growth of micro-organisms. During the War the medics used Lavender to dress battle wounds. However the Romans used Lavender in many different ways.

The Romans used Lavender to repel insects as well as in their diet which involved cooking lavender with other ingredients and for washing.

Interesting Fact, The Latin word 'Lavare' which means washing originated from the word Lavender.

Lavender is one of the oldest perfumes which was used in England.

During the 1500's Queen Elizabeth, had used it both as a perfume and also in her tea to treat her migraines. Lavender in Hitchin is unique because during the 1500's the small market town of Hitchin was becoming an established grower and was one of only two

major Lavender growing areas in the country.

For more information check out their website.  
[www.hitchinlavender.com](http://www.hitchinlavender.com)

Article by Yasmin Vacca & Touria Oulhat



Image 2 & 3: Ladies from The Tiffin Club and HAWA Enjoying themselves at the Lavender Gardens in Hitchin.

## **A message from Oxfam**

*Dear Oxfam friends,*

**Events have moved very quickly in the last few weeks.**

Following on from our very successful 2019 Walk, with over £7,000 raised for Oxfam, we'd just announced our Oxfam St Albans Walk for Water date of 26 September 2020 when the Coronavirus lockdown started, and now we have no idea of what the situation will be by then.

We send best wishes to all including those self-isolating, those working in essential jobs especially the NHS, and those home-working and home-schooling.



We shall keep our plans for September under review and hope it will still be possible for our supporters to take a countryside walk and donate to Oxfam.

We know Oxfam will have great needs to meet during the Covid-19 pandemic, and millions of people to help around the world.



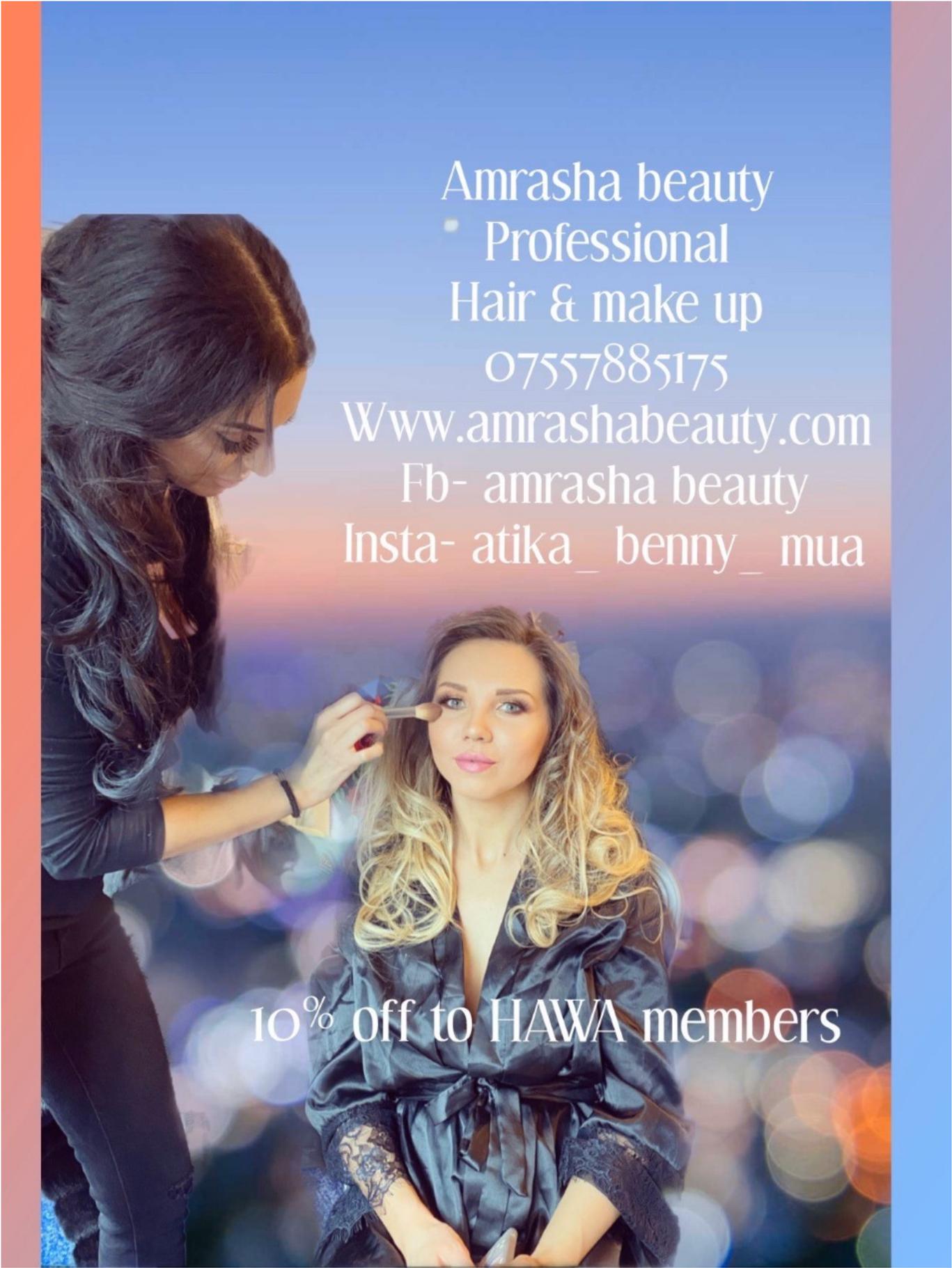
Oxfam's speciality is in Water and Sanitation, and Handwashing has never been so important. The newly-developed Oxfam Handwash station will save lives. It costs £45 to manufacture. You can see a video of the Handwash station at <https://vimeo.com/312537819>

Our fundraiser page for 2020 has already been opened, at <https://www.justgiving.com/fundraising/StAlbansOxfam>



Do start donating now, if you can. If someone has helped you by bringing shopping, or if you get out to enjoy a walk, why not put a small sum aside for Oxfam, and each time your fund gets to £10, donate it on the JustGiving page?

Visit our website [www.welwynhatfield.co.uk/oxfamstalbans/](http://www.welwynhatfield.co.uk/oxfamstalbans/) for more news and stories as the weeks go by.



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10% off to HAWA members



## **QK Property Services Self Catering Serviced Apartments in St Albans**

**Welcome to QK Property Services - we provide classy city centre self catering apartments in the old Roman town of St Albans, Hertfordshire as well as in Italy . Our apartments are a stone throw away from the cathedral, restaurants, gastro bars and excellent shopping facilities in St Albans, Hertfordshire.**

**The historic Verulamium Park and state of the art leisure centre, with spa and swimming facilities, are also close by with journey in to London less than 20 minutes away.**

**Spacious accommodation, modern kitchens and bathrooms together with parking facilities make our apartment ideal "home from home " both for business and leisure clients. We have created our accommodation to enable you to experience modern living in city centre locations with all the comforts and privacy you would enjoy at home.**

**We cater for both short and long term stays for business, and corporate clients as well as leisure and holiday accommodation deals.**

**We always strive to provide a warm, friendly and very professional service to all our guests. We offer 10% discount for HAWA members.**

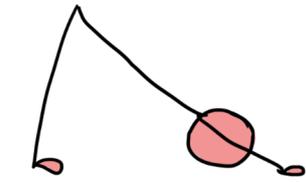
**Please visit our website: [www.qkpropertyservices.co.uk](http://www.qkpropertyservices.co.uk)**



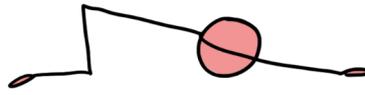
# Keeping Healthy At Home



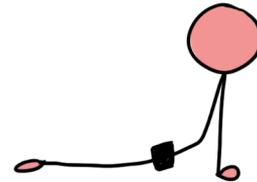
## Relaxing Stretches You Can Do At Home



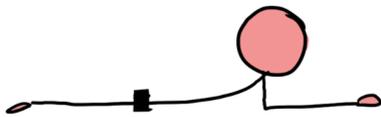
Downward Facing Dog



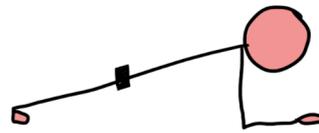
Extended Puppy Pose



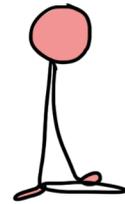
Upward Facing Dog Pose



Sphinx Pose



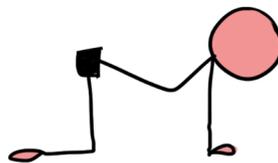
Dolphin Plank Pose



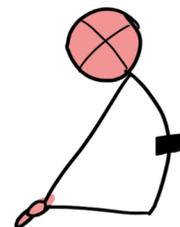
Hero Pose



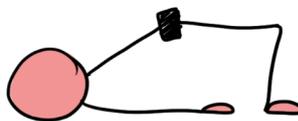
Cat Pose



Dog Pose



Camel Pose



Bridge Pose

*m. vacca*



- RM Fitness in Partnership with HAWA to keep you fit and healthy during summer:
- RM is a Fully Qualified Level 3 fitness instructor, fully insured and DBS checked:
- RM Can offer nutrition advice and RM is also qualified to process GP Referrals.
- 10% discount to all HAWA members

RM Fitness Schedule offers:

**Monday** 10am HITT, cardio related exercise to target the increase of lung capacity followed by weighted exercise to burn more fat. Then 6.30pm offering Pilates to engage core muscles which also helps with back and joint problems.

**Tuesday** 10am Bootcamp a resistance-based exercise with none impact moves to do cardio and kettle bell workout. Targeted burning fat and improving health. Repeat session at 6.30pm

**Wednesday** 10am Pilates to engage core muscles which also helps with back and joint problems  
6.30pm Boxercise, with Warm up and then shadow boxing with handheld weights to improve strength and improve stamina.

**Thursday Aerobics** 10am Warm up and cardio exercise to improve health and fitness and achieve weight loss. Pilates 6.30pm, with working on core muscles.

**Friday** Total body workout 9.30am Full cardio workout, aims to work on dominate muscles and achieve weight loss and muscle conditioning.

**Thursday Tiffin special** session 11.30am aimed at over 50s which is Chair aerobics week 1 all seated exercise to work on affected muscles to strengthen, week 2 Standing exercise improving mobility, Week 3 Pilates engaging core muscles, rotating each week this is FREE for all.

Private 1-2-1 sessions available and Nutrition consultations are also available.

Call to book your sessions on 07912603893 Rabina Malik

To get Skype access please contact Rabina Malik via email or text

Email [rabina\\_malik@yahoo.com](mailto:rabina_malik@yahoo.com)

<https://rabinamalik.wixsite.com/rmfitness/timetable>

# Recipes

## Creamy Caesar Salad



### Method

1. Heat oven to 200C/fan 180C/gas 6. Tear 1 medium ciabatta into big, ragged croutons or, if you prefer, cut with a bread knife. Spread over a large baking sheet or tray and sprinkle over 2 tbsp olive oil.
2. Rub the oil into the bread and season with a little salt if you like (sea salt crystals are best for this). Bake for 8-10 mins, turning the croutons a few times during cooking so they brown evenly.
3. Rub 2 skinless, boneless chicken breasts or (halloumi) with 1 tbsp olive oil, season. Place pan over a medium heat for 1 min, until hot, but not smoking. Lay the chicken on the pan and leave for 4 mins.
4. Turn the chicken or (halloumi), then cook for 4 mins more. Check if it's cooked by poking the tip of a sharp knife into the thickest part; there should be no sign of pink and juices will run clear.
5. Bash 1 garlic clove with the flat of a knife and peel off the skin. Crush with a garlic crusher. Mash 2 anchovies with a fork against the side of a small bowl.

### Ingredients

- 1 medium ciabatta loaf (or baguette sliced)
- 3 tbsp olive oil

- 2 skinless, boneless chicken breasts or substitute with grilled Halloumi Cheese
- 1 large cos or romaine lettuce

### For the dressing

- 1 garlic clove
- 2 anchovies
- medium block parmesan or Grano Padano cheese for grating and shaving 5 tbsp mayonnaise
- 1 tbsp white vinegar

6. Grate a handful of parmesan cheese and mix with the garlic, anchovies, 5 tbsp mayonnaise and 1 tbsp white vinegar. Season to taste. It should be the consistency of yogurt – if yours is thicker, stir in a few tsps water to thin it.
7. Grate the cheese with a peeler. Tear 1 large cos or romaine lettuce into large pieces and put in a large bowl. Pull chicken into bite-size strips or (slice the halloumi) and scatter half over the leaves, along with half the croutons.
8. Add most of the dressing and toss with your fingers. Scatter the rest of the chicken and croutons, then drizzle with the remaining dressing.
9. Get creative and add other vegetables, for example rocket salad, radish, cherry tomatoes.
10. Sprinkle the remaining parmesan on top and serve straight away.

Recipe by Marco Vacca

## Ingredients

### For Making the Dough

2 cups fine semolina or durum

flour

1 1/2 cups white flour

1/2 cup whole wheat flour

2 teaspoons sugar

2 teaspoons salt

1/4 teaspoon dry yeast

1 1/2 cups warm water

(approx.)

### For Shaping the Flatbread

1 cup vegetable oil

1/2 cup unsalted butter,

softened & 1/2 cup fine semolina

# Moroccan Flatbread Recipe



## 1. Make the Flatbread Dough

Add the flour and salt into a bowl, then stir in the yeast. Add the water and mix to form a soft dough. Knead for a few minutes; adding in a little more water or flour to get a soft dough texture if needed. Knead the dough by hand for 10 minutes (or with a stand mixer for 5 minutes),

Next, oil a large tray. And divide the dough into approximately 16 smooth balls (the size of small plums) and place them on the oiled tray, leaving space between them, Oil the top of the dough balls, cover loosely with cling film or with a tea towel and leave to rest for 20 to 30 minutes.



## 2. Shape the Flatbread

Set up your work area surface. You will need the tray of dough balls and bowl of oil, 1/2 cup soft butter and semolina.

Oil your work surface. Take a ball of dough and set it in the centre of the work area. Oil your hands and the top of the dough ball, then flatten and stretch the dough into a paper-thin squares using light pressure and a sweeping motion with your fingers. Use more oil as needed.

Roll the dough just as you would for cinnamon rolls. Take the top edge of the dough and roll it downward toward you. Set this roll of dough aside.

Repeat the entire process with remaining balls of dough. Cover loosely with plastic and leave to rest for 15 to 20 minutes.



## 3. Cook the Flatbread

Heat the pan over medium heat.

Starting with the dough that was shaped first, flatten two rolls of dough by firmly patting them into (3 mm) thick round circles; place them on the preheated pan(s) and cook for several minutes, turning several times, until nicely golden and crispy on the outside. Move to a plate to cool.

Continue flattening and cooking until all the flatbreads are cooked.

You can serve with honey, Nutella or get creative.

My personal favourite is adding pesto, cherry tomatoes and grilled halloumi cheese.

Recipe by Touria Vacca

Page 13



# HAWA

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## Academy of cake decorating



Our school provides top quality training in a variety of aspects of baking and cake decorating, in class and also online.

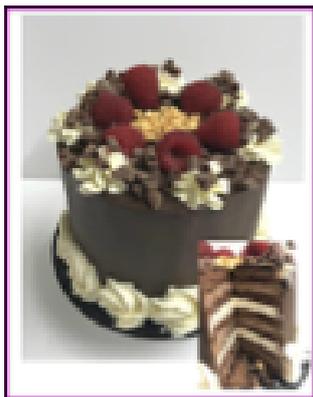
We run beginners to advance courses, workshops also professional diploma courses ACD, Wilton and PME. 10% discount on beginners workshops for HAWA members.

<http://www.academyofcakedecorating.com>

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## Chocolate bonbons

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email: [artisanchocolaterie@yahoo.com](mailto:artisanchocolaterie@yahoo.com) Tel:07305543355



# Chicken Manchurian

## Ingredients:

### Chicken batter:

500 grams of boneless Chicken  
4 tablespoons of oil  
Ginger and garlic paste.  
Half an egg (beaten)  
One tablespoon of plain flour

### Sauce:

One tablespoon of corn flour  
One and a half medium sized Peppers  
(different colours preferably)  
Half an onion (cut into small chunks)  
4 tablespoons of ketchup  
2 tablespoons of oyster sauce  
2 tablespoons of soy sauce  
2 tablespoons of Sriracha sauce  
1 cup of Water  
Half a teaspoon of black pepper powder  
Half a teaspoon of white pepper powder  
1 teaspoon of honey  
Salt to taste

### Fried Rice:

1 cup of soaked rice  
Half a cup of mixed vegetables.  
3 tablespoons of Oil  
1 teaspoon of soy sauce  
1 teaspoon of chilli garlic sauce.  
1 teaspoon of ginger garlic paste  
Half a teaspoon of black pepper



1. Mix the flour, egg and half a teaspoon of black pepper into a batter and coat the chicken with it. Let the chicken marinate in the batter for 5 mins. Then fry the chicken and leave aside.

2. For the sauce: Heat the oil on medium heat. Once hot add the ginger and garlic paste to it and fry for a minute. Then add all of the sauces and cook for 5 mins. Then add honey. Add the water and cook for another 5 minutes. Add the fried chicken to the sauce. Mix the corn flour with half a cup of water and add to the sauce and cook for 2 minutes until it thickens. Add the small chunks of onions and peppers and cook for further 3 mins. Once cooked cover the pan and leave for another 2 to 3 mins.

3. Method for Fried rice: Boil the rice and set aside. Heat the oil in a pan on a medium flame.

Add the ginger garlic paste and mixed vegetables and cook for 2 to 3 mins. Once the vegetables are a little soft, add the rice along with the sauces, black pepper and salt. Mix all of the sauces and rice together well. Then cover and cook on a very low heat for 5 mins.

4. Serving: Serve the contents onto a plate and enjoy!

Recipe by Parveen Begum

# Moroccan brioche

## Method:

In a large bowl whisk one egg, add salt, sugar, aniseed seeds, oil, 1 tablespoon sesame seeds, yeast and melted butter. Mix well until the yeast dissolves.



Slowly add the flour to the mixture and mix well. Add the milk and mix until a thick consistency.

In another bowl, grease the bowl with oil and transfer the dough to the greased bowl and then cover with cling film and leave to double in size.

Divide the dough into 10 balls and then flatten them slightly and put them on an oven tray.

Then cover and leave to rise for 30 minutes. Preheat the Oven. In a bowl whisk one egg and brush the brioche, sprinkle the sesame seeds on top.

Then lower the oven to 180 degrees or gas mark 4 and place the brioche in the middle shelf to cook for approx. 25 – 30 minutes or until golden brown.

Enjoy plain or with jam, butter or honey

Recipe by Touria Oulhat



## Ingredients:

300g of Flour

2 Eggs

Pinch of salt

1 tablespoon of yeast

2 tablespoons of sugar

1 tablespoon of oil

1 teaspoon of Aniseed seeds

2 tablespoons of sesame seeds

1 tablespoon of melted butter

Half a cup of milk



## Feta Cheese & Pomegranate Fruit Salad

### Ingredients:

1 medium sized Pomegranate

150g Feta Cheese

250g Strawberries

4 small sized Peaches

First, wash all the fruits and put aside. Grab your pomegranate and de-seed the pomegranates and put the seeds aside.

Next, remove the stems of the strawberries and slice the strawberries into halves. Take your peaches and slice in halves and remove the seed then slice the peaches into  $\frac{1}{4}$ .

Cut the feta cheese into squares. Now you can place all of the ingredients onto the serving plate starting with the pomegranate seeds and adding the strawberries, peaches and feta cheese.

For Toppings, you can add honey and lemon juice but I prefer to keep it simple!

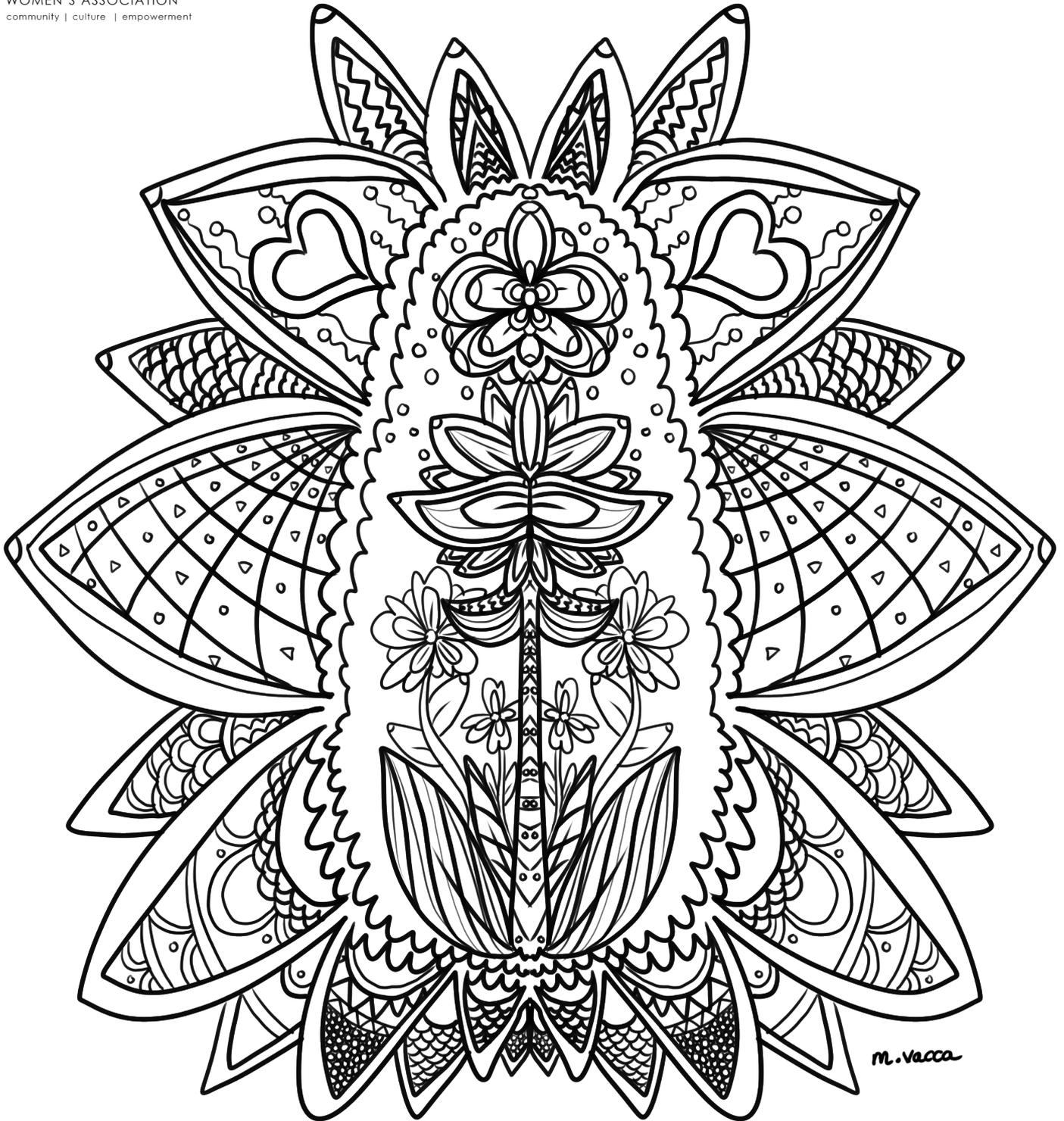
Recipe by Touria Vacca



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Colour me in !



*M. Vacca*



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# Puzzle Page

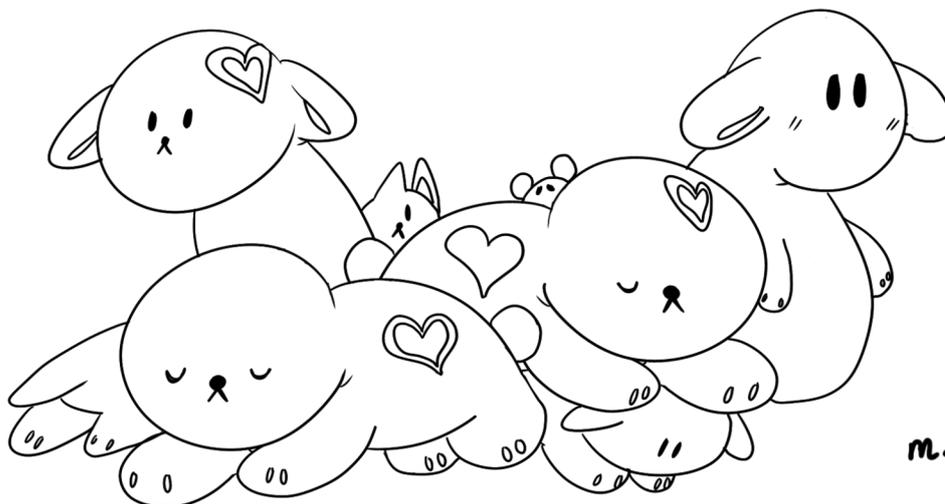
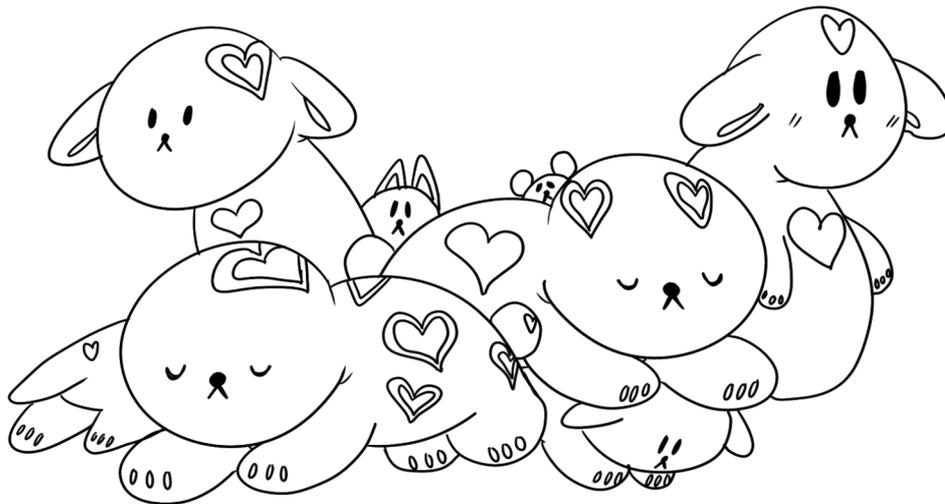
## Spring Word Search

K	W	K	I	T	E	P	S	D	R	N	A	W	S
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- GARDEN
- RAIN
- FARMER
- INSECTS
- FLOWERS
- NEST
- KITE
- MARCH
- PUDDLE
- SUNFLOWER
- UMBERELLA
- SEED
- WARM
- PARK

*M. Vacca*

## Spot The Difference



*M. Vacca*

# Habiba Gardens

## How the community garden started



Image 1: Close-up shot of Lavender from The lavender Gardens.

In 2015 we were allocated a plot of land at the Highfield park by Community Development Agency Herts (CDA) A few days before a very active member of our Saheli Tiffin Club had passed away, her name was Habiba Anchawan. After discussion with the HAWA committee it was agreed that we will develop the plot into a garden dedicated to Habiba Anchawan. With the help of Farah and Collin Everitt who designs the initial layout of the

garden taking into account of our elderly ladies needs. It was decided that we would make two raised garden beds with a diamond shape in the middle, with the roses from Habiba Anchawan's garden. These were brought by her daughter Mubin, Gul, Rafina helped them over the months and lot's of people came forward to volunteer their time in creating this peaceful space. We developed one raised bed into international herbs and the other into a variety of flower beds. It's

really exciting to see the project progressing from a patch of grass into a beautiful space created for everyone to enjoy. We had the Official opening of the Habiba Garden by Daisy Cooper who was the Liberal Democrats' parliamentary candidate for St Albans in 2017 and all of the Saheli Tiffin Club members were at the opening. It has taken a great deal of time to create Habiba Gardens we are grateful for the support from The People's Health Trust, CDA and Waitrose

who generously contributed to enable us to develop and continue the project annually. The financial support helps us continue and develop this further and a big thanks goes to all the volunteers who have given their time to help us create this peaceful space.

Article by Farhat Zia.



21-29 April Energy | Food | Waste | Transport | Natural Habitats



## **OPEN HERB GARDEN – FOR ASIAN COOKING**

Herts Asian Women's Association, HAWA

Address: Habiba garden, CDA Community Gardens, Hixberry Lane, St Albans AL4 OTZ.

The HAWA and Saheli Tiffin Club members took part in the 2019 sustainable event in St. Albans.

Rafina and Farhat demonstrated at the event and gave people tips on how to grow herbs and how they are used in Asian cuisines.

### **Coriander Plants**

Coriander, also known as Chinese parsley, the stems and leaves of which are usually called cilantro in North America. Coriander is an annual herb in the family Apiaceae. All parts of the plant are edible, but the fresh leaves and the dried seeds are the parts most traditionally used in cooking.

### **How to Grow**

It should take around three weeks for the plants to germinate, make sure to water them often, and ensure that they never dry out. Coriander prefers direct sunlight with some shade during the hottest parts of the day. Coriander is not a heavy feeder like basil, meaning that as long as the soil is in good condition, it should grow well.

One of the tricks is to soak the seed overnight before you sow them.

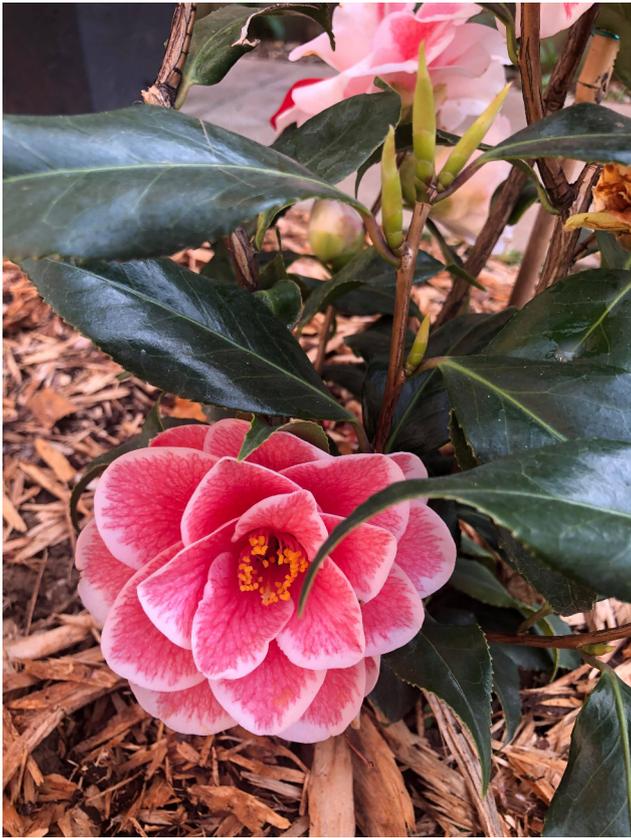
### **Chillies**

The Chili pepper, is the fruit of plants from the genus *Capsicum* which are members of the nightshade family. Chili peppers are widely used in many cuisines as a spice to add heat to dishes.

Chilli peppers can be grown from seeds that are sown indoors from late winter until the middle of spring.

Fill a 10cm (4in) pot with good quality seed compost, flatten the compost to leave a level surface, then sow a few seeds on top. Most seeds will germinate, so only sow a few more than you need in case of losses.

Written by Farhat Zia.



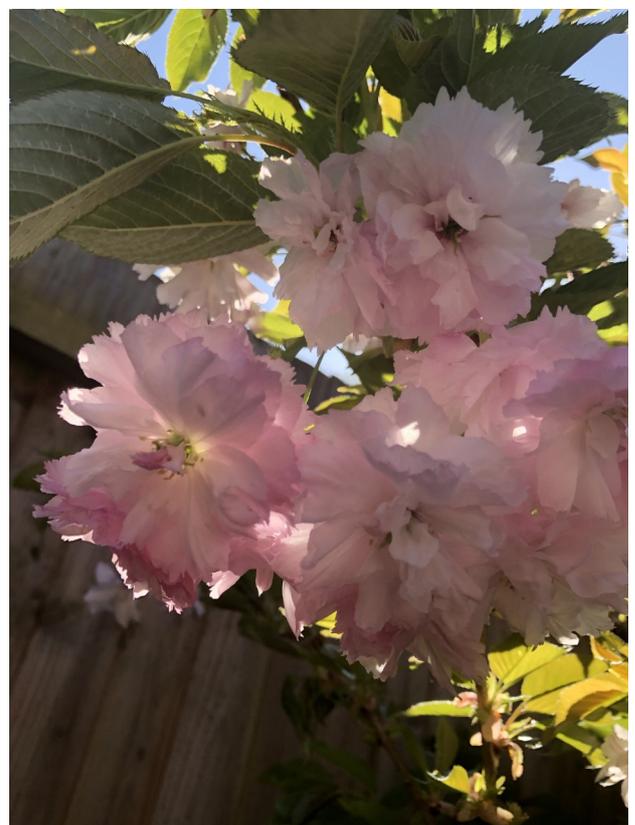
Camellia



Hydrangea



Moroccan Mint



Sakura (Cherry Blossom)



## Handy Guide to Gardening



When you are looking after Roses, growing Hydrangea or trying to grow any other flower. Using a Fertiliser (pictured right) will help your plants to grow healthy.

Fertilisers can be used for indoor and outdoor plants and are put into the soil of the plant which releases plant food. You can use fertiliser on fruit, veg, shrubs, and fruit trees.

For hanging baskets and containers you can add between 25-50g of plant fertiliser every 10-12 weeks.

For bushes, roses and fruit trees you need 50g and use evenly per 1 metre of the trees height.



You can also use plant food, (pictured left). You can mix 1 full cup with 4.5 litres of water into a watering can. It is safe to wear gloves when using this product as it contains chemicals.

When using plant food, it is best not to add in direct sunlight.

For sensitive and young plants mix the plant food with water (Half a cup with 4.5 litres of water).

Written by Yasmin Vacca

*Weddings & other stories*

moniraliphotography.com

07949 250 660





# HAWA

HERTFORDSHIRE ASIAN  
WOMEN'S ASSOCIATION  
community | culture | empowerment

**Smart Wash Laundrette 53 Hatfield Road St Albans, AL1 4JE 01727 860622**

- ❖ **Self service**
- ❖ **Service washes**
- ❖ **Dry cleaning**
- ❖ **Duvets and blankets**
- ❖ **Curtain and rugs**
- ❖ **Shirt ironing**
- ❖ **Alterations**
- ❖ **Pick up and delivery**



**Why not visit us at our very clean and welcoming premises at Hatfield Road and experience our friendly service.**

**We offer the cheapest service washes in the town.**

**We have now introduced a Customer Loyalty Scheme whereby every 10th Self Service Wash is absolutely free. Please bring this leaflet to register for our Customer Loyalty scheme**

**All Hawa members get 10% discount on self service and service washes ONLY.**

**Due to Covid-19 the Laundrette is only open for self service only.**

**Smart Wash Laundrette 53 Hatfield Road St Albans, AL1 4JE 01727 860622 /07891430055**

# Travel Inspiration

We have stories from members who have travelled to different parts of the world and are sharing their experiences.



## The Maldives

For my 25th wedding anniversary I went to the Maldives.

It was absolutely beautiful, clear blue water, white sandy private beaches, amazing picturesque scenery and beautiful hot weather.

Would definitely recommend if you are looking for a nice relaxing holiday.

Credit: Rushna Miah



# Paris, France

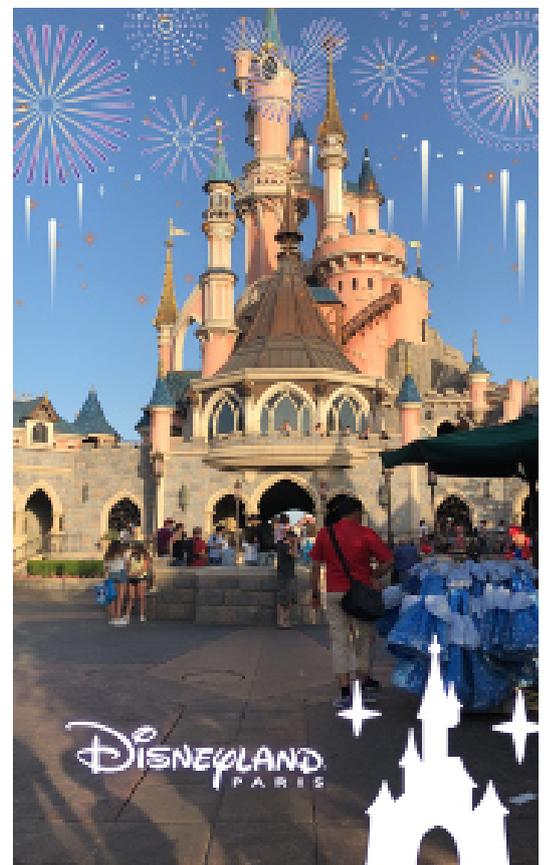
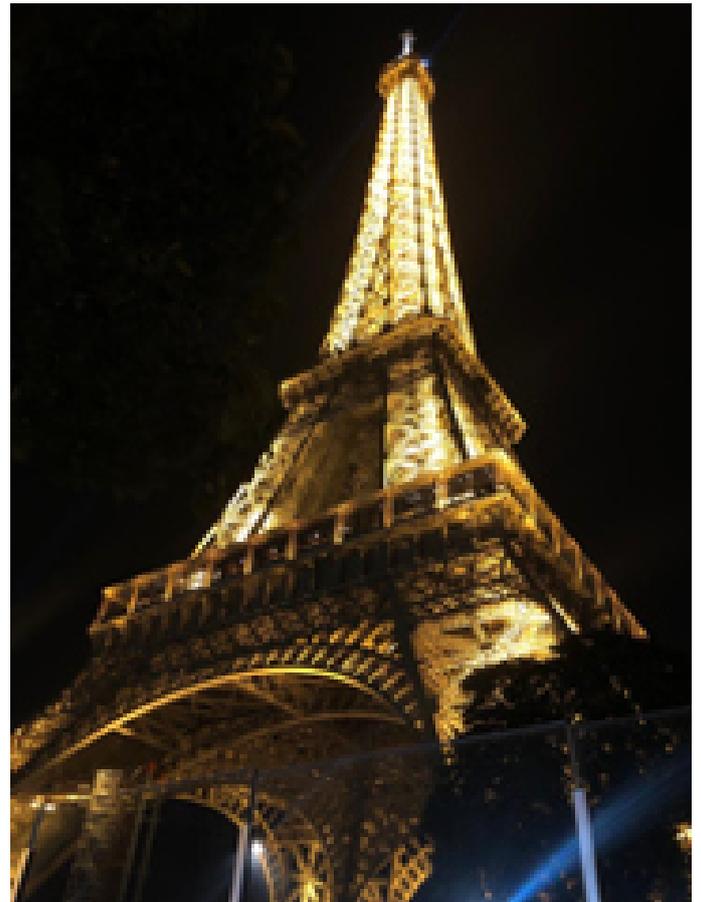
Paris the capital of France is the perfect family destination. The most romantic city in the world which is full of monuments and places for everyone to enjoy.

The number one place you must visit when in Paris is the Eiffel Tower. This iconic establishment is the heart and soul of the city. The tower represents the magic of light as it's beacon shines so bright, inspiring dreams every evening. The view of the Eiffel Tower is a unique panoramic view of Paris. Visiting the Eiffel Tower is a once in a lifetime experience.

Mickey Mouse fans can experience the magic of Disneyland Paris, a place people of all ages can enjoy. Not only can children let their imaginations run free but adults relive their childhood, and become a kid again. If theme parks and rides are not for you then don't worry as Disneyland is also perfect for taking pictures as it is beautiful and enticing in many ways.

Stuck on deciding where to go on your next family holiday, then take my advice and visit Paris, this is a worthy trip that will be unforgettable!

Credit: Zia Kiani



# Tokyo & Kyoto Japan



A popular Far East destination, with the wonders of the 4 seasons and colourful culture, Japan has many things to offer for an exciting, memorable holiday.



Having stayed in Tokyo during the busiest time of the year, during Christmas, I experienced many fun and exciting things in the busy city. From heading up Tokyo tower to the peaceful walks around Meiji Shrine, it has plenty to offer, as well as beautiful scenery to take pictures of.

My family and I made a quick stop in Kyoto and Osaka and saw many beautiful shrines and temples, I definitely recommend visiting Japan as it is rich in culture and innovation.

Credit: Mouna Vacca

# Merzouga, Morocco

Morocco has been an open secret destination for decades now, and is gaining more popularity over the years. I was lucky to experience the desert walk across Merzouga in the southern part of Morocco, which is part of the Sahara desert. A beautiful natural desert that you can ride across on camels.

The best part -in my opinion- was experiencing how quiet the desert was during the ride. No sound of bustling busy markets, cars moving or birds, just the quiet sounds of the dunes in the sunset. If you ever get a chance to grab a package deal of this experience, don't hesitate.

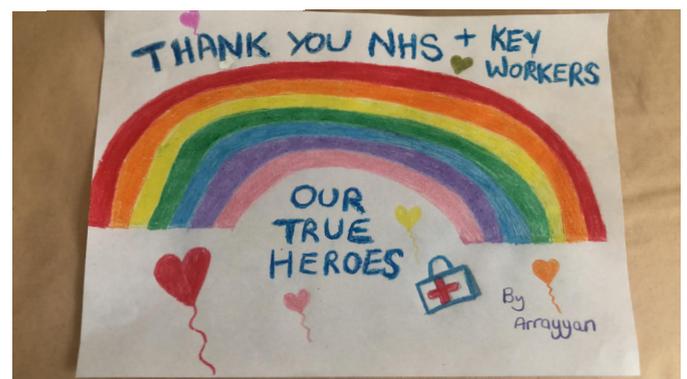
Credit: Mouna Vacca



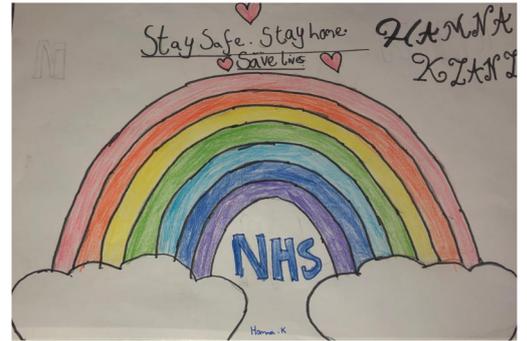


## Thank you to the NHS and all Key Workers

During the Covid- 19 lockdown, it has been a very testing time for us all, however whilst we stayed indoors and kept safe, our NHS staff and Key workers are risking their lives to treat the ill patients in hospital. They truly are our real heroes! The children have made rainbows of hope and a poem to show support for our NHS staff and Key workers and to say a big Thank-you to you all.



# Rainbow of Hope



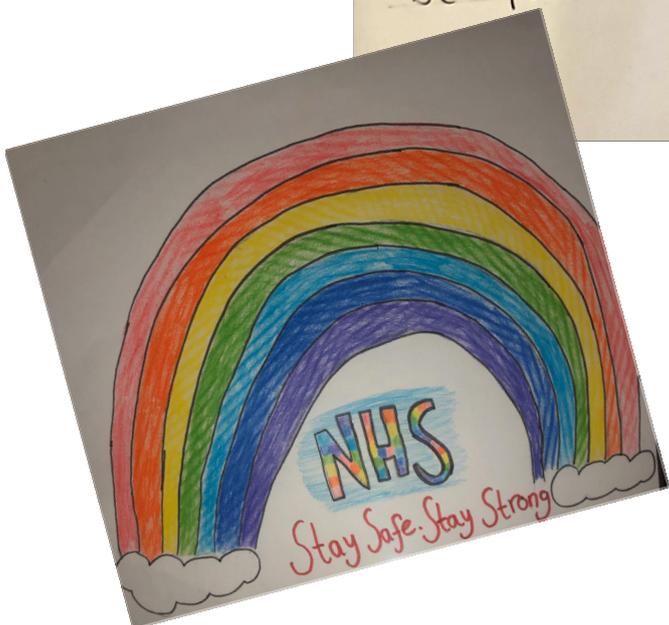
Inspirational poem by Khayrah Fattah (Age 11) 

The frustration overgrows,  
through my veins and bones.  
But soon happiness will flow,  
like the colours from a RAINBOW.

The thing about pain,  
It won't last forever.  
You might think it's a lie,  
but it will get better.

So what there's struggles and strive,  
Smile because you're still alive.  
No matter what comes in your way,  
Be positive and always thrive.

April 2020





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# Kids Corner

Colour me in!





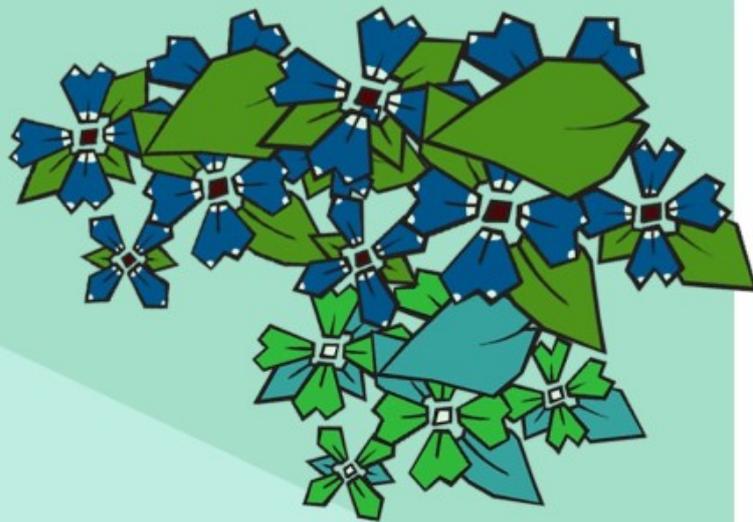
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# Kids Corner

Colour me in!





# *Saheli* **TIFFIN CLUB**

HERTFORDSHIRE ASIAN

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## ***Pilates, Crafts, Literacy classes, Inspirational Speakers and more...***

At the Tiffin Club, our goal is to create unity and understanding in our community by bridging the gaps in our societies, to encourage friendships, community building and new experiences.

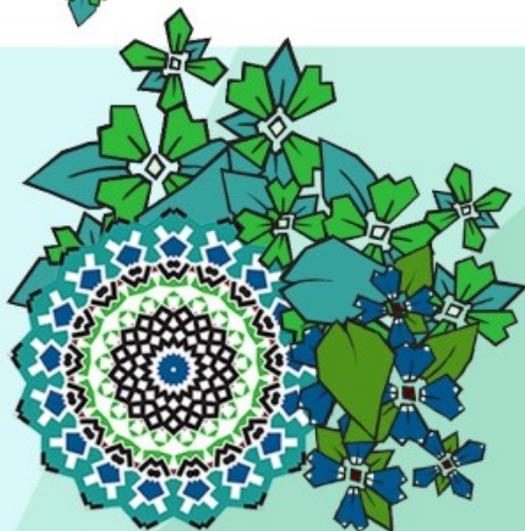
We welcome women aged 50+ and from all Asian and BAME backgrounds.

This is a place where you can have fun, feel safe and express yourself without judgement, no matter who you are or where you come from!

We can also offer advice and support via our HUB.

There is a membership fee of £3.00 per session, which includes healthy snacks, tea, coffee and biscuits.

Sessions are held every Thursday, **term time only** from **11AM** till **2PM** at **St.Luke's Church, Cell Barnes Lane, St.Albans, AL1 5QJ.**



# **HAWA**

***Contact us:***

**tiffinclub@hawaherts.co.uk**

**07828752246**

**www.hawaherts.co.uk**

*Building friendships*

# Tiffin Club

## 2019

Many of you will be interested to know what we have been up to in the past year, so here are some of our highlights!

### Friends & Family Day at The Saheli Tiffin Club!



We all got together at the Saheli Tiffin Club. We played games and also prepared delicious healthy snacks and treats! We were also very lucky as Artisan Chocolaterie donated a wonderful cake which was auctioned for charity.



### Oxfam Hike Herts

The Saheli Tiffin Club ladies, HAWA members and The St Albans friends society took part in the 5 mile Hike in Heartwood Forest, Sandridge, St Albans. We raised £565 for Oxfam Water Aid and £200 for Kashmir refugees. To top it off, the weather was fantastic on that day!



### High Sheriff of Hertfordshire, Sarah Beazley and Small Acts of Kindness Visits The Tiffin Club



We had a wonderful visitor! Sarah Beazley The High Sheriff of Hertfordshire met all of the members here at The Saheli Tiffin Club; along with small acts of Kindness to fill 600 hot drinks packs in preparation for the Winter gift bags which were given to the elderly and vulnerable in Hertfordshire last winter.

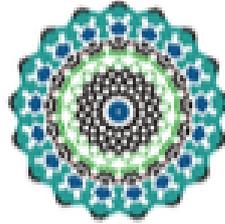
### Morgan Sindall Digital inclusion



Morgan Sindall ran a digital session at the Saheli Tiffin Club to show the ladies handy tips on using Technology. We sometimes forget how technology changes all the time so it's great to keep up-to-date.



For more information on whats been happening in the past year you can check out all the details on our website: <http://www.hawaherts.co.uk/>



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**Community Hub for advice and guidance**

**DROP-IN SESSION**  
St. Albans City & District address  
Civic Centre, St Peters Street, St Albans AL1 3JE  
Every other Friday 10am-1pm



To make an appointment please call  
07480 934282 or 07401079970  
Or email [Hub@Hawaherts.co.uk](mailto:Hub@Hawaherts.co.uk)

**DROP-IN SESSION**  
THE TIFFIN CLUB, St. Luke's Church, Cell Barnes Lane,  
St. Albans AL1 5QJ  
Every Thursday Term Time Only 11.15am – 1.00pm  
Mandeville School, Mandeville Drive, St Albans,  
AL1 2LE  
Every Tuesday & Friday 1.00pm-2.00pm





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## Useful information

HAWA is committed to helping and supporting the Black Asian Minority Ethnic (BAME) community in these very challenging times.

We are offering the following services during the Covid-19 crisis via our HUB. We can provide practical advice and signpost for those who are struggling with day-to-day things like debt advice, tenancy issues, benefits, loneliness, shopping etc.

We also have bilingual staff available to help in the following languages (please note we are not qualified interpreters)

Urdu, Bengali, Hindi, Punjabi, Pahari and Moroccan.

We can be contacted via our webpage: [www.hawaherts.co.uk](http://www.hawaherts.co.uk) or email: [hub@hawaherts.co.uk](mailto:hub@hawaherts.co.uk)

Mondays to Friday or by phone on the following numbers from 10am till 1pm Mondays, Wednesdays and Fridays.

Mondays – 07950490029      Wednesdays – 07775460963

Fridays – - 07401079970



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## Our HUB Partners

### **Healthy Hub St.Albans**

Our overall vision is for a healthy and well city and district where everyone lives a fulfilling and healthy life.

Website: <https://www.stalbans.gov.uk/working-together-health-and-wellbeing>

### **Citizens Advice St. Albans and District**

Provides free, independent, confidential and impartial advice to everyone on their rights and responsibilities.

Telephone: [03444 111 444](tel:03444111444) | [01727 811118](tel:01727811118)

Website: <https://www.castad.org.uk/>

### **Communities 1st**

Communities 1st recruits volunteers to help voluntary and community groups deliver vital services across the District and the wider Hertfordshire community.

Telephone: [020 3559 3559](tel:02035593559)

Email: [us@communities1st.org.uk](mailto:us@communities1st.org.uk)

Website: <https://www.communities1st.org.uk/>

### **Oaklands College**

Initial information and advice on full-time and part-time courses.

Telephone: [01727 737000](tel:01727737000)

Email: [info@oaklands.ac.uk](mailto:info@oaklands.ac.uk)

### **Herts Help Community Navigator**

The Herts Help Community Navigation Service empowers individuals to access the different sources of help, advice and support available within the wider community to address the underlying causes that are affecting health and well-being.

Telephone: [0300 123 4044](tel:03001234044)

Website: <https://www.hertshelp.net/hertshelp.aspx>

## Our HUB Partners



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### **St. Albans District Credit Union**

Members are encouraged to save, and these savings provide funds from which loans to members are made. Free life insurance is provided on loans (subject to conditions).

Telephone: [01727 859135](tel:01727859135)

Website: [www.stalbanscreditunion.co.uk](http://www.stalbanscreditunion.co.uk)

### **St. Albans Women's Outreach**

Offers information and advice to men and women who may be struggling to make difficult relationship decisions and support them in making informed choices about their future.

Website: <https://sahwr.org.uk/>

### **Mind in Mid Herts**

Mind in Mid Herts works with people to prevent them from developing mental health problems as well as supporting people who recover and prevent relapse. Mind in Mid Herts can also be contacted at 11 Hatfield Road, St Albans AL1 3RR.

Email: [admin@mindinmidherts.org.uk](mailto:admin@mindinmidherts.org.uk)

Website: <https://www.mindinmidherts.org.uk/>

### **Shaw Trust**

A national charity providing employment opportunities, skills development, training, and health and wellbeing services as well as promoting inclusion and independence for those with disabilities and barriers to work.

Website: <https://www.shaw-trust.org.uk/>

### **Hertfordshire Practical Parenting Programme**

Supporting parents and carers of children aged 12+ to access relevant services via volunteer advocates.

To book an appointment, please call: [01992 638000](tel:01992638000)

Website: <https://www.hertfordshireppp.co.uk/>

Continues on to the next page..



# HAWA

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## Our HUB Partners

### **Hertfordshire County Council Stop Smoking Service**

Provides confidential and non-judgemental advice with support on stopping smoking.

To book an appointment, please call: [0800 389 3998](tel:08003893998) or [01442 435 071](tel:01442435071)

Website: <https://www.hertfordshire.gov.uk/services/Health-in-Herts/Smoking/Stop-Smoking-Service.aspx>

### **Age UK Hertfordshire**

Age UK Hertfordshire is an independent local charity working to alleviate loneliness and isolation, tackle poverty and build resilience in the community for older people in Hertfordshire who need our help.

Telephone: [0300 345 3446](tel:03003453446)

Email: [Info@ageukherts.org.uk](mailto:Info@ageukherts.org.uk)

Website: <https://www.ageuk.org.uk/hertfordshire>

### **The Living Room**

The Living Room saves and transforms lives by providing people and their families with the opportunity to attend community-based rehabilitation treatment and support, to help them break free from the generational cycle of addiction.

To book an appointment, please call: [0300 365 0304](tel:03003650304) (local rate)

Email: [enquiries@livingroomherts.org](mailto:enquiries@livingroomherts.org)

Website: [www.livingroomherts.org](http://www.livingroomherts.org)

### **BeeZee Bodies**

BeeZee Bodies are a child weight management service that work with young people aged 5 to 15 years. We offer free 14-week programmes that provide a mixture of nutritional education and physical activity.

Phone: [01452 717262](tel:01452717262)

Email: [info@beezeebodies.co.uk](mailto:info@beezeebodies.co.uk)

Website: <https://beezeebodies.com/>

In the meantime, please continue to follow the government advice on keeping yourself safe @ <https://www.gov.uk/coronavirus>



The Prophet Muhammad (peace be upon him) said  
"Feed the hungry, visit the sick and set free the  
captives." - Sahih Al-Bukhari

SOPWELL COMMUNITY TRUST



# MEALS FOR THE HOMELESS

Please help us provide 20 hot meals for the users of  
Open Door St Albans on 6th May 2020 inshaAllah

KINDLY DONATE HERE:

METRO Acct: 19954978 Sort Code: 23-05-80

Follow our progress on Facebook. For more information about donations and  
volunteer work, please contact Raihaanah - 07534523232

# COVID-19 ST ALBANS RESPONSE GROUP

*We're all in this together*

## EMERGENCY FOOD PACKS

Free food parcels for those facing hardship at this time. Let us know if you are in need or know of someone who would benefit.

Syed - 07713565395  
Kibria - 07714406663  
Mizan - 07951023776

## PPE SUPPLY

Visors and gloves supplied to hospitals, care homes and all keyworkers.

Omar - 07900325471

## RAMADAN ESSENTIALS DELIVERY

Working with local businesses we have sourced commonly used goods during Ramadan. If you're self-isolating or finding it hard to obtain items, please get in touch.

Monir - 07984864723  
Raihaanah - 07534523232

## MUSLIM BURIAL SUPPORT

Covering guidance of Islamic funeral rites and logistical arrangements in line with current government policies.

Maulana A Muhit -  
07907671956

## ALL OTHER CONCERNS

Everything from prescription collection, tenancy issues, benefits guidance to homeschooling advice, we're ready to help. Bengali/Urdu/Arabic translators available.

Akhtar - 07934490113  
Sarwar - 07883024251  
Shakir - 07502228623  
Raihaanah - 07534523232  
Rushna - 07786530751



## STAY INFORMED

Follow our Facebook pages and keep up to date with our latest support initiatives.  
#WeAreInThisTogether





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Thank you for reading