

# BRINGING CULTURES TOGETHER

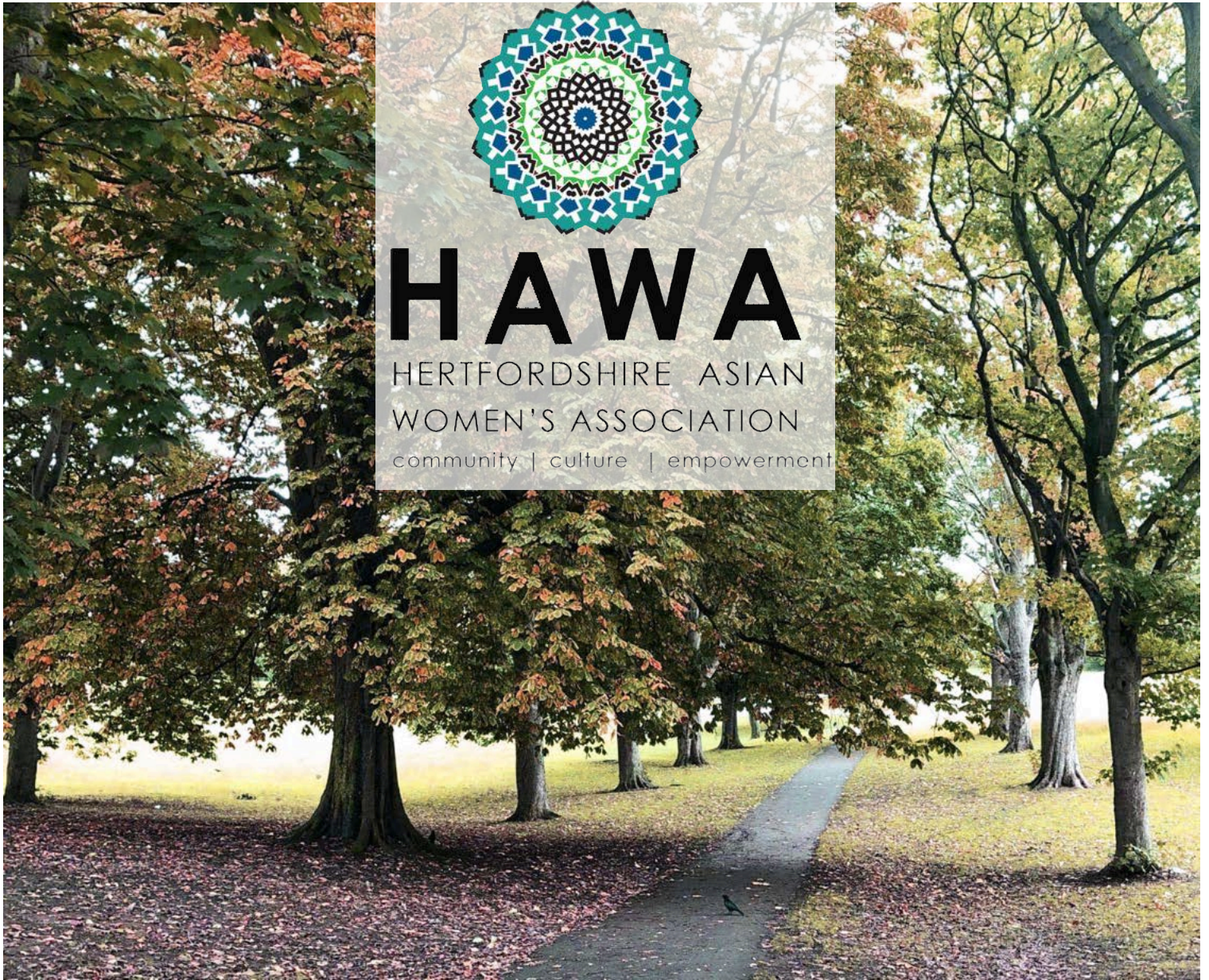
Autumn/Winter Edition 2020

Food

Gardening

Activities

Culture







# HAWA

HERTFORDSHIRE ASIAN  
WOMEN'S ASSOCIATION  
community | culture | empowerment

## HOME & ONLINE TUTORING SESSIONS



MONDAY-THURSDAY

5:00PM-7:00PM

£20 PER hour

Special Offer:  
£30 for 2 hours.

MATHS | ENGLISH  
KS1 | KS2

ZOOM AND SKYPE  
SESSIONS ARE AVAILABLE.

For more info contact:  
Mrs Khadijah Islam  
Qualified Primary Teacher  
St Albans, Hertfordshire  
07947171415



LUX  
WEB DESIGN

# WANT AN AFFORDABLE WEBSITE?

07931236627

Luxwebdesign.uk

## BLOCK & PANTRY



Halal meat | spices | groceries & more

## Same Day Delivery

FROM YOUR LOCAL HALAL BUTCHERS  
& WORLD FOOD STORES

Now delivering in ST ALBANS from

GET FREE DELIVERY ALL MONTH USING CODE: ITSONUS

ORDER AT [BLOCKANDPANTRY.COM](https://blockandpantry.com)

## Weddings & other stories

moniraliphotography.com  
07949 250 660



# CONTENTS



## HAWA

HERTFORDSHIRE ASIAN  
WOMEN'S ASSOCIATION

community | culture | empowerment

1: Message from the chair

2: Adverts

3 - 7: What HAWA and Tiffin  
members have been up during Covid

8: Keeping Safe during  
Coronavirus

9 & 10: Black History  
Month

11 & 12: Recipe Corner

13 & 14: Activities

15 & 16 : Calligraphy

17: Habiba Community Garden

18: Hot Chocolate Recipe/  
HAWA Sponsor

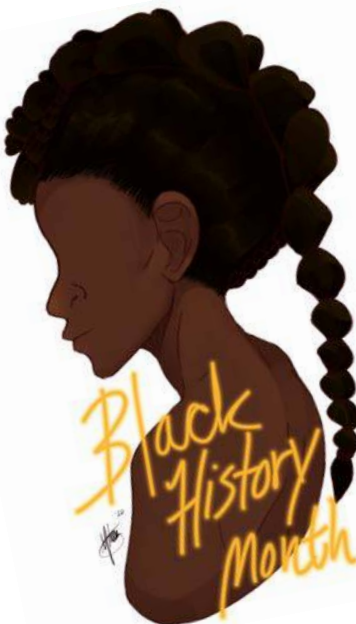
19: Adverts

20: Member Announcements

21 - 30: Useful Info & Hub partners

31: Poem

32: Credits & End Page







HAWA Chair: Rushna Miah



### Message from the Chair

As the year comes to an end, we look back on the past few months and reflect which is important for us so we can prepare for the coming year, 2021 with a positive mind.

This year saw the shocking outbreak of Covid-19 and the UK moving into a Lockdown from March 2020 and all of our lives changing.

As we still recover from the changes in our daily routines, we saw brave acts of kindness from our members at HAWA and the wonderful NHS & Key workers who helped us in many ways.

From providing medical care to supporting us in all areas including, logistics, police, emergency services and many more.

As we stayed at home, they went out to support us. Thank you to the NHS and all Key Workers for your support!

We at HAWA are very busy this year supporting our community. One of which was by collecting food and essentials to donate to St. Albans food bank.

HAWA volunteers have also been helping with a befriending service via telephone as well as prescription collections and delivering food bank donations.

At HAWA we believe that supporting vulnerable people is a strong part of our ethos. This has been our main objective since the organisation's infancy.

HAWA has also been providing an advice and guidance service to the community 5 days a week during the lockdown, via our hub. The volunteers worked tirelessly to provide advice and guidance to those in need from housing benefits, unemployment, domestic violence, housing and many more.

It has been wonderful to support the community especially in these times.

If you require any help or support, please contact Rushna Miah on 07786530751 or email the HAWA Hub @ [hub@hawaherts.co.uk](mailto:hub@hawaherts.co.uk).

For more information on how to provide support or donate to St. Albans food bank please contact Rushna Miah at 07786530751.



# HAWA

HERTFORDSHIRE ASIAN  
WOMEN'S ASSOCIATION  
community | culture | empowerment



## 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.

Spacious accommodation, modern kitchens and bathrooms together with parking facilities make our apartment ideal "home from home " both for business and leisure clients.

We always strive to provide a warm, friendly and very professional service to all our guests.

We provide a 10% to HAWA members.

For more information visit our website:

<https://www.qkpropertyservices.co.uk/>



**BRINGING ALL YOUR SOUTH ASIAN  
GROCERY TO YOUR DOOR**

**All AL postcodes - Free delivery on orders over £55**

**Under £55 - £5 Delivery charge including Hemel and Watford**

**Please call Rahena for orders/catalogue: 07865421771**



**RM Fitness by Rabina Malik** are in partnership with HAWA to keep you fit and healthy during Autumn and Winter.

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

For bookings or Skype access

**Contact Rabina Malik**

**Via phone: 079120603893 or**

**email: [rabinamalik@yahoo.com](mailto:rabinamalik@yahoo.com)**

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.

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

**Wednesday** 10am Pilates

6.30pm Boxercise, with Warm up and then shadow boxing with handheld weights.

**Thursday Aerobics** 10am Warm up and cardio exercise. Pilates 6.30pm, working on core muscles.

**Friday** Total body workout 9.30am Full cardio workout.

**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.

Access the latest timetable here: <https://rabinamalik.wixsite.com/rmfitness/timetable>

# What HAWA and Tiffin Club members have been up to during Covid

This year has been busy and unexpected for most of us. As many people struggle this year to feed themselves and their families, we decided to help in many different ways, one of which was collecting and donating food to St.Albans food bank.

At HAWA we had to adapt and change the way we did things due to the Coronavirus. We wanted to play an active role in our community especially in these difficult times. These are some of the things we have been doing during Covid. Special thanks to Ronnie @Kimaya for your generous donations.



Box filled with donations for St.Albans food bank



Donations made to the food bank

## Oxfam Walk

This year the Oxfam walk had to be done slightly differently due to Covid-19.

The HAWA and Tiffin club members split into two groups to do the walk in different parts of St.Albans.

One group walked in the high fields/hill end lane area and the other group walked in the Verulamium area.



HAWA members taking part in Oxfam walk



HAWA members smiling for the camera

Unfortunately, nature was not kind to us on that day as we did the walk in the rain. However the morale was good.

We walked for an hour and completed our journey, raising £110 for Oxfam. Thank you to all of those who took part.



HAWA 2020 Spring/ Summer edition magazine

## HAWA Magazine

This year we published our first ever HAWA magazine Spring/Summer edition.

## NHS & Key Workers

Earlier this year we celebrated the efforts of the NHS and key workers through drawings created by the members children; which we published in our 2020 spring/summer edition magazine.



Message to NHS and Key workers

## Grants for family needs

The HAWA Hub helped obtain grants for ladies in the community that needed support during the Covid-19 pandemic.

We received a £518.98 grant from Hertfordshire Charity for deprived children and a further £249.99 was received from the Hertfordshire Community Foundation.

HAWA also donated £200 to one family who were struggling in order for them to buy essential items.



## Tiffin Club Walk

Due to the club being closed, we started doing 1 hour walks once a week with the Tiffin Club ladies.

Each week we would choose a new area of St.Albans to go and discover new places, leading us to new pathways and areas that we never knew existed.

COVID has given us a new opportunity to discover the beauty of St. Albans. We found new pathways from Jersey Farm to Marshalswick and walked through Alban way to see the old train tracks and view the river.

Every week we continue to explore different routes and find new places.



## Keeping Fit with Rabina

As the Tiffin Club is closed due to COVID-19, we all got together with Rabina to keep fit during the lockdown.

This is a great way to keep in touch with everyone and exercise together!

Classes take place every Thursday @ 11:15AM via Skype.

It is a ladies only class focused on keeping fit. If you would like to join the classes, remember it is free for HAWA and Tiffin Club members.

Please use this link below to join:

<https://join.skype.com/1Y71F0abgIqL>

## Small Acts of Kindness

This year we were hoping to carry on from last year by making up the hot drinks pack for Small Acts of Kindness winter gift bags. However this year the COVID-19 pandemic made this challenging.

We collected 40 winter gift bags from Small Acts of Kindness's new warehouse in Watford to distribute to the elderly and vulnerable.



Daphne (left) was visited by Farhat Zia (right)



Small Acts of Kindness bags that were given to vulnerable people



Small Acts of Kindness winter gift bags



Big Iftar goodie bags that were given to attendees



Banner for the Big Iftar event held in May 2020

## Car Wash for Yemen



Promotional poster for the Car wash for Yemen

In June, HAWA members worked together with Crisis Aid to Support people in Yemen.

The car wash for Yemen raised over £5,000.

Thank you to all who took part.

## On a Final Note

We at HAWA would like to say a big thank you to everyone who took part in various events to support our local community. We hope the coming year, 2021 will bring us success, happiness and prosperity to all.

For the latest updates and details on upcoming events you can find these on our website:  
www.hawaherts.co.uk

## The Big Iftar

The Big Iftar was a huge virtual event which took place during Ramadan, May of this year. Due to the COVID-19 and lockdown restrictions, we had to think of different ways to support our community during this time.

Many people from different backgrounds and faiths fasted for one day to show their support for the muslim community.

Those who fasted for the day, were given gift bags full of food to break their fast for the evening. Various members of the council including the Mayor of St.Albans, Janet Smith, the High Sheriff of Hertfordshire Sarah Beazley, local MP's and many people from our local community took part in this event, which was a very positive sign of joining in with those in our community who observe this holiday.

## NEWS

### Community joins fast for a day during Ramadan

St Albans residents fasted for a day in unison with their Muslim neighbours last week.

The Big Iftar on May 20 usually involves a gathering in Fleetville which did not go ahead this year due to the coronavirus shutdown. An online address was made from the council chambers via Zoom wishing Muslims 'Eid mubarak' (Happy Eid) for Saturday. Special gift bags were handed out to everyone who took part with dates to break their fast with at sunset. Chair of Herts Asian Women's Association (HAWA) Rushna Miah said: "This was a fantastic way of connecting as a community. It was great to see

LAURA BILL  
Laura.Bill@archant.co.uk

councillors, the Mayor and High Sheriff taking part. "The Big Iftar really was a great success!" Community engagement officer of St Albans district council Peggy Sharp said: "Although we could not gather in person we supported the community to mark the event in other ways. "A grant to the Adda Club helped fund the distribution of Ramadan parcels to the vulnerable and along with some of my council colleagues, I took part in fasting for the day challenge to share the experience of Ramadan."



St Albans people took part in The Big Iftar on May 20.

Newspaper article detailing The Big Iftar event in Fleetville



# Big Iftar St Albans 2020



# Gardening during the Lockdown by Sabina

I got into gardening during the beginning of lockdown in March 2020, that time was a unexpected and uncertain time for everyone.

I found myself working from home and home-schooling three kids can be quite stressful. Going out for fresh air and tidying the garden seemed relaxing.



As my passion for gardening grew and grew, any spare time I had was devoted to gardening; it was very de-stressing for me.

I ordered the seeds online and planted varieties of fruits and vegetables such as; bangla khodu, uri (beans), pumpkins, coriander, cabbage, strawberries and blackberries.



The best part for me was that I had managed to get my kids involved in helping me out and them being off their gadgets instead of them stuck at home. The month of Aug/Sept time was for the time for harvest. I was very happy to see the outcome of my hard work, I had lots of healthy fruits and vegetables.

I would recommend anyone who has some spare time to take up gardening. It proved to be very good for both mind and body. It was a pleasure to share my experience of gardening with you all.

Written by: Sabina

## Vegetables grown by HAWA and Tiffin club members



Vegetables grown by Farhat



Tomatoes grown by Rafeena



# KEEPING SAFE DURING CORONAVIRUS





Illustration by: Mouna Vacca



---

---

# DIVERSITY is our greatest Strength

This year we celebrate more than 350 years of Black History in the UK.

Black History month celebrates the huge achievements of Black Britons and the Black community.

Black History month originated from the United States and was first celebrated in the United Kingdom in October 1987.

During October St.Albans Museum hosted a talk with Dr. Onyeka Nubia who gave untold stories about the Tudor period.

If you would like to know more about the talk with Dr. Onyeka Nubia you can access it here:  
[www.stalbansmuseums.org.uk](http://www.stalbansmuseums.org.uk)

Furthermore, St. Albans hosted a market in celebration of Black History Month. Some of the vendors at the event showcased the wonders of African & Caribbean cuisine. At HAWA we embrace diversity as our cause is to support members of the BAME community.

If we unite together the possibilities are endless.

## Ignatius Sancho (1729–1780)

One of the most influential Black Britons in British history was not only the first black voter, he was also a fan of the arts.

In his infancy he was a butler, which was common in England at the time. The man who took him in saw that he had a deep love for poetry and music, as well as writing his own plays. This led to him setting up his

shop in London, where other creative people like himself could meet.

As we look at our differences the most important part is how we can share and connect with one another especially in these challenging times.

If you would like to learn more about the achievements of Black Britons and the Black community please visit the link

(below)

Written by: Yasmin Vacca

# Recipe corner

## Sardine Meatball Tajine

### STEP 1-

Blitz the sardines in a food processor.

### STEP 2-

Add rice, crushed garlic (half), 1½ teaspoon of cumin 2 teaspoons of paprika, chopped coriander and parsley (half) pinch of chilli (optional) lemon juice (1 whole) and salt into the mixture and mix all of the ingredients together.

### STEP 3-

Check if the carrots and pumpkins are soft. Blend the sauce with a electric blender until the mixture becomes smooth.

### STEP 4-

After mixing, take a section of the mixture and make a round ball shape until you have made them into meatballs.

### STEP 5-

Remove the skin from the tomatoes and add into a Tajine. (If you don't have a Tajine use a cast iron pot) add oil and garlic and simmer for 10 minutes.



### Ingredients:

Fresh tomatoes  
Olive oil  
Salt & pepper  
Cooked rice 1 cup  
1 lemon  
Crushed garlic

Sardines 1kg

Coriander (handful)

Parsley (handful)

Cumin

Paprika

Chilli powder/flakes

### STEP 5-

Add the remaining ingredients, parsley, coriander, cumin, salt & pepper and chilli then cook on a low heat until the sauce thickens.

### STEP 6-

Arrange the meatballs and cook until ready then add the lemon slices on top.

**Recipe by: Assia Rattab**

## Aromatic Pumpkin Soup



Credit to: Lief Christoph Gottwald at: [www.unsplash.com/photos/w0tFbPCs9I](http://www.unsplash.com/photos/w0tFbPCs9I)

### STEP 1- Prepare the Vegetables

Wash the pumpkin and remove the skin and the seeds. Cut into small chunks and put them in a bowl. Remove the skin from the carrots and the onion and slice and add into the bowl.

### STEP 2- Cook

Drizzle a tablespoon of olive oil into a cooking pot. Slowly add the pumpkin chunks, sliced carrots and onions into the pot. Add 1 litre of hot water into the pot. Now you can season the soup with salt, pepper, rosemary, nutmeg and ginger. Cook for 30 minutes.

4- 6 Portions

### Ingredients:

1 Pumpkin (500g)  
1 Onion diced  
Olive oil 1 tablespoon  
2 carrots  
1 litre of hot water

### Seasoning for the Soup :

Salt & Pepper

Rosemary

Nutmeg

Ginger

Decorate with: Single or double cream

### STEP 3- Blend

Check if the carrots and pumpkins are soft. Blend the soup with a electric blender until the mixture becomes smooth.

### STEP 4- Serve

Pour into a serving bowl and decorate with single or double cream. Additionally you can decorate the soup with anything you like. Enjoy!

**Recipe by: Touria Vacca**





**HAWA**  
HERTFORDSHIRE ASIAN  
WOMEN'S ASSOCIATION  
community | culture | empowerment

# Chicken and Sweetcorn Parcels



Portions: 2-4 people	Butter 1 tablespoon
Ingredients:	Flour 2 tablespoons
3 Chicken Breasts	Seasoning:
Cream cheese 175mg	Salt & Pepper
Can of sweetcorn	according to taste
Double cream	
White bread (slices)	

## STEP 1-

Dice the chicken and cook in butter until cooked. Remove the chicken from the pan and set aside. In the same pan add butter, flour and double cream. Season with salt and pepper to taste and cook for 10 minutes.

## STEP 2-

Add cream chicken and sweetcorn to the mixture and still in a bowl. Set aside to cool.

## STEP 3-

Next you need to remove the crusts off the white bread. Cut the bread into diagonal shapes then roll the bread with a rolling pin until the bread is flattened.

## STEP 4-

Put the filling into the bread and seal the edges with water. Use eggs and breadcrumbs to coat the bread and then deep fry until golden brown before serving.

**Recipe by: Regia Chowdhury**



Ingredients	For the filling & icing
For the cake	50g butter,
3 eggs	140g dark chocolate
85g golden caster sugar	1 tbsp golden syrup
85g plain flour	284ml pot double cream
2 tbsp cocoa powder	200g icing sugar
½ tsp baking powder	2-3 extra strong mints, crushed

## STEP 6- Decorate

Lift the log onto a plate. Spread the icing over the log and branch, then use a fork to mark the icing to give the effect of tree bark.

Scatter with unsifted icing sugar to resemble snow, and decorate with holly.

**Recipe by: Touria Vacca**

## STEP 1- Prepare the Batter

Heat the oven to 200C/180C fan/gas 6. Butter and line a tin with baking parchment. Beat eggs and golden caster sugar together with an electric whisk for 8 mins until thick and creamy.

## STEP 2- Bake

Mix flour, cocoa powder and baking powder together, then add to the egg mixture. Fold in carefully, then pour into the tin. Tip the tin from side to side to spread the mixture into the corners. Bake for 10 mins.

## STEP 3- After Baking

Lay a sheet of baking parchment on a work surface. When the cake is ready, tip into the parchment, peel off the paper. Leave to cool.

## STEP 4- Make the Icing

Melt butter and dark chocolate in a bowl over a pan of hot water. Take from the heat and stir in golden syrup and 5 tbsp double cream. Beat in the icing sugar until smooth.

## STEP 5- Filling

Whisk the remaining double cream. Unravel the cake, spread the cream over the top, scatter over the crushed extra strong mints, if using, then carefully roll up again into a log.



**HAWA**

HERTFORDSHIRE ASIAN  
WOMEN'S ASSOCIATION

community | culture | empowerment

*Colour me in!*



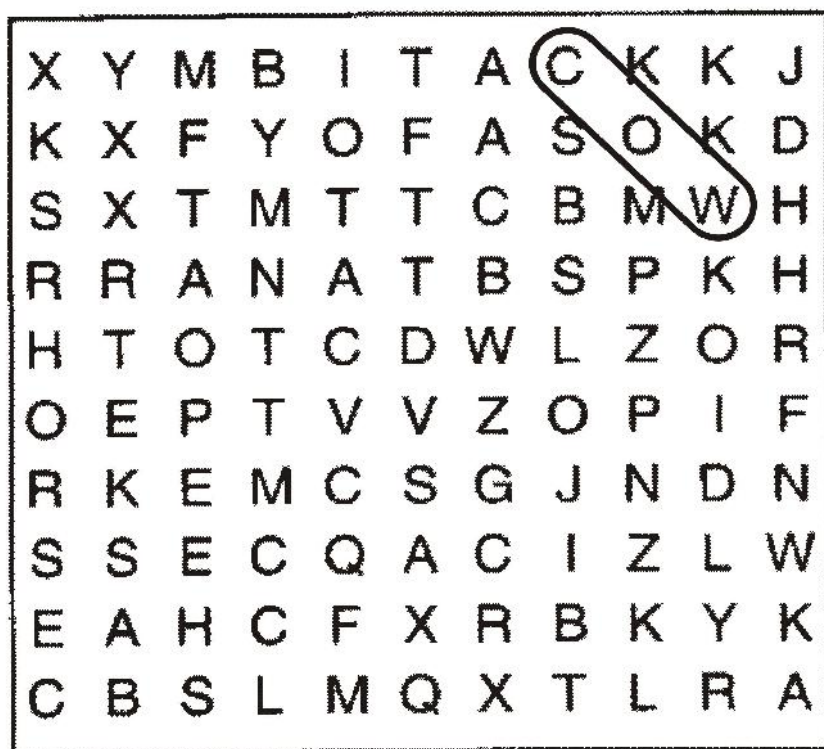




**HAWA**

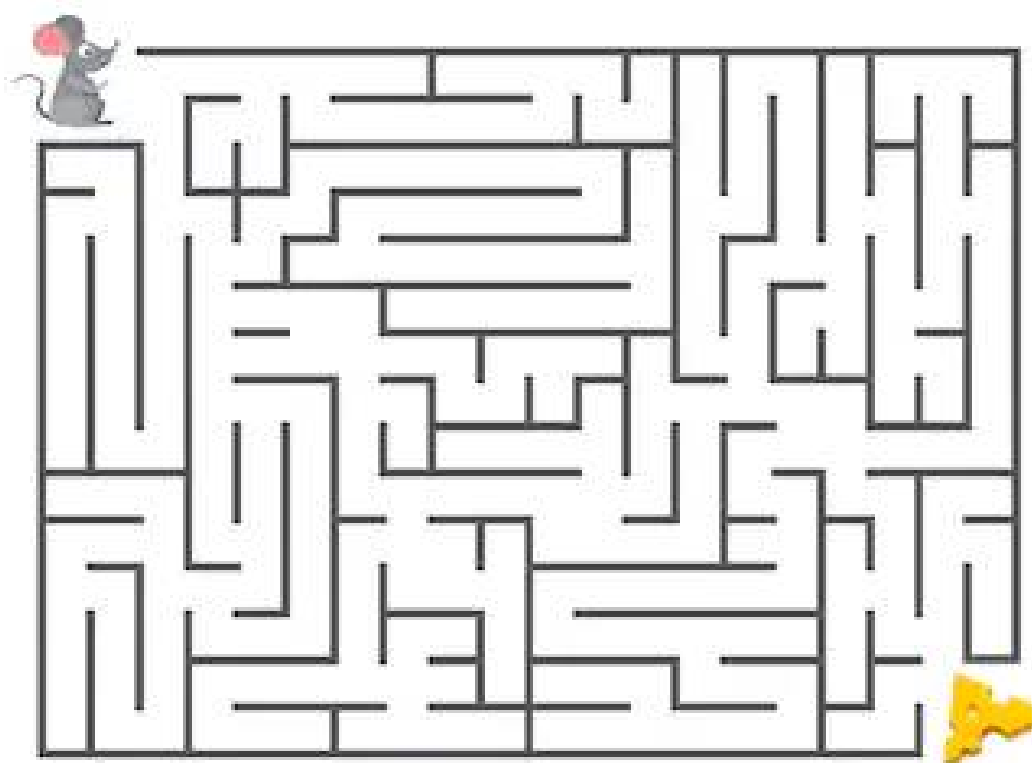
HERTFORDSHIRE ASIAN  
WOMEN'S ASSOCIATION  
community | culture | empowerment

## FIND THE HIDDEN WORDS



TOMATO  
COW  
TRACTOR  
HORSE

SHEEP  
BASKET  
CAT



---

---

# Calligraphy by Mubín

I remember when I first started incorporating my religion into my art.

Driving home after a pottery lesson, I was listening to the news when I heard that two planes had slammed into the Twin Towers in New York. It was September 11, and a group of terrorists committed an act that killed thousands of people. I was devastated. I wanted to show the world that my religion was Peaceful and loving. With my small knowledge of Arabic and Urdu script I joined a calligraphy masterclass; with world-renowned calligrapher Mustafa Ja'far. The class was held at the British Museum and was in partnership with Birbeck University.

I undertook a project looking at the many different ways the word Allah could be written. How it could be moved and changed. How it could be adapted beautifully. I learnt how to write in different styles, my favourite being the Kulfic script. Picture 1 Shows this style. It is my representation of the calma 'Rabbanna atina fiddhuniya...' Later I merged this with my love of pottery and different Islamic art styles.

Pictures 2 - 4 show the influence of Moroccan, Persian and Turkish styles.

I feel incredibly inspired by the complexity of Islamic art, the use of simple repeated patterns to produce an incredibly complicated effects is something that has heavily influenced my pieces.

I hope you enjoyed this piece, and thank you for reading.

Written by Mubín





Image 2: God's name 'Allah' in different mediums



Image 3: Moroccan tile with God's name 'Allah'



Image 4: 2 tiles with the names of Prophet Mohammed 'peace be upon him' (pictured left) and Gods name 'Allah' (pictured right)



Image 1: Kulfic Script depicting a dua which are islamic prayers for good deeds on heaven and earth



# Habiba Community Garden



Everyone taking part in the allotment



Plants beginning to sprout



Ripening pumpkin showing a vibrant orange skin

We have kept going through the COVID-19 period.

It has been unfortunate that we were not able to involve our ladies from the Tiffin Club during the summer period.

We have kept the Habiba Gardens tidy with the help of Ozzy, Iqbal and myself following NHS guidelines. Our International Herbs Garden now has a good variety of herbs growing.

The rose beds bloomed beautifully throughout the summer, and is still blooming in October. However our vegetables including the courgettes and marrow were not able to grow very well due to the lack of water in the summer.

A big thank you to both Shanna and Touria for contributing the plants that we used in the garden. However with the key people from the Community Garden we have continued to develop the garden in many ways; such as taking precautions and looking after the safety of the site. We brought and used our own tools and gloves whilst enjoying the beautiful weather.



We have grown into a little friendship group with the charity, CDA Herts (Community Development Action) It help keeps us focused and keeps our spirits up during the lockdown. The good environment helps all of us with our mental health and our emotional wellbeing along with having a great deal of fun, enjoyment and learning from each other.

We were given over 105 saplings freebies from The Woodland Trust, a variety from Crab Apple, Hazel blackthorn, dog roses and edible hedge. Others were kept in our Poly Tunnel. Our very kind helpers have been planting them each week. Over 70 have been planted so far.

It has been a fantastic year for the local bees hives driven by the lovely weather over summer and lack of pollution due to the COVID-19 lockdowns.

There has been a great supply of local honey produced. Please continue to support local businesses and purchase a wonderfully fragrant jar of honey.



Photo of Handmade Honey made in Hertfordshire



A dog looking curious in the garden



A feline visitor inspecting the gardens

Unfortunately it was announced that the 2020 Sustainability Festival was postponed due to the COVID-19 pandemic. Hopefully in the future we can attend the next Sustainability Festival.

Get in contact with Farhat Zia @ (07775460963) If you would like to try this delight!

Written by: Farhat Zia Coordinator for Habiba Community garden.



## Terrys Orange Hot Chocolate

### Ingredients:

¾ pieces Terrys Chocolate Orange

175ml Milk

30g Hot Chocolate Powder

### Optional:

Orange Zest

Whipped Cream

Orange Slice



Recipe by: Yasmin Vacca

### STEP 1-

Get your favourite mug and add 30g of hot chocolate powder. Heat the milk

### STEP 2-

Slice one piece of the Terrys chocolate orange and add into the mug then pour in the milk and stir until mixed.

### STEP 3-

Decorate with whipped cream, a slice of orange and Terry's chocolate orange slices. You can also add orange zest to give it more zing! Enjoy whilst doing the quiz.

k i m a y a  
noodle & sushi bar

Thank you to Ronnie @Kimaya for his regular donations to HAWA for the St. Albans food bank. Much Appreciated!



## The Academy of Cake Decorating

At the Academy of cake decorating we are passionate about teaching! We love sharing knowledge and passion for chocolate, baking & sugar craft!

We also have a ready-to-order cake and chocolatiere service available on our website [www.artisanchocolaterie.com](http://www.artisanchocolaterie.com)

We currently offer 10% discount for beginner workshops to all HAWA members.

We now offer online and in-class tuition sessions.

Our school is conveniently placed, in Hatfield, Hertfordshire, near to the town center, offering free parking. We are situated in Fiddlebridge industrial estate, 5 minutes walking distance from The Galleria.

For more information check out our website at [www.academyofcakedecorating.com](http://www.academyofcakedecorating.com)





# TAVAH

## THANK YOU NHS!

### 10% OFF

For HAWA members  
For Keyworkers  
Blue Light Card holders

**TUESDAY-WEDNESDAY-THURSDAY**  
*For collection orders only*

**Call 01727 833555**  
for more details or to order

# Smart Wash Launderette

53 Hatfield Road, St Albans AL1 4JE



- ⚙ Self Service
- ⚙ Dry cleaning
- ⚙ Curtains & rugs
- ⚙ Altercations

**10% Discount for all HAWA members**

Contact us by phone: 01727 860622/ 07891430055



## Amrasha Beauty

10% off for all HAWA members.

Contact Atika at 07557885175 for bookings

[www.facebook.com/Amrashabeauty/](http://www.facebook.com/Amrashabeauty/)



# Announcements



*Congratulations to  
Rushna Miah on the  
wedding of her son  
Imadh and Khadijah*



*Congratulations to  
the birth of ...  
Shahanna's  
granddaughter!*

Sadly we lost one of our beloved Tiffin Club members, Siria Choudhury.

Who passed away on the 15<sup>th</sup> of November.

She will be dearly missed by all at the Tiffin Club and HAWA.

A message from Siria Choudhury's daughter Naz:

Tiffin club gave my mother such a new lease of life from the day she joined, especially since the passing of my disabled brother in 2016.

You and all the organisers should take great pride in the work you do.

From language classes, exercise classes to day trips and special events, these occasions played a major role in giving my mother a chance to feel happiness and contentment.

Women like my mother had a difficult life coming to England as a young teenage girl. Not only did they face the tough challenges of a new environment but also a new language with no friends or family to support.

Through The Tiffin club, friendships and bonds were formed.

Pain and sorrow was shared, in a way my mothers heart was lightened.

Her emotional state began to flourish and her demeanour changed immensely.

Unfortunately my mother left early, she didn't get a chance to enjoy all the benefits.

However I pray that Allah forgives her and rewards her with Jannah and an afterlife that fulfils all her hopes and wishes.

I can't thank Auntie Rushna, Zia, Kauser and the other Aunties and Sisters enough for the care and devotion shown towards my mother.

She would've taken great comfort in knowing that these special ladies were performing her last Ghusl.

I will always be eternally grateful and will forever keep you and your family in my Duas.

From Naz (Siria Choudhury's daughter)



**HAWA**  
HERTFORDSHIRE ASIAN  
WOMEN'S ASSOCIATION  
community | culture | empowerment

## **Useful information on where to get advice**

HAWA is committed to helping and supporting the Asian and BAME community in these very challenging times. We are offering the following services in the Covid-19 lockdown 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 translators): Urdu, Bengali, Hindi, Punjabi, Pahari and Moroccan.

We can be contacted either via our webpage: [www.hawaherts.co.uk](http://www.hawaherts.co.uk) , email: [hub@hawaherts.co.uk](mailto:hub@hawaherts.co.uk) Mondays to Fridays, or by phone on the following numbers from:

10am till 1pm Mondays, Wednesdays and Fridays.

Mondays – 07950490029      Wednesdays – 07775460963      Fridays – - 07401079970

## **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)



---

---

## **Our HUB Partners Continued**

### **Oaklands College**

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

Telephone: [01727 737000](tel:01727 737000)

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:0300 123 4044)

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

### **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:0800 389 3998) or [01442 435 071](tel:01442 435 071)

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

### **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:01727 859135)

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/>



**HAWA**

HERTFORDSHIRE ASIAN  
WOMEN'S ASSOCIATION  
community | culture | empowerment

### 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/>

### 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/>

Access support at: [www.gov.uk/find-coronavirus-support](https://www.gov.uk/find-coronavirus-support). You can use this service to find out what help and advice you can get from the government and other organisations.

You can this service for either yourself or someone else. You can find support with; what to do if you're feeling unsafe where you live, or if you're worried about someone else.

Paying your bills, rent, or mortgage, getting food, being made redundant or unemployed, or not having any work, what to do if you're worried about going in to work, having somewhere to live, mental health and wellbeing, including information for children. For medical support and advice for Coronavirus you can go to NHS 111 online: [www.nhs.uk/conditions/coronavirus-covid-19/symptoms/](https://www.nhs.uk/conditions/coronavirus-covid-19/symptoms/)





# COVID-19 HAWA Response Group

**Advice & Guidance**

**Domestic Violence  
Needing Help &  
Advice**

**Help with Food  
Shopping and  
Prescription  
Collection**



## HAWA

HERTFORDSHIRE ASIAN  
WOMEN'S ASSOCIATION  
community | culture | empowerment

**Please contact  
the HAWA team:**

**Rubeca 07401079970**

**Rushna 07786530751**

**Zia 07480934282**

**Farhat 07577289131**

**Mon Rushna 10-1PM**

**Tues Zia 10-1PM**

**Weds Farhat 10-1PM**

**Thurs Zia 10-1PM**

**Fri Rubeca 10-1PM**

**Emails managed by Rushna**

**We have  
Bengali/Urdu/Arabic/  
Hindi/Punjabi/Pahari/  
Moroccan/Pashto  
speaking Advisors**

**Advice for  
Housing, Benefits  
Employment,  
Education and  
many more**

**Feeling  
Anxious?  
Mental Health  
during COVID-19**

**Free  
Ladies Skype  
Pilates Classes**

**Loneliness?  
Isolated?  
Need a friendly  
listening ear?**

**Please  
follow Up-to-Date  
information on COVID-19 via the  
government website:  
<https://www.gov.uk/coronavirus>**

### **Social Media:**



**Facebook: [www.facebook.com/hawastalbans/](https://www.facebook.com/hawastalbans/)**



**Twitter: [www.twitter.com/hawaherts](https://www.twitter.com/hawaherts)**



**Instagram: [www.instagram.com/hawaherts/](https://www.instagram.com/hawaherts/)**

**STAY ALERT. CONTROL THE VIRUS. SAVE LIVES.**



# COVID-19

## ST ALBANS RESPONSE GROUP

We're all in  
this together!

### 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

### 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

### MUSLIM BURIAL SUPPORT

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

Maulana A Muhit -  
07907671956

### PPE SUPPLY

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

Omar - 07900325471

### 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  
Iqbal Zia - 07903102946

### STAY INFORMED

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



Islamic Centre  
ST ALBANS



Scouts  
20th St. Albans Area





# FOOD BANK DONATIONS DROP OFF

PLEASE NOTE WE ARE ONLY COLLECTING  
THE FOLLOWING ITEMS:

GHEE  
OIL  
RICE

CHICKPEAS  
GREEN LENTILS  
SPICES

GRAM FLOUR  
SEMOLINA  
VERMICELLI

## THANK YOU

FOR MORE INFO PLS CONTACT  
RUSHNA MIAH - 07786530751



---

---

## Over five thousand Hertfordshire families are missing out on £100's of food and milk vouchers



### **Are you pregnant or have a child under four? Did you know you could be missing out on free fruit and vegetables or milk?**

If you are at least 10 weeks pregnant or have a child under four years old you could be entitled to Healthy Start Vouchers worth £3.10 per child per week, to spend on milk, plain fresh and frozen fruit and vegetables, and instant formula milk.

You can also use them to buy pulses and canned fruit and vegetable as long as they have no fat, salt, sugar or other flavouring added. The vouchers can be redeemed at local retailers.

If you are entitled to Healthy Start Vouchers you will also get free vitamins designed to help pregnant and breastfeeding women and growing children.

Pregnant women and every child over one and under four years old can get one voucher every week. Children under one year old can get £6.20 per week.

### **To be eligible you should be in receipt of certain means-tested benefits. Check your eligibility on [www.gov.uk/healthy-start](http://www.gov.uk/healthy-start)**

For example, a parent with a new baby and a 3 year old could get vouchers worth almost £500 a year.

You can still receive the vouchers if you live with your partner and they receive one of these benefits or you are the dependent child of someone who receives them. If you are pregnant and under 18 you do not have to be in receipt of any benefits to qualify.

So check you are entitled as soon as possible to prevent missing out.

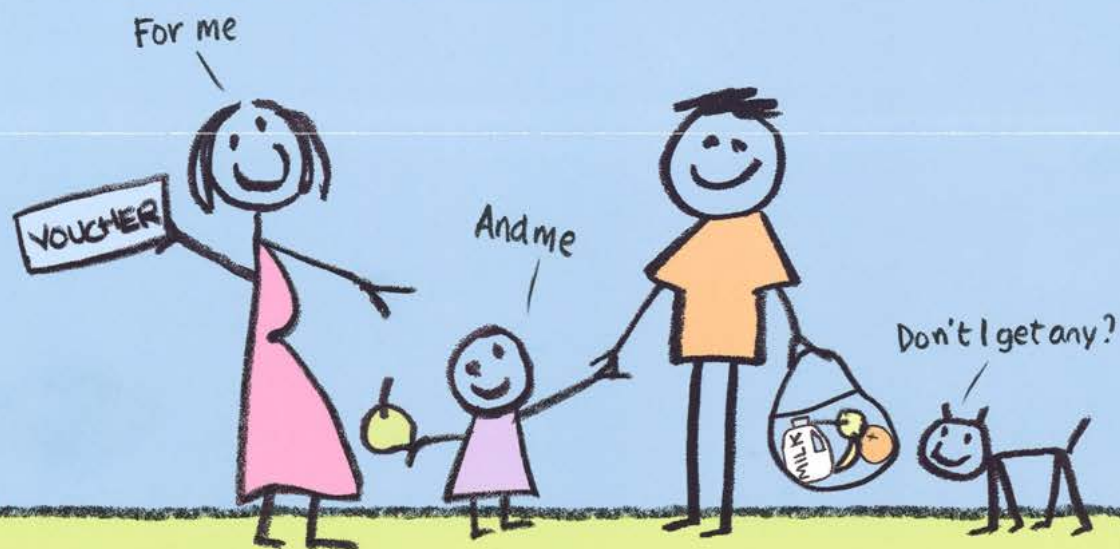
You can phone for a form on 0345 607 6823 or download and print one from [www.healthystart.nhs.uk/healthy-start-vouchers/how-to-apply/](http://www.healthystart.nhs.uk/healthy-start-vouchers/how-to-apply/).

Due to COVID19 restrictions the form does not need to be signed by a health professional

You can also use the benefit-checker on the County Council's website, and access free information about benefits that you might be missing-out on – [www.hertfordshire.gov.uk/benefits](http://www.hertfordshire.gov.uk/benefits)



# Free milk, fruit, veg and vitamins



## Give your family a Healthy Start

If you're pregnant or have a child under four and you're claiming some benefits or tax credits, you could get vouchers to spend on fruit, veg, milk – and a coupon for vitamins – absolutely free!

Go to [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)  
Or call **0845 607 6823**

# HEALTHY START

## HertsHelp– we're here for you!

### For Herts residents, carers & families general:

Need help and don't know where to turn? Have a question or problem? If you or someone you know are struggling this wintertime or any time, we're here to offer help and support.



This is available to you through HertsHelp –our countywide information, advice, signposting and support service –from 8am–8pm Monday–Friday (10am–6pm weekends/bank hols).

Just call HertsHelp on 03001234044, visit <https://www.hertshelp.net/winter-health.aspx>, [www.hertshelp.net](http://www.hertshelp.net) or email [info@hertshelp.net](mailto:info@hertshelp.net)

### For Partners/Districts etc

As we move into the winter period, and at any time, support continues to be available for vulnerable residents, carers and families in Hertfordshire accessed through HertsHelp (HH) who will triage clients' needs taking and making appropriate referrals or signposting to relevant support services.



#### Our offer includes:

- A broadened Crisis Intervention Service
- HertsHelp will deliver a crisis intervention service for people and families in crisis to include food, energy costs and other essentials for those who are in ongoing crisis or who have come into crisis as a result of COVID 19.
- Including linking to relevant District/Borough, as well as support to access relevant Government Schemes:
  - DWP Winter Fuel Payment: <https://www.gov.uk/winter-fuel-payment/>
  - Cold Weather Payment: <https://www.gov.uk/cold-weather-payment>
  - Warm Home Discount: <https://www.gov.uk/the-warm-home-discount-scheme>
  - Referrals and support via Districts/Boroughs for Herts Warmer Homes or YES Energy Solutions for example.
- Including all Citizens Advice in the Districts and Boroughs who offer mid to long term crisis intervention support, providing advice, information and support on debt, benefits, employment enquiries, legal issues relating to financial matters, housing enquiries, consumer issues, family and relationship issues as well as fuel affordability, supply, billing, meter issues, scams and general support plus Energy Schemes via website: <https://www.citizensadvice.org.uk/consumer/energy/energy-supply/>
- There is also the HERT (Hertfordshire Economic Recovery Team) partnership where HCC's Money Advice Unit (MAU) and Citizens Advice Hertfordshire (CAH) have come together to enhance the finance, welfare benefits and debt management advice already available in Hertfordshire to vulnerable residents who have been most affected by the COVID-19 crisis, to aid their financial recovery and embed future financial security and literacy, complementing the work done by financial inclusion workers in District and Borough Housing teams, especially regarding complex cases.
- Hertfordshire Community Navigation Service (HCNS) which aims to improve health and wellbeing by supporting those vulnerable service users in their own homes and in moving from hospital to home, using Community Navigators and Link Workers and the HCNS Pathway which is built into the overall social prescription pathway.



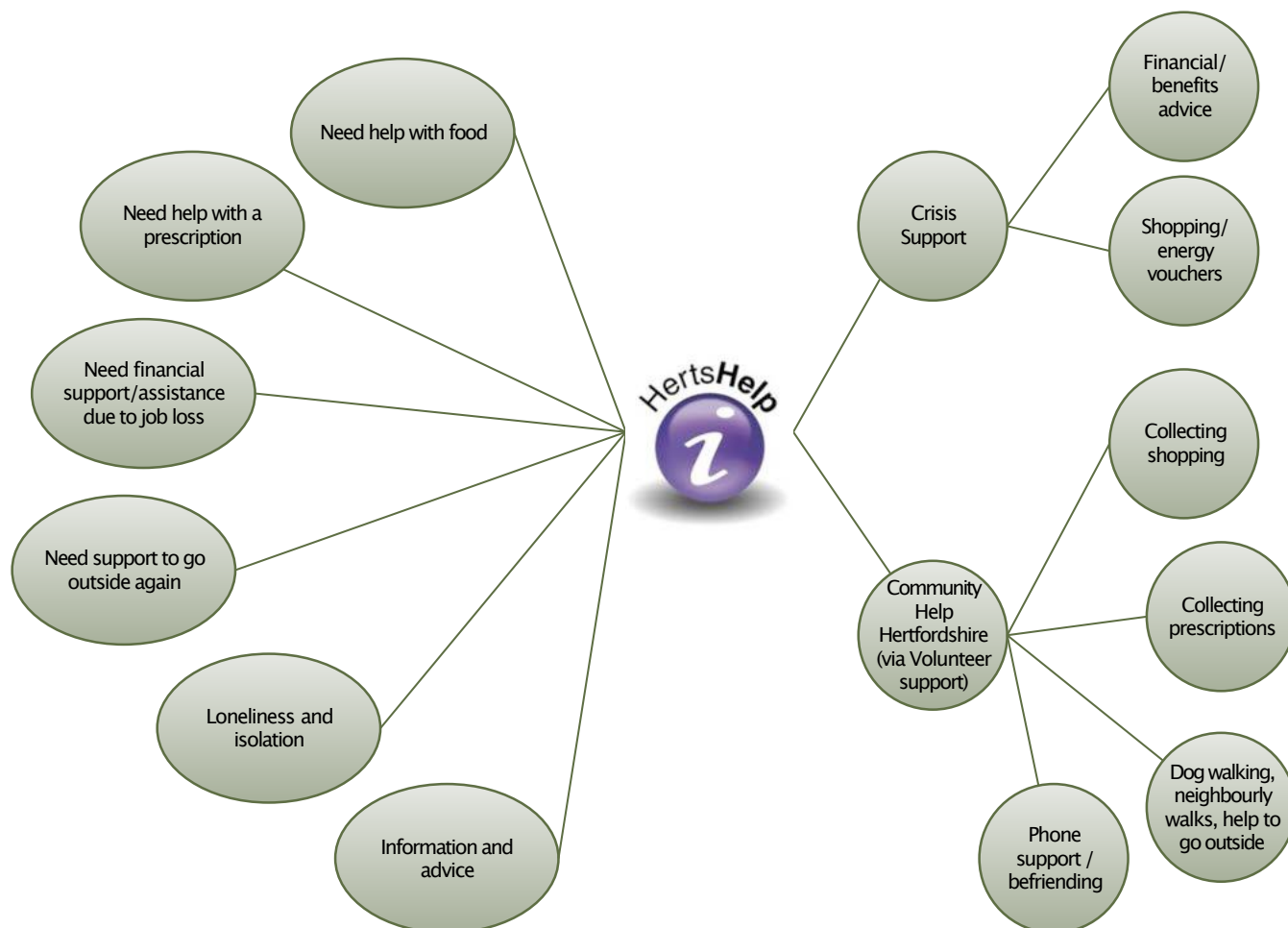
- VCS support, including:
- Winter welfare checks and hot meals via Hertfordshire Independent Living Service (HILS), including distributing some of the Warm in Winter Gift Bags from Small Acts of Kindness.
- Supporting the BAME community and Rural Support Networks via CDAHerts.
- Support to the Gypsy and Traveller community via GATE.
- Befriending, support and 'Keeping in Touch' calls via Carers in Herts for unpaid carers, Age UK, Mind in Mid Herts, lunch clubs and day centres.
- Countywide 'Reach Out Hertfordshire' hospital to home volunteering service offering companionship and practical support to help reduce loneliness and isolation.
- Volunteer support (including shopping, medication collection, befriending, dog walking) via the CommunityHelp Hertfordshire (CHH) service model under which all the Hertfordshire CVS organisations and Volunteer Centres have come together to provide a unified response to support people in need. This network also acts as a support and co-ordinator for smaller but important community groups including mutual aid groups, foodbanks and good neighbour schemes, assisting with organisational development and fund raising.



**CommunityHelp  
Hertfordshire**

A partnership of voluntary sector infrastructure organisations funded by Hertfordshire's public sector

To view **opening hours** and to access all of these services call HertsHelp on 0300 123 4044, visit <https://www.hertshelp.net/winter-health.aspx>, [www.hertshelp.net](http://www.hertshelp.net) or email [info@hertshelp.net](mailto:info@hertshelp.net)





# *My Light*

*It's time to say goodbye, it's hard to let you go,*

*I miss your loving smile and caring words you told,  
your hugs, your laugh, your giggly ways, always  
knowing what to say,*

*My heart is aching and this you know, I wish you  
were still with me, cos I love you so,*

*You will always be remembered with the memories  
we made,*

*I have been blessed to have had you in my life,*

*You were my light, that stills shines bright,*

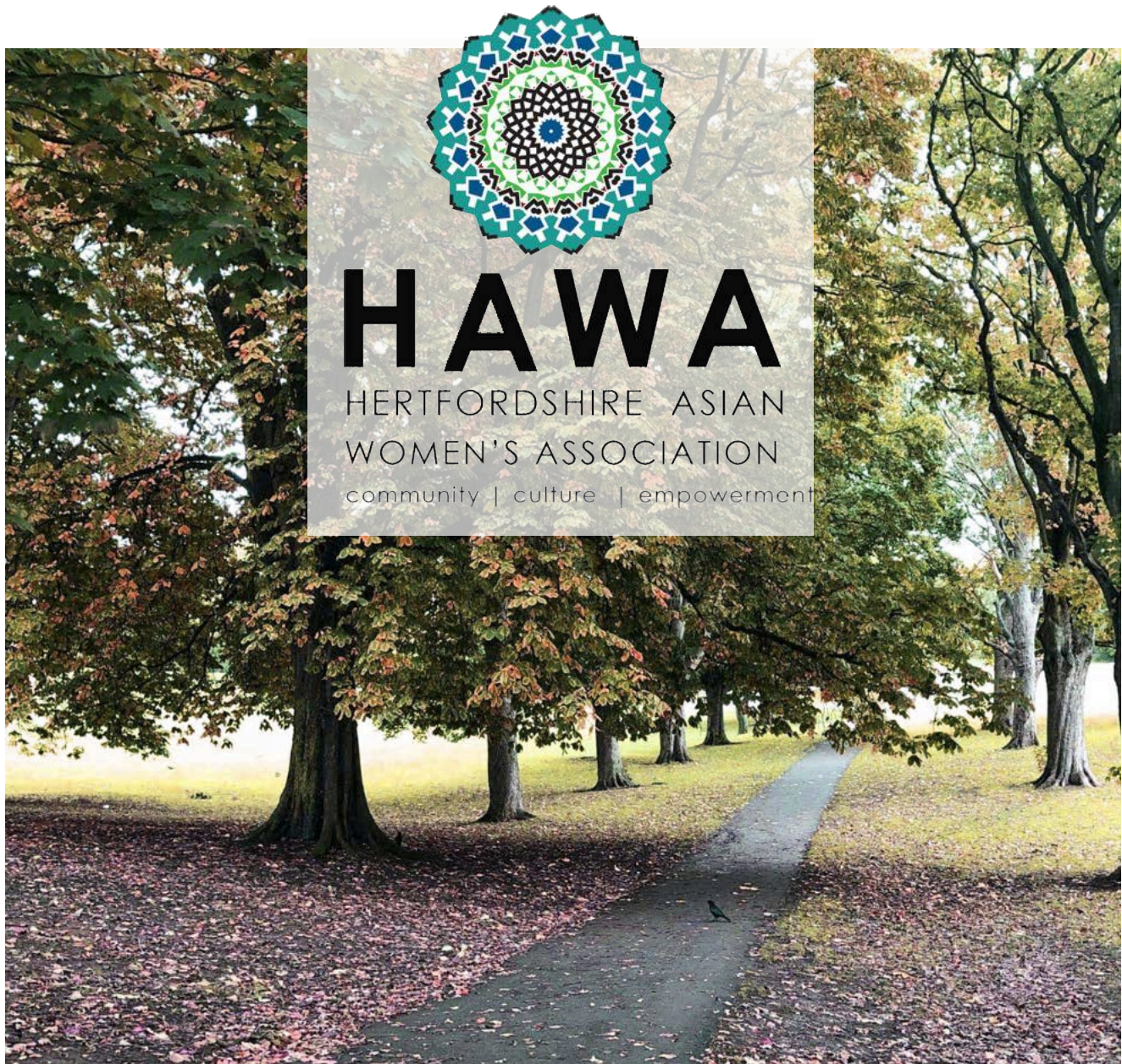
*I will always love you,*

*Until the day I say goodbye.*

*Written by Touria Oulhat*

*Dedicated to the all the loved ones we have lost.*





**Credit to:**

**Yasmin Vacca: Designer/Copywriter & Editor**

**Mouna Vacca: Illustrator & Editor**

**Touria Oulhat: Co-ordinator & Editor in Chief**

**Thank you to all of those who contributed to the 2020  
HAWA magazine Autumn/Winter edition.**