



Newsletter

Roshni 444 London Road S2 4HP www.roshnisheffield.org.uk

10th Issue

Spring/Summer 2015

Roshni, Sheffield Asian Womens Resource Centre was established in 1992 and aims to advance the welfare and education of Asian women living and working in Sheffield. The centre creates a dedicated facility in Sheffield, for the delivery of new and innovative services, which complement existing provision and improve access to mainstream services. The principal objective being to empower Asian women to identify their own needs, create their own solutions, and make their own choices so that they can have lasting improvements to the quality of their life

Update on English language requirements for Visas

What is required for settlement visas (Indefinite Leave to remain)?

- English qualification at B1 or above or a degree taught or researched in English.
- B1 equals ESOL qualification at Entry Level 3 or higher (level 1 or 2)

You can send your Entry 3 certificate to Home Office but from November 2015 everyone will need to pass the B1 test. The nearest test centre for Sheffield is in **Leeds**.

You will also need to pass Life in the UK test. You can book on this course online, and you can take the test in Sheffield.

Cost = £50

Home Office fees for settlement visa are £1500.



We are always looking for volunteers to join Roshni. If you can spare a few hours every week and would like to get involved, please get in touch for an information pack. Tel. 0114 2508898

Email: admin@roshnisheffield.org.uk

“Meri Sehet”

Technology has made people less active nowadays. We drive cars or take public transport, use machines to wash our clothes and entertain ourselves in front of the TV. Only a few people are doing manual work, and most of us have jobs that involve little physical effort. Inactivity is described as a “silent killer” and studies have found that sedentary behaviour, such as sitting or lying down for long periods is bad for your health. To stay healthy, we should try to be active daily through a variety of activities. People who do regular exercise have a lower risk of major illnesses, such as heart disease, stroke, diabetes and some cancers. Physical activity also boosts your self-esteem and helps in reducing stress and depression.

In order to perform physical activity, body needs energy and it is important to add all the important nutrients in your diet. A mixture of healthy eating and regular exercise is a miracle cure for many chronic diseases.

“**Meri Sehet**”, a health and well being project run by Roshni provides a variety of classes on exercises and healthy eating

Services offered in Meri Sehet project:

- **Join Aerobic classes FREE of cost at Highfield Trinity Church- Women only.**
- **Yoga Classes for improvers at Shipshape Health and Wellbeing Centre**
- **Learn to “make out of scraps” in the Cookery Sessions by our Health Champions**
- **Informative sessions on the importance of exercise and demonstration of self-stretching exercises by a Physiotherapist volunteer.**
- **Information workshops throughout the year.**



*Strong commitment to breaking down barriers
For South Asian women*

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Roshni AGM 2015

Roshni celebrated International Women's Day on 9th March 2015 with information stalls on Breast screening and Consanguinity marriages. Women also enjoyed free beauty stalls, head massages and henna stalls.



It's **Volunteers Week** from 1st June to 7th June. We'd like to take this opportunity to thank all the wonderful Roshni volunteers: Saima Suleman, Saira Suleman, Zaib Afsar, Sammy Lucas, Kay Matome, Ameena Aziz, Jennifer Sharif, Naseem Begum, Noreen Khan, Sharmista Bal, Shah Jahan, Saba Khan, Sanjana Shah and Surraya Gulzar.

Roshni Job Club

As you are aware there have been major changes in the benefit system which has put more pressure on individuals to find work. Amongst these people are South Asian women, some of whom are very vulnerable and have found the pressure very challenging. In response to this, Roshni has developed a job club which takes place every Mondays 10.30am-12:30pm at Roshni. The job club is FREE, and provides support in around the following areas:

- Searching for a job online
- Preparing a CV
- Applying for jobs online
- Completing your job search Job Seekers booklet
- Support in ringing agencies to arrange for interviews



What's on at Roshni

Monday	Tuesday
<p>10.00am -12.00pm Sewing Class at Roshni (5 weeks) 11th, 18th May 3rd, 8th, 15th June</p> <p>10.30am-12.30pm Job Club at Roshni</p> <p>12.45pm-2.45pm ESOL Entry Level 2/3 at Roshni</p> <p>1.00pm -2.00pm Aerobics at Highfield Trinity Church</p>	<p>10.00am-12.00pm Cookery Sessions at Highfield Trinity Church 5th, 12th, 19th May 2nd, 9th June</p>
Wednesday	Thursday
<p>9:30am-12:30pm Advocacy drop in</p> <p>9.30am-10.30am Health Check at Roshni</p> <p>12.00pm-1.30pm Computer Class at Roshni</p>	<p>10.00am-12.00pm ESOL Entry Level 2/3 at Roshni</p> <p>10.00am-11.00am Yoga at Shipshape £1</p> <p>11.15am-12.30pm Improvers class for Yoga Shipshape £1</p> <p>12:30pm-2:30pm ESOL Entry level 1 at Roshni</p>
Friday	Roshni Day Trips
<p>9.30am-12.30pm Bengali /Urdu Advocacy Drop In service at Darnall Childrens Centre Staniforth Road.</p>	<p>Green Street 12th June 2015 Alton Towers 22nd July 2015 Bridlington 24th July 2015 Birmingham 18th September 2015</p>