



Newsletter

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

5th Issue

Spring 2013

New Roshni Website



Just like the weather has taken a change from winter to spring so has the website of Roshni. To have a look at our new and informative website please log on to www.roshnisheffield.org.uk Any feedback and comments are welcome. For further information on how to get involved in any of the projects please contact the Roshni team.

Roshni Health Champions

Roshni has proudly completed its training and support to two health champions from the local community. This has involved intensive training, project management and delegating the champions to work in the local community. The project is due to continue so if you feel you would like to become a health champion then please do get in touch with the Roshni team.

Meri Sehat

The meri sehat project known as my health has been an absolute success with the change of venue and time; over 18 women are actively taking part in the health programme. The project is taking place on every Mondays at 12:30-2:30pm at Old Sharrow Junior School. Activities include aerobics, health discussions, and refreshments and weigh ins. No bookings required just turn up in your trainers.

What's on at Roshni

<p>Monday 10:00am- 12:00pm Carers peer support group (drop in sessions) at Roshni 12:00pm-2:00pm Job Club for all ladies 12:00- 2:00pm carers support group at Roshni, March 8th, April 13th and 3rd May.</p>	<p>Tuesday 10:00am-12:00pm introduction to ICT at Roshni starting from 16th April 5:00pm-7:00pm Youth activities for girls only at UMIX centre</p>
<p>Wednesday 9:30am-12:30pm advocacy drop. 10:00am-12:00pm advocacy coffee mornings starting from 17th April 12:30-2:30- Volunteers Plus programme</p>	<p>Thursday 10:00am-12:30 conversation skills starting from 18th April 9:30am-11:00am coffee mornings at King Ecbert School for parents whom have children attending King Ecbert 11:00am-12:15pm Iyengar Yoga classes at Ship Shape 12:30-2:30 Esol classes</p>

Key Dates for your Dairy

19th March: Roshni International women's day 11:00am-2:30pm at Old Sharrow Junior School

1st April-12th April: Easter holidays; please contact Roshni for details of activities for young people.

Keeping your child safe

The February half term holidays saw many young people and children from the Roshni play scheme and youth project participate in fun filled activities, this included baking, arts and crafts, a trip to the cinema and much loved and enjoyed party at the Umix building.

During these activities Roshni staff spoke to a number of parents about the never ending question how do you keep your child safe? Through the running of the parental course and one to ones much discussion, concerns and ideas were shared and a particular topic discussed was **Smacking!**

Did you know.....?

It is a crime to smack your own child!

It is unlawful for a parent or carer to smack their child.

Physical punishment will be considered 'unreasonable' if it leaves a mark on the child or if the child is hit with an implement such as a cane, slipper or a belt.

When will it become a criminal offence?

A parent can be charged with a criminal offence if they cause, Grazes , Scratches, Abrasions , Minor bruising , Swellings Reddening of the skin, Superficial Cuts or a 'black' eye.



Potential sentence could include a jail term!

Support for parents

There are many ways of disciplining your child without smacking them this includes; using a reward chart, introducing a naughty corner or a naughty step, communicating with your child and setting ground rules or alternatively enrolling yourself on a parenting course. For more details please contact Roshni.

What do religions say about smacking?

All religions promote kindness and responsible parenting. Prophet Mohammad (pbuh) has said: 'Don't be angry' Therefore, hitting your child out of anger would be wrong.

اپنے بچے کو مارنا ایک جرم ہے۔

والدین یا بچوں کی دیکھ بھال کرنے والوں کے لیے بچوں کو چائٹا مارنا غیر قانونی فعل ہے۔ جسمانی تشدد بے وجہ مانا جائے گا اگر بچے کے جسم پر کوئی بھی نشان پایا جائے گا۔ اور اگر بچے کو کسی چیز جیسا کہ کین، جوتے یا بیٹ سے پیٹا گیا ہو۔

کب یہ جرم مانا جائے گا؟

- اگر یہ وجوہات ہوں تو والدین پر جرم عائد کیا جا سکتا ہے۔
- جلد پر کھرچنے یا رگڑ کے نشانات
- جلد پر نیل پڑ جانا
- سوجن
- جلد کا لال ہو جانا
- جلد پر کوئی بھی کٹ آنکھ کے اردگرد کی جگہ کا کالا ہو جانا

اس کی سزا جیل بھی ہو سکتی ہے

