

Footprints

YOUR COMMUNITY, YOUR STORIES

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Neighbourhood legacy meeting at Unity Centre a success



The stakeholder meeting explored the history of the area.

Aerial photo of Church Road in 1920

A stakeholder meeting held by Fair Share Trust Brent to discuss plans for a neighbourhood forum as part of its legacy attracted a positive response.

Representatives from voluntary organisations, Brent Council, Catalyst Housing Group and Fair Share Trust Brent's panel discussed how a neighbourhood forum in the Church End and Roundwood area would provide leadership and allow local people to have a voice in developments in the area.

Patrick Vernon, legacy consultant for Fair Share Trust Brent, said "We had a good attendance for what was an exploratory meeting. We met with representatives of local organisations who have a professional interest in the area to gauge their reaction to the idea of having a neighbourhood forum."

Neil Jackson, Fair Share Trust Brent's community development manager, said: "There are changes in the law and at Brent Council

which provide an opportunity for local people to come together and influence planning and social policy in their neighbourhood. This has the potential to be a powerful legacy for Fair Share Trust Brent."

The meeting also looked at the history of the area and Brent Council's plans for Church End and Roundwood. Richard Lee, from Just Space, a community planning consortium, recommended that the Localism Act be used by local communities to influence planning decisions in the neighbourhood forum area.

A public meeting to discuss the neighbourhood boundary and seek support for the establishment of a neighbourhood forum for Church End and Roundwood will be held at the Unity Centre on Saturday 2 February 2013.

To find out more about the public meeting and how you can contribute, **call Neil Jackson on 07587 770 706 or email him at neil.jackson@fairsharebrent.org.uk**

News in brief

Girl power

A new empowerment project for young women gives them the chance to talk about their role in society. Girls are Stupid! Girls are Dumb! is run by P2P, part of Catalyst Housing Group. Project coordinator Andreen Irving said: "Teenage girls face lots of pressures and this project provides a space for them to talk to other women about their problems." The project has been running since November 2012 and is looking for new participants. **For more information, call or text Andreen on 07525 905 128.**

Hi tech youth centre

The Roundwood Youth Centre in Longstone Avenue has reopened after a complete rebuild. Targeted at 13 to 19 year olds, the state of the art building has a range of facilities, including a café, IT suite, media and performance areas, a recording studio and a sports hall. Young people can also use the centre to get advice, guidance and information. **To find out more, call 020 8937 6680 or email roundwoodclub@brent.gov.uk**

Free ESOL classes

The Unity Centre is offering free ESOL (English for Speakers of Other Languages) classes every Thursday. The women's class is held on Thursdays from 10am to 12 midday while the men's class runs from 1pm to 3pm. All levels are welcome. **For further details, contact Tony on 07964 765 799.**

WELCOME



“Working in Church End and Roundwood makes me feel positive. I’m fortunate to work with people who care about the area.”

Let’s be honest. We all like to complain once in a while, about the weather, the neighbours, the buses, cracks in the pavements, even the local wildlife.

Negative views

Living in this area you can overhear people being negative, with the views of outsiders bordering on the extreme. A few years ago a local paper got into the habit of linking serious crime stories to Harlesden, even if they occurred in Wembley, much to the fury of local councillors.

Working in Church End and Roundwood makes me feel positive. I’m fortunate to work with and meet people who live in and care about the area, showing what a great spirit this neighbourhood has.

Supporting young people

During the summer The People’s Project volunteers came to the Unity Centre every day for four weeks to support local young people in a range of activities and events which stretched their minds, bodies and spirits.

Fair Share Trust Brent has been able to fund local organisations to recruit volunteers to allow them to gain vital work experience in a challenging economic climate.

Local stories

Footprints also gives local people the opportunity to write articles or speak about their concerns as well as what they think makes Church End and Roundwood great.

So next time you find yourself complaining, count to three and say something you like about this area. With all of us thinking positively we can make Church End and Roundwood an even better place to live.

Neil Jackson

Community development manager

60 seconds with...

Ros Baptiste



‘Ros Baptiste, an energy adviser with Energy Solutions, advocates on behalf of vulnerable residents living with fuel poverty.’

With fuel prices increasing, **Footprints** spoke to Ros Baptiste, an energy adviser at the charity Energy Solutions, about how she makes a difference to the lives of Harlesden residents living with fuel poverty.

How do you help people suffering from fuel poverty?

As an energy adviser I advocate with energy companies on behalf of vulnerable residents about payment issues. I also visit residents at home and help them with budgeting and reducing their energy costs.

You work closely with residents in Church End and Roundwood.

I’ve always worked within the community. I used to run play groups as part of St. Raphael’s Women’s Workshop in an area where I’ve lived for more than 20 years. I’m currently the chair of the Friends of Brent River Park and I am also a Fair Share Trust Brent panel member.

People must really appreciate the work that you do.

In my work there are many sad stories, but we also get a lot of thank you letters from people we’ve helped. One of my first clients gave me a plant nearly 10 years ago and it’s still sitting in my office today.

Do you have any favourite local haunts where you go to escape?

I enjoy going to Tokyngton Recreation Ground and the open space just before you head into Fryent Country Park. I go right up to the top of the hill. It’s nice and peaceful.

www.energysolutions.org.uk

Footprints

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Disclaimer

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Young women behaving badly?

The fight for equality in the home and workplace has yielded many positive results, but there are also some worrying consequences, particularly for young women who believe they need to act like men to be taken seriously. Lady TT explains her concerns.

It's 3.30am outside Sound nightclub in Leicester Square, London. I'm distributing flyers when I hear: "YoooBruv. WhaGwan? Its man like me's 21st birthday."

The pitch is so high I turn in the direction of the loud voice and am surprised to see it is a conversation between two girls.

Street culture

I work with young women, aged 14 to 25, usually from an urban class background. Over the years I have noticed a massive change in the way they behave, dress and speak. It seems that within the "street" culture, many young girls find it acceptable to address each other as "Bruv".

They are also getting more involved in violent acts or gang-related activities, and are becoming more sexually active from a younger age. Lesbian and bisexual relationships are on the increase and many young women are being more experimental, having numerous sexual partners.

Sexual attitudes

One young woman told me, "If men can sleep with whoever they want, then so can I." But can they? Women have the ability to bear children, which can be a major outcome of such promiscuous behaviour.

Not only that, they will be left with the responsibility and challenge of raising these children in a nurturing environment.

Traditionally men and women have had quite defined roles in society, from



It seems that within the "street" culture, many young girls find it acceptable to address each other as "Bruv".

the way they dress, mannerisms and speech, to the specific roles they play as mothers and fathers, husbands and wives, or simply just as men and women.

Changing roles

Men had always been seen as the protectors and breadwinners; the ones who will look after the family financially and structurally. Women, on the other hand, have been viewed as the nurturers, the ones who look after the home, provide the emotional support and are more dependent.

Over the years, influenced by feminism, these roles have evolved. Women have had to adapt and become stronger, both outwardly and internally. They have the constant battle of securing equality in the workplace, to earn the same pay for doing the same jobs, or just to gain acceptance.

To cope, they have become more aggressive in their pursuit of success and equality. In the home, with an increasing number of single parent families, many women have replaced the role of the absent father and become the providers and the protectors.

This in turn has had an impact on young women who have seen their

mothers playing this dual role. What they don't see is the joy and value of being vulnerable or mutually dependent.

It seems that these roles have merged so much that the boundaries and expectations of male and female behaviour have almost been eliminated. Behaviour is no longer gender specific. Young women are breaking free from the stereotypical box of how they should behave, speak and dress.

But in the struggle for equality, has this caused more women to become aggressive rather than assertive? I'm an "old school" tomboy. I'm into sports and rarely wear dresses. When I was younger I was always "one of the lads", but the distinction between us was very clear when it came the way I spoke and carried myself. I would never dream of behaving the way I see some young women do today.

Ladette culture

They are no longer "tomboys" but "ladettes." They are a lot more harsh and aggressive in their ways and attitudes, even to each other. The ladette culture has made it almost acceptable for women to mirror crass male behaviour.

There are pros and cons to these gender changes, but there is still a lot of confusion among young women. It is our job to help them through it.

Lady TT is a DJ and youth worker with projects such as P2P and The People's Project. You can follow her on Twitter: @ladytt_official

Parents in control



Making a difference: Heather Thomas of Empowering Families and Potential Mentoring's Kelly Oyebola work with Drama Workhouse to support local families.

*Supporting families with complex needs during a recession is a challenge, but it is one that Starfish, an innovative one year old project, is meeting with some success, says **Joy Francis**.*

For the past year the Starfish Project has provided an innovative and holistic support service for children and families in Church End and Roundwood.

A partnership between three Brent-based charities (Empowering Families, Potential Mentoring and Drama Workhouse), the much needed project is funded by Fair Share Trust Brent.

Partnership

Kelly Oyebola, director of Potential Mentoring, which works with five to 19 year olds at risk of social exclusion, explains the value of the partnership: "There are times when children, young people and parents face challenges that affect their lives in a negative way. As a partnership of local community organisations, Starfish provides combined services such as individual mentoring, school interventions or emotional support

Starfish works with each family for three months over 12 sessions. In some cases the level of need is so high that three months is not enough

that are easier for families to access."

So far the project has worked with 22 families with intense, complex and multiple needs. Many of the families are sizeable, in some cases with six children. In reality this means that Starfish is working with 86 family members. The project hopes to reach 50 families by March 2013.

Starfish works with each family for three months over 12 sessions. In some cases the level of need is so high that three months is not enough. Families are usually referred to the project by an external agency, such

as schools and children centres, or through self referral, with Empowering Families as the first point of contact.

Assessment

After a referral, Heather Thomas, director of Empowering Families, visits the families and conducts an assessment to determine how many of the project’s partners need to be involved. At the Starfish monthly meeting, the partner organisations talk through the referrals and create a support package.

At the lighter end of the caseload, it could be tackling the fallout of debt. In one recent case a teenager was about to go to court over debts he had ran up while trying to support himself.

Back to basics

The Starfish team worked with him on budgeting and helped him set up a payment plan to reduce his debt and stay on top of his finances. As a result, he was able to keep his flat and clear his arrears. He now feels more confident and is looking for a job.

When it comes to the sharper end, the challenges are more complex with domestic violence, school exclusion, mental health and insufficient parenting skills among them.

Thomas says: “In some cases it is about going back to basics with parents to help them to regain some discipline in the home. This can include establishing a homework routine and even getting their children to clean up their bedrooms.”

Safe environment

Drama Workhouse, a charity that uses drama to enhance life skills, runs groups for the children and young people, to help them tackle anger issues within a safe environment, as many parents don’t feel able to do so.

Kaye James, the charity’s director, says: “Our workshops and projects for children, young people, adults and vulnerable groups focus on the use of drama as a tool for personal development, confidence, self-esteem and self-expression.”



Kaye James of Drama Workhouse leads a workshop.

Photograph by Neil Jackson

“Parents tell us that their children don’t respect them or authority figures, but we also come across children who lack self esteem and need support.”

Kelly Oyebola

Parental control

Oyebola admits that many parents struggle with maintaining parental control. “Parents tell us that their children don’t respect them or authority figures, but we also come across children who lack self-esteem and need support.”

The benefits to families cannot be underestimated. One parent, Valentina, says: “At first the whole family was apprehensive about Starfish. Then they worked with my 10 year old son. He is much more settled and happy with himself. In truth I wish we had come across Starfish ages ago”.

To deal with the demand, Starfish is looking to recruit 20 family support volunteers from the local community by the end of February 2013.

The volunteers will receive five weeks of quality training in theory on topics such as values and attitudes, communication



Kelly and Heather update each other.

Photographs by Adrienne McKenzie

skills, safeguarding children and child protection, with an end of course test. When they pass this stage they will then get five weeks on the job training in tandem with an experienced volunteer.

Volunteering

Once this is completed, they will be expected to volunteer for between two to three hours per week, which may include going to a clinic with a family, or supporting them in their own homes in a non-judgemental way. This opportunity will enable the volunteers to move on and gain employment in children and family-related professions.

Thomas has no doubt about the benefits: “Well trained volunteers who will listen, befriend and work alongside families, will allow parents to have the space to put one or more of the recommended changes into practice within the family household. Families will then feel empowered and able transform their own lives.”

To find out more about the Starfish Project, contact Heather Thomas on 0203 632 2344 or email info@starfishproject.org.uk www.empoweringfamilies.org.uk

Talking football



The young journalists with Rachel Yankey MBE and Paul Canoville.

Photographs by Lee Townsend

Words of Colour Productions in partnership with Fair Share Trust Brent ran a journalism programme for young people from Church End and Roundwood in the autumn of 2012. At the end of the course, some of the group got the chance to interview two top footballers from the past and present: Paul Canoville, Chelsea's first black football player, and Arsenal Ladies and England's most capped outfield international Rachel Yankey MBE. Here is an edited version of that interview.



Abdullahi Mohamud, aged 12

Abdullahi Mohamud
What influenced you to start playing football?

Paul Canoville

I used to watch Pele on video and I then I'd to go to the park to play football. He made me want to be a professional footballer.

Rachel Yankey

I didn't dream that I would become a professional footballer, but I used to go and watch Arsenal, my favourite team. I loved the way Ian Wright played football. He made it look so easy and so much fun when he scored goals. That's who I wanted to be.



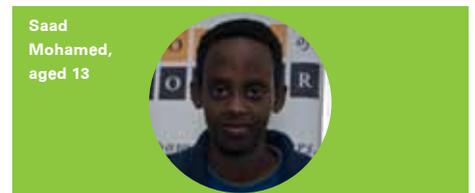
Ayaan Nur, aged 14

Ayaan Nur

When you were younger, you were the only girl in the football team. What kept you motivated to play football?

Rachel

What kept me motivated was my passion for football. Obviously I knew I was the only girl, but I didn't really care. It was about winning the game and scoring goals. It wasn't about boys or girls.



Saad Mohamed, aged 13

Saad Mohamed

Paul, you were the first black player for Chelsea. How did you deal with racism?

Paul

Not very well. It took a long time before I was accepted. Growing up we were the only black family on our estate. All my friends were white. We used to play World Cup and had to represent a country. I used to represent Brazil. I used to get called racist names by the old boys and I used to go home crying because I didn't understand. My mum told me to count to 10 and walk away. When I made my Chelsea debut it was shocking to hear that kind of racism from my own fans. It was keeping calm that helped me.



Jordan Farmer, aged 12



Jordan Farmer

I know you had an injury Paul, but what caused it to happen?

Paul

I remember it distinctly. I was playing against Sunderland. The ball came out and I remember making it go through my legs. As I turned on my right knee the defender took my knee from under me. I didn't realise that I was on the ground. I tried to get up and take the free kick and my teammate said: "You can't." When I looked down my thigh was facing one way and my knee and ankle was facing another. I just wanted to see the specialist to know when I could get back to football. It wasn't good news. I couldn't play anymore. Every time I did my knee swelled up like a balloon. It took three months to make the decision to retire, which is one of the hardest decisions any footballer has to make.

Kaftun Mohamed, aged 12



Kaftun

Rachel, a few years ago you were left out of Hope Powell's England squad. Was that the hardest time of your career?

Rachel

Yes, definitely. It came at a time when I had picked up a few injuries while playing with Arsenal. What I didn't know was under my left toe there is a tiny bone that I had fractured. I was still playing but there was always a sharp pain. The physiotherapist didn't know what was wrong with me and I wasn't playing very

well. Towards Christmas I saw a different physio who picked up on the problem. I was out for a few weeks. When I came back I started to play better and it was during the build up to selection for the European Championship. I was training with my strength coach in Willesden Sport Centre when I got a call from Hope Powell [England women's coach]. She said that I was dropped from the team. It was devastating. I felt sick in my stomach. I felt in myself that I was close to being back at my best. With football you have to accept the ups and the downs.

Jordan Farmer, aged 12



Jordan

Rachel, you were in the Olympics. What was it like being an Olympian?

Rachel

It was fantastic. Before the Olympics I don't think I fully appreciated the scale of the event. Track and field athletes train for four years for just one moment. As a footballer it is different as we play many games during a season. I was humbled by their dedication and training. Also having 70,000 people at Wembley stadium cheering for us was amazing.



So what did Rachel Yankey and Paul Canoville have to say about the interview?



Rachel

When I was at school no one who I could look up to as a role model came in to talk to us. If they did, I would have known what I wanted to be a lot earlier in my life. Some of the young people asked brilliant and intelligent questions. When I was 12 I don't think I would have been able to do that. It was also fantastic to meet Paul and hear his story. I could relate to what he said.

www.pitchero.com/clubs/gibbonswreckersyouthfc



Paul

When you have the chance to share your experiences with young people, and feel that they can go for their dreams, or be like me, I am happy. The young people have great ideas and such direction for their age. When I was their age I didn't know what I wanted to be other than a footballer. They have such belief, which I didn't have when I was younger.

www.paulcanoville.com

Cooking time

Kenny Tang loves food, especially Chinese dumplings. With a chef father who works long hours, cooking with him is a rarity, but Kenny convinced him to teach him how to cook this popular dish.



Kenny and his dad Hon Fai start filling the dumplings.

My dad has always been quite indulgent when it came to feeding me and my brother, whether it was Happy Meals after school or home cooked dinners. His skills as a restaurant chef definitely came in useful when cooking birthday meals, our annual lobster Christmas dinner, or noodles for my school fairs.

Everyone has a dish that they feel their parents cook the best. For me it would probably be my dad's pork and vegetable dumplings. I remember even during my childhood "Chinese food is boring" phase, when my culinary tastes fell more towards fish fingers, I would still look forward to him making them.

Recently I convinced my dad to teach me the recipe for the first time. Not that it's a family secret, but chefs work notoriously long hours so finding time to cook together is a rarity.

With Chinese New Year in February, I thought it was a good opportunity to share this recipe. You can make them with any meat filling or vegetable. I hope you enjoy making and eating them.



Get the edging right to stop any spillage.



Fry the dumplings until golden brown.



Good enough to eat.

Chinese dumpling recipe

Makes about 50

You will need:

Filling:

- 400g minced pork
- 200g Chinese cabbage
- 20g ginger (approximately 2 tablespoons)
- 1 tablespoon sesame oil
- 2 tablespoons soy sauce
- 1 tablespoon Shaoxing wine or sherry
- 1 tablespoon oyster sauce
- 2 teaspoons salt
- 1 tablespoon sugar
- 2 teaspoons chicken powder
- 1 bunch of fresh coriander

Wrappers:

- 500g flour
- 2 tablespoons oil
- A pinch of salt
- Boiling water

Dipping sauce:

- Chinese black vinegar
- Soy sauce

Add the salt and oil to the bowl of flour.

Pour the boiling water very gradually into the flour while mixing with a wooden spoon. The flour should begin to form small clumps until it's just coming together as a shaggy ball of dough.

Turn the dough out onto a work surface that's minimally dusted with flour, and knead it for approximately five minutes until it comes together as a smooth ball. **Place the dough in a bowl**

and cover with cling film and let it stand at room temperature for 30 minutes.

Mix together the sesame oil, soy sauce, Shaoxing wine, oyster sauce, salt, sugar and chicken powder and add to the minced pork. **Finely chop** the Chinese cabbage, coriander and ginger and combine with the meat and mix until evenly distributed. The mixture should be quite wet. You should fry a spoonful of it to check that the flavour is to your liking.

Take the rested dough and knead again for about five minutes. The dough should become elastic, silky smooth, and not sticky. Divide the dough into two and roll one piece into a long "rope" before breaking off 1.5cm pieces. **Roll each piece into a ball** before flattening with your hand. Using a rolling pin or towel, roll the pieces out into discs of about 7.5cm.

Place a disc in your hand and set a teaspoon of the filling in the centre. Fold the disc together and pinch together one side, sealing the edges as you work towards the other end. My dad adds decorative pleats along his edges, but I'm happy as long as mine are sealed properly and the filling doesn't fall out.

To cook the dumplings you can place them in a pan of boiling water and reduce the heat to medium for about five minutes. The dumplings should float to the top and become slightly swollen and translucent.

My favourite method is to fry the dumplings in a few spoons of oil until the bottoms are golden-brown and crispy. I then add a bit of water, cover and steam for about four minutes and then leave uncovered for the final two minutes, to evaporate any remaining water and to re-crisp the dumplings. **Serve the dumplings** with some vinegar or soy sauce for dipping.