

Date October 08
Issue 4

Harmony Family Centre

Special Interest Articles:

Here as promised from
the October '08 issue,
my report on Kenya

The Kenyan Experience.



The Kenya Experience



Jambo Sana, Karibu!

Just in case your Swahili is a little rusty,
let me help translate.

Jambo or Jambo Sana = Hello

Karibu = Welcome

As it was mentioned in the last edition I
took a trip to the beautiful land of
Kenya, Webuye town to be more
specific.

All I can say is what an AMAZING
experience, plus I was lucky enough to
be in the country when the Presidential
elections were decided!!!



The people of Kenya couldn't be
more welcoming, warm, hospitable
and generally speaking a friendly
class of people.

Anyone who has ever been to the
wonderful continent of Africa,
especially Kenya would tell you just
how green and blood Red the soil
is, it is hard to believe it is classed
as a so called 3rd World Country.

Webuye was the town in which I
spent most of my visit, Webuye is
quite a busy and bustling place and
when the election uprisings took
place, large bus loads of people
fled to the area for safety.

The purpose of my visit was for an
outreaching mission with the
Widows and Orphans of that area.

To this day a large number of
people are still displaced and
thousands of children are once
again left without any form of
protection, education and suitable
shelter.

At times the level of poverty and
hardship was heart-wrenching to
say the least, teenage boys openly
inhaling glue from a bottle and
young children walking for miles in
the burning sun looking for coal to
sell to buy food or other provisions.

In spite of the poverty witnessed,
Kenya has a thriving farming
industry and houses many gaming
reserves for which it is famous for
worldwide.

Just a few of the images from the beautiful country of Kenya!



Barack Obama

Congratulations to the First African American President-elect!!

Who ever thought we would live to see such a monumental event and what a time in history!!

Kenyan born Barack Obama Sr. received a scholarship in economics which allowed him to study in the University of Hawaii, here is where he met and married fellow student Ann Dunham and the two went on to have a child - Barack Obama Jr.

Obama Sr. only saw his son once before dying in a vehicle accident.



Obama Sr. with Obama junior aged 10yrs

President-elect, Barack Obama born in Honolulu, Hawaii, travelled and spent some of his schooling in Indonesia but returned back to Honolulu to live with his Maternal Grandparents.

Through sheer hard work and determination he excelled in every area of his studies.



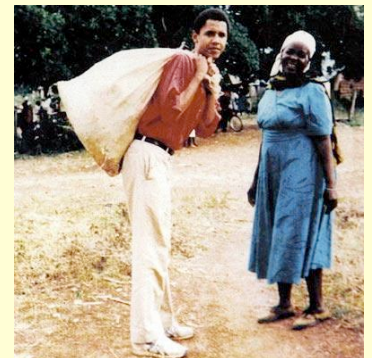
YOUNG MAYOR OF NEWHAM

Not only were we celebrating with our cousins across the pond; here in London, Newham to be exact. We were celebrating the elections for the new young Mayor of Newham, Joshua Adejokun.

Joshua Adejokun who at 14yrs old; is the democratically elected Young Mayor of Newham and directly accountable to young people within the borough of Newham.



The young Mayor will manage a budget of £25,000 and along with his councillors, will also direct a further £400,000 of the Youth Opportunity Fund money into local projects which will provide things to do and places to go for young people in the borough.



Barack Obama with his Grandmother Sarah Hussein Obama, in the village of Nyagoma-Kogelo western Kenya.

President-elect Barack Obama is a true testimony to achieving anything you put your mind to. We as a people must realise that we too can achieve great things if only we continue to focus on our goals and break through the glass ceiling.



"I believe that unarmed truth and unconditional love will have the final word in reality. That is why right, temporarily defeated, is stronger than evil triumphant".
Martin Luther King Jr.



Community News

As the Community Developer Worker, working in the local area I was disappointed and concerned to read the following headline in one of the local newspapers.

“MENTAL PATIENTS WILL HAVE THEIR OWN WEBSITE”

One of the main obstacles that I face on a daily basis is that of breaking through the social stigmas that surround the issue of mental health in the community. Although the media publicity generated by this article is greatly welcomed and much needed to increase the knowledge and understanding of the new service that will be introduced soon.

The terminology used in this news article to describe mental health service users and mental health survivors only service to maintain the stereotypes and stigma faced by this group in the community on a daily basis at a time when mental health survivors should be supported and encouraged along their recovery pathways. This makes the task of developing the community’s views and understanding of mental health issues a much harder objective, than it currently is.

The use of headlines such as this are effective for creating eye catching news articles, however they also shape the views and knowledge of the community, thus it is vitally important that some consideration should be




given to the power and influence of the terminology used by the media when producing such articles.

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NEWHAMS OLYMPIC INVESTMENT

Most people are aware that the 2012 Olympics are being staged in Newham, but how many people in Newham know how to take advantage of this once in a life time opportunity; this event will bring to Newham. It is estimated that 21 billion pounds of commercial investment in Newham will be generated by staging this event. So it is vitally important that all Newham residents are made aware of the countless employment opportunities so that they can prepare themselves to be in the best position to take full advantage of employment opportunities that this will deliver to your door step.

If you want to change your job or are out of work you should:

-  Keep yourself informed of the on going development.
-  Revamp or write your CV.
-  Seek training to provide the skills required for employment.

If you require assistance to complete these tasks, then the time to act is now!

*“You’re not to be so blind with patriotism, that you can’t face reality.
Wrong is wrong, no matter who does it or says it.”
Malcolm X*



Harmony Provides:



- Individual, group and family counseling/Psychotherapy.
- Drop In Support is a service which provides an opportunity for service users to meet up with each other
- User Forum - provides a voice for the BME mental health service users
 - Advocacy Support
- Employment Training and Support.
 - Community Outreach
- Volunteer and placement training

- Confidential advice and information

- Challenging perceptions about race and mental health

Activities

- Drop - Ins

Every Thursday at 2-4pm Sapphire Ward.

- School Workshops
- Young Peoples Forum
- Advocacy Support
- Mentoring Programmers
- Anger Management Training

*“If you don’t know where you are going, every road will get you nowhere”
Henry Kissinger*

Erudition Training Agency In association with Harmony

Organizations/teams are invited to purchase the following courses which can be delivered at a time & place to suit. We are also able to provide bespoke programs in:

- ❖ Anger Management
- ❖ Domestic Violence
- ❖ Managing Diversity
- ❖ Surviving Domestic Violence
- ❖ Disability Impact Assessment
- ❖ Managing change
- ❖ Risk Assessment
- ❖ Report writing
- ❖ Dare to be different is a programme designed specifically for young offenders - YOTs



*“Don’t count the days, make the days count”.
Muhammad Ali*

We’re on the Web!

See us at:

www.harmonycentre.org.uk

