



ELREC Newsletter

Edinburgh & Lothians Regional Equality Council

Promoting Equality • Fighting Discrimination • Fostering Good Relations

ISSUE 42: January 2015

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From the Chair

A happy new year to all of our members and welcome to ELREC's first newsletter of 2015.

This last quarter has been a busy one for ELREC with work continuing on all of our wide-ranging projects. A particular focus has also been put on obtaining new funding for the financial year ahead to ensure that ELREC continues to improve the services we currently offer while looking to expand the organisation to help as many people as effectively as we can. As a result of this we have secured funding for a four

year joint-project that will work to tackle the issues associated with honour abuse among the BME community in the city. We also have a new research project exploring the links between poverty and ethnicity which will be commencing in the coming months. You will find an update from each of our current projects within this newsletter.



Hon. President Sir Prof. Geoff Palmer OBE and Chairman Foysoyl Choudhury MBE at the US Consulate 8/12/14.

I am sure she will make a positive contribution to ELREC.

Furthermore, we are keen to provide our volunteers with opportunities to develop their skills and have organised a range of workshops and training courses for them over the coming months.

Finally, we have some exciting and informative events taking place in February and March. We are taking part in LGBT History Month again this year by helping to organise a Celebration at Leith Academy on the 26th of February as well as hosting an event with Edinburgh College for the International Day for the Elimination of Discrimination on March the 25th. I hope to see you at these events.

I hope you enjoy our latest edition of the newsletter.

Foysoyl Choudhury MBE, ELREC Chair



From the Manager

Hello everyone, firstly I would like to wish you all a Happy New Year.

Since our last newsletter in October there has been a vast amount of developments within ELREC. Within my last input I identified that I would be focusing my energies on funding applications for a number of our projects, for which funding is finishing on the 31st March 2015. I am happy to advise that we have secured three new pots of funding; firstly we have received funding through the Big Lottery –Young Scot fund to continue our successful project Young People Against Hate, with the funding being provided for a year. Secondly, we have obtained funding for a project which is being completed in partnership with SACRO and Multi-Cultural Family Base, called 'Bright Choices'. This is a unique project recently funded by the Big Lottery, Investing in Communities grant over four years to support victims of honour abuse within Edinburgh's black and minority ethnic communities. It is anticipated that this project will support 130 black and minority ethnic families across Edinburgh affected by honour abuse. We have further managed to obtain funding through the Big Lottery- Investing in Ideas for a small research project, over a six month period which will look at the 'Barriers of Poverty and Inequality'. There are further submissions for funding to a number of funding bodies, from whom we are waiting to hear back from and will hopefully update you on these in our next newsletter.



As part of our work programme we have continued to progress on our Service Level Agreement with the City of Edinburgh Council to ensure that the expected outcomes are achieved, with us working in partnership with Volunteer Scotland, EVOC and Edinburgh Community Learning and Development Partnership. We have also been undertaking and involved in various pieces of work with our partners in the Third Sector by providing capacity building support and inputs of training on Equality and Diversity. ELREC hosted there AGM on the 19th November 2014, where new Committee members were elected to the Management Board.

Further to the above, we obtained funding from Santander Foundation Community Fund for the upgrade our server; this has allowed us to operate more efficiently and effectively. We have also been undertaking some internal work to upgrade our premises and will be focusing on continuing this work over the next couple of months.

I would also like to take this opportunity to thank the dedicated staff and volunteer team who have proactively been assisting me along the way to achieve the above outcomes.

Thank you,

Ekta Marwaha

Ekta.Marwaha@elrec.org.uk

From the Office and Program Coordinator

Greetings in the new year,

November saw us arranging and delivering a number of workshops with partner organisations. Nick Greener and myself delivered a workshop in partnership with EVOC for board members and trustees of third sector organisations in the city. We also provided two workshops entitled "Investing in Equality" with Edinburgh Council's Community Learning and Development. This was delivered to management committees of community centres throughout Edinburgh. This provided an introduction to the Equality Act 2010 as well as an interactive discussion on the important role equality plays in community centres. All the workshops received very good feedback and the participants seemed to really engage with the topic. We will be making contact with participants again in the coming weeks to assess if the workshop has had any impact within the community centres involved.



The office has also been busy over the last few months. With the funding we received from the Santander Foundation and Keep Scotland Beautiful we have had a new server installed as well as upgrading a few of our computers. This will greatly help efficiency in the office and we have already started to see the improvements. Also through Keep Scotland Beautiful we have installed energy efficient LED lighting that will help us reduce both our bills and energy that we are using within the building. Additionally, as an extension of our Young People Against Hate project one of the office spaces on the first floor is being turned into a Youth Zone that will be for young people from Edinburgh's BME community to use and benefit from with the top floor being reorganised to accommodate the office space required for our new projects starting in April.

Neil Ogilvy

NOgilvy@elrec.org.uk

ELREC's Support and Advice Service

If you've been discriminated against; need assistance or are looking for housing and benefits advice, we're here to help. We offer free and impartial advice for individuals who have suffered discrimination, need to report hate crimes or need assistance in working with public bodies. If we're unable to help, we'll help you take your case to an appropriate organisation who can.

If you would like to come and see us, please call and book an appointment first, and also write down details of the incident, paying particular attention to dates. We'll listen to your case and make an assessment, helping you to identify your options and decide on the best course of action.

To report an incident or get more information contact us at: ELREC, 14 Forth Street, Edinburgh EH1 3LH. (T) 0131 556 0441 (F) 0131 556 8577(E) admin@elrec.org.uk (W) www.elrec.org.uk

From the Youth Development Officer

Happy New Year from the YPAH project! January has been quite quiet in comparison to how busy November and December were. The YPAH group has been facilitating workshops all across Edinburgh and the feedback that we have been receiving has been wonderful.

Islamophobia has been on the rise, the YPAH group have made a conscious effort to tackle this problem. Our volunteers have been doing research on religious extremism but more importantly on the peaceful nature of Islam. YPAH has worked in partnership with TRUE Colours to create and deliver new workshops on Islam and Islamophobia. These workshops have taken place at Gorgie Mills School, James Gillespie High School and at Craigmoynton Community High School. The feedback from these workshops has been positive and we hope we can continue to deliver these sessions which help create greater awareness about the second biggest religion in Britain and the world.

YPAH has focussed a lot of its attention on North Edinburgh, facilitating workshops on Homophobia at the Pilton Youth & Children's Project and the Equality Act 2010 training at the Pilton Community Health Project. We were also invited to be involved in the INITI8 course which delivers training to prospective Youth workers. The YPAH volunteers have also been helping ELREC deliver some of its Equalities training for charities and community centre staff, a lot of time and effort was put into the research and facilitating of these course, so thank you very much.

In partnership with FIXERS our young volunteers have created a short film demonstrating the unpleasant nature of youth based hate crimes and the importance of Third Party Reporting. On the 19th December the short film went online. It can be found on YouTube: <https://www.youtube.com/watch?v=1NtSOnDa8b8>.

The message of "Don't hide it, face it, report it!" , will be one that young people can get behind. A great deal of thanks must go to the volunteers who participated in every aspect of the project, research, survey analysis, presentation, filming and acting. Once again, I would like to thank the FIXERS team led by Kobi Cooke.

Last but not least I'd like to thank a couple of volunteers who are moving on to other projects. Alex Bunch has been involved with ELREC for the last 5 months, he helped us with the third party reporting survey and wrote up a great report for the YPAH. Thank you Alex, I hope everything in your new job goes well, we wish you the best. Natasha Iregbu who has been volunteering with ELREC for over a year now has been great, she was instrumental in our short film and has been involved in a variety of different workshops about Hate Crime. We will miss her but we wish her good luck.

Nick Greener, NGreener@elrec.org.uk



Natasha Iregbu in the YPAH film on third party reporting.

TRUE Colours

Hello again! TRUE Colours volunteers have been working hard in the last couple of months.

In November we were very lucky to be invited to speak at the annual STUC's St Andrews Day anti-racism march and rally in Glasgow, alongside author Selma James, Professor Colin Clark from CRER and human rights lawyer Amar Anwar. As every year, the event focused on celebrating inclusion and diversity and different ways we can tackle racism in Scotland and around the world. It was very exciting to see how a mutual goal, the fight for equality, can bring so many people together, and TRUE Colours are proud to have been a part of it.



'Do you have a vaccine for Islamophobia?'

Another important event - Diversity Day in Firrhill high school took place on the 18th November. The day was inspired by Holocaust Educational Trust's Lessons from Auschwitz project. The event ended with a talk from a Holocaust survivor Harry Bibring. TRUE Colours volunteers contributed by presenting two workshops about the harmful consequences of labelling and stereotyping in society.

In addition, throughout November and December we have been presenting a new workshop about tackling Islamophobia and promoting good relations. In

this period we have reached just under 200 students, mainly in James Gillespie's high school.

At the moment, the group is working on workshops surrounding facts and myths about immigration, and bullying and discrimination in schools.

Una Dosen, TRUE Colours Coordinator—UDosen@elrec.org.uk



From the Equalities Engagement Officer

Meet up: Diverse Community in Craigmillar

Community Learning and Development (CLD) staff and Edinburgh and Lothians Regional Equality Council (ELREC) Equality Engagement officer worked together to plan, advertise and run an event for Black and Minority Ethnic parents of school age children in Craigmillar. Greengables Centre staff were also involved in passing on information to parents using the Centre and participating on the day. The event took place on 10 December 2014 at East Neighbourhood office, Craigmillar and was designed to foster participation and build a network of BME parents of school age children who live or work in the area, starting by celebrating diverse cultures and celebrating International Human Rights Day.



16 people participated who had been contacted by CLD and ELREC along with a number of volunteers. Bangladeshi participants also gave a presentation on the cultural heritage and the history of the month of December when Bangladesh gained independence.

Groups discussed what they liked about Craigmillar and what they would like to change and raised their hopes for more learning groups with crèche to be delivered, for cleaner streets and play areas, and action to address food poverty, racist abuse and the lack of information in different community languages.

Following on from this meeting CLD will run a group with a crèche for BME parents in Craigmillar at Greengables Nursery – see details below:

Follow on event – Diverse Community Craigmillar

A group to share what matters to you about Craigmillar and how things could change. What can we learn and what can we do as a group?

When: Thursdays, 9.30pm – 11.30pm from 22 January 2014

Where: Greengables Nursery

Who for: For Black and Minority Ethnic parents living in Craigmillar.

Crèche places available – please contact Fiona on 0131 652 6324 to book places and to let us know you are coming and what age your children are.

Black History Month Celebration in Midlo-

As part of the Black History Month, ELREC, Health in Mind, and Midlothian Council hosted a celebration of Midlothian on Wednesday, 29th October 2014. Volunteers from Midlothian People's Equality Group (MPEG) and ELREC supported the event and worked to make it a success. We were delighted to have over 60 visitors who joined in at the event.

Mizan Rahman, Equalities Engagement Officer, ELREC, introduced the event, highlighting that despite many feeling that there were not many black people resident in Midlothian, the event was a celebration to recognise that there were black residents who had gone onto become heroes in their fields. There is Benny Tetteh-Lartey who is an Afro Scottish singer and Sir Geoff Palmer OBE also Freeman of Midlothian.



Cllr Bryan Pottinger, Equality & Diversity Champion of Midlothian Council, host of the event, mentioned the need for having equality events and the support available from the Midlothian Council for these events.

Foysoil Choudhry MBE chair of ELREC, talked about the role of ELREC and how they have been tirelessly working to bring about a change. He asked two questions of the audience; What is equality? And Are we there yet? Provost graced the event with his presence and was vocal in his support and the need for equality events. Sir Palmer with his charismatic presence as always left the audience spell bound. He talked about his personal journey, past and historical background & connections, Igniting a desire to know more. Dinner was courtesy of Itihaas. It was delicious and very appreciated by all participants.



After dinner there was a showcase of cultural activities. Nigsti and Alam presented Ethiopian dance asking audience to join in with them. It was great to see so many people moving to Ethiopian music. Samba Sene the musician and singer, sang a couple of songs, encouraging all to sing along with him. Benny a Ghanaian singer brings alive Afro-Scottish music. He sang songs on unrequited love, injustice and other themes. His lyrics creating virtual images and his music raising the soul. What an amazing evening. The cultural performances ended with Samba and Benny singing together and the audience joined in with dancing to their beautiful music.

Following the entertainment, a 'soap box corner' question and answer session was run by Cllr Pottinger, who began discussions by asking if any participants had any equality concerns. A few matters were discussed and ELREC will be happy to support and guide within their remit. Police Scotland representative Rona, reminded everyone that Police Scotland take any hate crime incident very seriously and urged people to report all matters.

Jean-Matthieu Gaunand, Project Coordinator for ELREC's Communities for Conservation project shared information regarding the project encouraging people to register for its various services and ELREC's Chairman, Foyso Choudhury MBE, once again highlighted that ELREC would be happy to help/guide people who needed support.



The event ended with a note of thanks by Councillor Pottinger to all organisations involved together with the invaluable time provided by volunteers.

This was a grassroots event bringing in communities together, sharing the cultural wealth and contributions of the black community in Midlothian. The shadows of negative forces can only be overcome by grassroots events such as these which tirelessly aim to bring communities together in an appreciation and understanding of each other developing respect and stronger communities.

Mizan Rahman—Equalities Engagement Officer

MRahman@elrec.org.uk

Celebration Event 2015
to Mark
The International Day for Elimination of Racial Discrimination

When: 4.00pm - 6pm, Wednesday, 25 March 2015

Information Stalls from 2.00pm

Where: Music Box Auditorium, Sighthill Campus, Edinburgh College,
Edinburgh

ALL ARE INVITED

For any further information please contact Mizan Rahman email:

mrahman@elrec.org.uk, tel: 0131 5560441

Book online: <http://iderd2015.eventbrite.co.uk>

“What is a Social Enterprise”?

“How do I become a Social Enterprise”?

“Could we already be a Social Enterprise”?

“Don’t you need to be a charity to be a Social Enterprise”?

“Can a sole trader be a Social Enterprise”?

If you would like to know the answer to the above questions, learn more about Social Enterprise and explore and identify enterprising opportunities?

If you are from or work with the BME community then Just Enterprise in partnership with CEMVO Scotland would like to invite you to a **FREE** workshop at

ELREC

14 Forth Street, Edinburgh, EH1 3LH

3rd March 2015

Registration at 10:15 – 10:30

Workshop at 10:30 – 12:30

FREE Refreshments

This event is taking place in conjunction with ELREC.

To book a place please visit <https://www.eventbrite.co.uk/e/bme-social-enterprise-workshop-tickets-15631853294>

For more information please contact ELREC or Mary Sneddon on 0141 248 4830 or email mary.sneddon@cemvoscotland.org.uk



justenterprise



cemvo
Strengthening Communities
Tackling Inequalities

Communities for Conservation

CLIMATE CHANGE DISCUSSION - "CLIMATE CHANGE - WHOSE RESPONSABILITY?"

Over the past months we have done many events, trainings and workshops discussing climate change. We screened the breath-taking movie "Home" in different languages followed by a discussions on "Climate Change: whose responsibility?". We held a nutrition workshops about "food & mood, the role fats, sugar and salt, and how to get a healthy balanced diet" with Edinburgh Community Food. With NKS, we invited Eva Schonveld, project co-ordinator of the [Fife diet](#), to talk about the Fife Diet and we discovered how eating locally, organic and seasonal could have a big impact on reducing carbon emissions.

Click the following link to watch the Movie *HOME*: <https://www.youtube.com/watch?v=jqxENMKaeCU>
Our first series of Carbon Conversations are now over but we look forward to hosting another series of six friendly meeting to discuss of climate change. Keep in Touch!

FOOD GROWING:

We had a food growing training organized by Bridgend growing community in November. Our four volunteers said that it was "empowering" to learn about site analysis, seed care, planting and growing, common weeds and pests, harvesting and storage and composting and they said it was a great learning experience.



In addition to the community gardening groups at the Royal Botanic Garden, Milton Road Edinburgh College, Niddrie and Wester Hailes, we are starting two other community gardens in Drumbrae and a in Broomhouse. All gardens are going to re-open in March and we are going to have food growing training in all of them by hosting different horticulturalists and gardeners. Get ready.

Here is the link of a short video showing our food growing group - the Greenkeepers:

https://www.youtube.com/watch?v=BXiZticP7bI&list=UU_iFLW6c8oHkYuWnc8hzTqA

All our food growing groups including are welcoming you again in March.



A TRIP TO AN ORGANIC FARM

A trip to the beautiful Whitmuir Organic Farm was organized in October with 14 people and our most dedicated volunteer Mona. During the guided visit of the organic farm, we saw hens, turkeys, bulls and pigs, and we discovered the health and environmental benefits of organic food. The guided visit inspired all the participants to buy organic food and to try to grow food at home. Everyone thoroughly enjoyed the experience and would like to see it happening in the future particularly the volunteering experience of harvesting cucumber in the poly-tunnel.



Feedback from a participant: "Thanks for another great day. I was reliving childhood stories around farm animals; hens and pigs. Wonderful to experience the cacophony of the turkeys! And to come face to face with bulls and to be told they are peaceful. The farm is well appreciated looking at the busy cafe atmosphere...It was interesting to learn that so much planning and organisation goes into ensuring that every aspect, action and interaction in the farm is thought so thoroughly to meet organic standards. Heather, Pete and the staff were welcoming, friendly and willing to share their knowledge throughout our visit. The lunch was terrific, kids ate soup. Rishi said it was the best lunch he had eaten. Transport was well thought off and planned. Thanks for taking us to the farm and for developing an appreciation of organic farming concepts."



Volunteer Experience

I am soon to start a new job as part of a team which will set up the upcoming Scottish Independent Living Fund, and I look back at the past few months with gratitude and a smile on my face. ELREC was my introduction to work in the UK – I learnt a lot, and I met many talented and dedicated people.

I moved to Scotland just before the summer of 2014 to rejoin with my partner and our daughter. I was living and working in Paris, whereas they were over here in Edinburgh and I was missing my daughter growing up. When I arrived, I found a cloistered job market with many barriers for those who had no work experience locally.

ELREC is the sort of organisation which brings these barriers down, and as I explained to Alex Murray, ELREC's Volunteer Coordinator, when I arrived to volunteer for the first time, the name of the organisation tells you what it stands for. Bringing down prejudice, fighting hate and including the most vulnerable into our society were values I supported and believed in, although I had no hands-on experience. Now I am strongly committed to them, I understand them better and I will carry on promoting them.

I arrived at ELREC in September and first worked with Nick Greener, writing up a study on hate crime based on data ELREC had collected in February 2014. I was very pleased to see some of my statistics used in the Fixers video, and learnt a lot about the current state of Hate Crime in Edinburgh, as well as about Third Party Reporting. I then moved on to work with Jean-Matthieu Gaunand, helping him fundraise for extensions on the "Communities for Conservation" project. I particularly appreciated working with both Nick and Jean-Matthieu – they're talented, creative and trustworthy individuals.

I'm hoping to complete another fundraising application before I start my new job, and hopefully I can maintain involvement with ELREC in the future. Nick and Jean-Matthieu thanked me for my involvement when I told them about the job. Actually I would like to thank them and everyone else at ELREC, as I think the organisation has brought me far more than I would ever be able to give back.

Alex Bunch



Volunteer With ELREC!

Volunteering with ELREC is a great way to develop your skills, meet new people and work as part of an enthusiastic team. We're always looking for helpful and reliable volunteers, so why not make good use of your skills, get involved and join our volunteering team? For more details visit our volunteering page: www.elrec.org.uk/volunteer.htm or contact the ELREC office on 0131 556 0441 or email us at: admin@elrec.org.uk

Volunteering to Achieve

Hello, from the new volunteer coordinator. My name is Una, I have taken over after Alex our volunteer coordinator left ELREC.

Lots of new and exciting things are coming up. We have just announced several very educational and interesting trainings in the next period. Starting with the Disability Awareness training where our volunteers can learn about facts and opinions relating to disability, as well as issues and preferred terminology when talking about disability. Next in line are Emergency First Aid at Work, and the New Scots training relating to working with asylum seekers and refugees. This is especially useful for people who want to know more about differences between refugees, asylum seekers and migrants, factors that cause people to leave their own countries and end up in Scotland and the current UK asylum process.

As always, we have had lots of volunteer applications coming in, and we are all working together to find everyone the right role at ELREC, so that each of our volunteers can thrive on professional and personal level.

I would like to thank all of our volunteers for giving us their time. Your effort and dedication are crucial for our work.

Una Dosen, UDosen@elrec.org.uk



Staff, volunteers and board members at the volunteer party 11 December 2014



Nick Greener facilitating a workshop on funding applications for volunteers in October.



Staff and Volunteer Christmas Cruise on the Union Canal 12 December 2014



Learning to salsa at the Volunteer End of Year Party 11 December 2014

LGBT History Month 2015 Celebration Event

26 February 2015
Thursday
5.30 - 8.00pm

Leith Academy
20 Academy Park
Edinburgh EH6 8JQ

Join us for a FREE, family
friendly event with
multicultural music & dance,
guest speakers and
refreshments

To book your place:
<http://bit.ly/1KFZVsz>

Contact: Ann Marriott (e) ann.marriott@lgbtyouth.org.uk (t) 0131 555 3940 OR
ELREC (t) 0131 556 0441



Communities for Conservation Energy Saving Tips:

LOWER COST TIPS

Turn it off

Almost all electrical and electronic appliances can safely be turned off at the plug. A typical household can save between £45-£80 a year just by remembering to turn off appliances left on standby.

Careful in the kitchen

You can save over £43 a year just by using your kitchen appliances more carefully.

- Set your washing machine to wash at 30°C.
- Use a bowl to wash up rather than leaving the hot tap running.
- Don't fill your kettle up every time, only boil the amount of water you need.

If you've got a shower that takes hot water straight from your boiler or hot water tank (rather than an electric shower), then you may be able to fit a water efficient shower head. This can reduce your hot water usage whilst retaining the sensation of a powerful shower. By installing a water efficient shower head, a family of four could save around £65 a year on gas for water heating.

MEDIUM COST TIPS:

Draught excluder

You may be losing some heat through draughts around doors and windows, gaps around the floor, or through the chimney. Why not buy some draught-proofing products for doors and windows, seal your skirting boards with silicone sealant, and fit a chimney draught excluder or sealed fire guards. DIY draught-proofing of windows, and blocking cracks in floors can save between £20-£30 a year.

New heating controls

By installing a room thermostat, programmer and thermostatic radiator valves, you could save up to £70 to £150 a year.

This allows you to make savings by using your controls more effectively. For example, turning down your room thermostat by just one degree, if it's too warm inside, can save around £75.

Loft insulation

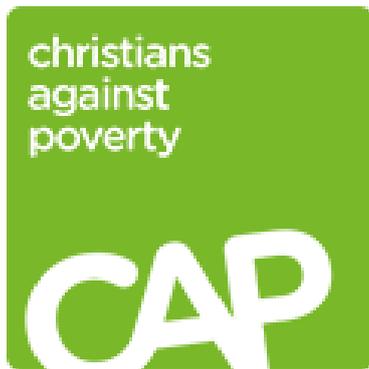
It might be worth checking whether you could make your home warmer by topping up levels of loft insulation. You could save up to £150 a year if your loft is uninsulated by installing 270mm of insulation.

Lighten your load

You can now get LED spotlights that are bright enough to replace halogens, as well as regular energy saving bulbs ('compact fluorescent lamps' or CFLs). They come in a variety of shapes, sizes and fittings. If the average household replaced all of their remaining old-fashioned bulbs with CFLs, and all of their halogens with LEDs, it would cost about £110 and save about £45 a year.

Extracted from: <http://www.energysavingtrust.org.uk/domestic/content/energy-saving-quick-wins>

Free Debt Help on your Doorstep



When financial trouble hits, it's easy to feel alone. It can seem like no one can help or that no one wants to. Local debt counselling charity Christians Against Poverty (CAP) really can help and hundreds of people call each week to begin their journey towards financial freedom.

Experience has shown that there is always a way out and no debt is too big or too small to deal with. In fact, if you are experiencing debt problems then you can get free, expert advice without even leaving your house.

CAP visits people in their own homes, negotiates with creditors and supports people right up until they are debt free. On top of this, the whole service is free of charge and available to anyone regardless of age, faith, gender or background.

A CAP client from Edinburgh said "Life before was horrific. I was scared of the door, scared of the post, scared of the phone; I chose not to answer any of them. I just buried my head in the sand. CAP has transformed me. It's brilliant now: I like getting up in the morning and I enjoy life."

In the UK, there are 260 CAP Debt Centres and two of these are in Edinburgh. This means that local people can access the service, which is recommended by TV's Money Saving Expert, Martin Lewis.

Edinburgh CAP Centre Manager, Mairi Giles said, "Every week we see people who think that there is no way out of their money problems and every week we offer them a solution that really works. If you are struggling with debt then there is hope. We can help you."

To find out more, call Christians Against Poverty's freephone number [0800 328 0006](tel:08003280006) or visit www.capuk.org

Communities for Conservation ENERGY ADVICE:

Our energy advice service to the Polish, South Asian, African and Chinese communities is becoming more and more popular. We have helped many people to understand their bills better and to be in control of their bills. As part of our energy advice, clients have been referred to different schemes. Over five clients have successfully qualified for some form of assistance to improve the energy efficiency of their home. Those measures included loft insulation, a new boiler, window and door insulation, and a new heating system.

A few case-studies:

- The boiler of one of our client who had been referred to the *Energy Assistance Scheme* has been successfully replaced. After enquiry, the client is very happy with the new boiler and says that his home is much warmer, and he is getting better and better.
- Recently, one of our client received a £140 *Warm Home Discount*.
- We have performed thermal imaging services that have helped one person to identify spots of heat loss in their home and draught-proofing measures.
- We have helped someone to switch from their current electricity and gas supplier to a cheaper energy supplier. They have also changed their prepayment meters to smart meters in order to be more aware of their energy consumption.

If you want to learn more about energy saving in your home and get an energy monitor to know how much each appliance in your home is costing you, contact us to arrange a home visit: Email cfc@elrec.org.uk or call 0131 556 0441



Calling for new members at ELREC!!

ELREC strives to embody the principles of transparency; integrity; equity; mutual co-operation; and participatory democracy.

ELREC welcomes all individuals and organisations who share our aims, visions, and values to join us as members. As a member you will have the opportunity to shape ELREC policy direction; participate in ELREC's annual Management Board election; and attend ELREC events and lectures. Our members also act as links to various communities. You will receive a copy of the ELREC Quarterly Community Newsletter and receive information on equality related events.

We welcome membership from individuals from diverse groups as this results in the better representation of all protected characteristics. We would be much obliged if you would consider joining us, as well as helping us by encouraging individuals and organisations known to you to join ELREC.

More information regarding membership, application forms as well as full copies of ELREC's Memorandum and Articles of Association, can be viewed by visiting our membership webpage or contacting our office:

www.elrec.org.uk/member.htm

A year on raising awareness of support available for seafaring families

During the last year I have been raising awareness in "Glasgow" undertaking a part time role which involved building partnerships and networks over a vast area of Scotland with Public, Private and Voluntary Sectors. Since I started at the end of June last year there have been 29 calls to the Freephone number from families and individual seafarers looking for a bit of much needed support. Theresa McGuire, who is the Community Engagement Officer for "Glasgow", said "I was initially puzzled to find that so many families didn't know of the services we can provide for them if they have a nautical connection i.e. earned a living working at sea or waterways". Theresa's role is to ensure all other agencies offering support to families in Scotland know about the support the maritime charities provide and ask the right questions of their patrons.

The project (Seafarers Childrens Support) is funded by Trinity House and focusses on raising awareness of all maritime charities. Trinity House set the project up as part of their Quincentenary Celebrations TH500 and the overall aim is to identify and engage seafarers' families who are in need.

Theresa said, "It has been a very busy year for me, trying to utilize every opportunity to raise awareness, attending events, network meetings, talking to statutory bodies and others who may come into contact with an individual or family in need."

Theresa pictured here at a Gala in Oban .



We work with a variety of different organisations to maximise the number of people we can reach out to. We know how hard it can be for these families to sustain even a simple lifestyle, and a little support – whether financial or emotional – can be all people need to set them back on the right path.

There are such a vast amount of maritime charities who can offer support to families in need and the criteria for each one is varied; however, if we look at an example of Sailors Children's Society – they can support families in need if they are a single parent family, two parent family in receipt of DLA or in some cases grandparents bringing up their grandchildren. Without the backing of the charity, many families would struggle to cope with the emotional and economic strain that caring for young children can put on a household.



Theresa pictured above in the far corner with a display board at the Commonwealth Flotilla

Theresa is keen to make sure that the available support is accessed by those who need it most.

"The organisation does fantastic work with some of the most underprivileged families," she explained, "but we can only reach the people that we know about. If you, or anyone you know, could benefit from the support that we offer, get in touch. It might mean the difference between sink and swim for a family in need." Theresa is also keen to emphasise that they have made it as simple as possible to apply for maritime support, by providing a Freephone number, so if you think that you'd qualify please either phone 0800 0556558, go to our website at www.seafarerschildren.org.uk or call Theresa on : 07951615372



ADVERTISING

We welcome organisations to advertise in the ELREC Community Newsletter for:

- Promoting services
- Disseminating flyers
- Campaigns
- Vacancies
- Consultations
- General marketing

This service is available for a contribution of £100 to £250 depending on the size and placement of the advertisement. To find out more, please contact Neil Ogilvy on 0131 556 0441 or email: admin@elrec.org.uk

Our newsletter is published every quarter in January, April, July and October of each year.

CONFERENCE ROOM BOOKINGS

You can book our 20-seat meeting room on an hourly basis for £20 per hour (reduced rate for small charities and community groups)

Tea & Coffee £1 per head
Please contact the ELREC office for additional information or to make a booking.



FUNDERS

ELREC is funded by:

- The City of Edinburgh Council
- Scottish Government
- Keep Scotland Beautiful Fund
- Voluntary Action Fund
- Big Lottery Fund
- Ponton House Trust
- Santander Foundation

VOLUNTEERS

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SERVICES

Edinburgh & Lothians Regional Equality Council (ELREC), founded in 1971, is a voluntary body and charitable company made up of individual members and representatives from a wide range of organisations. ELREC has a remit to work across the areas of City of Edinburgh, East Lothian, Midlothian and West Lothian Councils.

Our Objectives

- to work towards the elimination of unlawful discrimination
- to reduce inequality and promote a culture of human rights
- to promote good relations between persons of different groups without distinction

We pursue our aims through:

- Engagement with communities of protected characteristics
- Complainant aid for victims of discrimination and harassment.
- Support for communities in influencing change by facilitating interaction between communities and authorities
- Consultancy on equality policies, procedures and delivery of customised training on equality matters

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