

ELREC NEWSLETTER



PROMOTING EQUALITY - FIGHTING DISCRIMINATION - FOSTERING GOOD RELATIONS

From the Chair

by Foyso Choudhury MBE MSP



Welcome to ELREC's quarterly newsletter, the first for 2023. I hope that it is a good New Year for everyone.

Our projects are doing well and we have been able to add few more. The energy advice service is managed by Ewelina and it aims to tackle fuel poverty in Edinburgh, specially targetting bme communities and disadvantaged groups. If anyone has concerns over their energy bills or heating their homes, do get in touch with us. We also started a refugee project 'Life is good in Scotland' run by Adrian and it aims to provide practical and innovative approaches to learning english as a second language as well as

develop skills and knowledge for life in Scotland.

We would also like to welcome the Conscious living project and Macrame by Ola. Both projects tackle issues of loneliness, mental well-being, and improving health post covid.

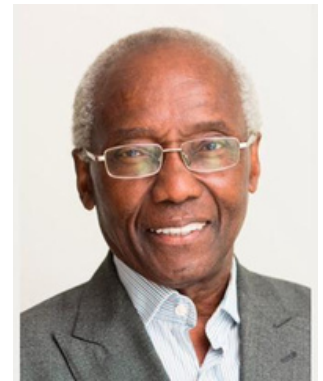
ELREC organised and celebrated International Mother Language Day (IMLD) on the 21st of February 2023 in collaboration with Lord Provost Robert Aldridge from Edinburgh City Chambers and other organisations. The aim of the IMLD is to celebrate these ways of expressing the world in its multiplicity, committing to the preservation of the diversity of languages as a common heritage, and working for quality education – in mother tongues – for all.

The theme of the 2023 International Mother Language Day, "Multilingual education – a necessity to transform education" aligns with recommendations made during the Transforming Education Summit, where an emphasis was also placed on Indigenous people's education and languages.

More details about ELREC's projects and activities can be found later in the newsletter. I want to thank our staff, volunteers, and funders for their continuous support and hard work.

An Article About Our Honorary President, Prof Sir Geoff Palmer OBE

'Eighteenth century case of Knight v Wedderburn commemorated at Court of Session.'



A plaque has been installed at the Court of Session to commemorate an historic decision which found that slavery was not recognised in Scots Law when it was heard there in 1778.

The case of Joseph Knight v Wedderburn decided that Knight, who was bought as a slave in Jamaica and brought to Scotland, should gain freedom from 'perpetual servitude'. The Sheriff Court in Perth which first heard the case brought by Wedderburn who wanted a warrant detaining Joseph Knight as a slave in 1773, ruled that "the state of slavery is not recognised by the laws of this kingdom, and is inconsistent with the principles thereof".

That decision of the lower court was upheld by a majority decision of the full bench of the Court of Session when it was appealed there some five years later.

Professor Sir Geoff Palmer who leads the Edinburgh Slavery and Colonialism Legacy Review Group unveiled the plaque at a ceremony attended by The Lord President, Lord Carloway and invited guests including senior members of the judiciary.

Sir Geoff said: "*This plaque tells the world of a decision that is in keeping with the comment of one of the judges, 'we sit here to enforce right not to enforce wrong'. Indeed, that 'right' was the human right to be free.*"



From the Board

by Azra Sharif-Qayyum Co-Chair and Convenor Volunteers

Dear Friends and supporters of the Edinburgh and Lothians Regional Equality Council,

As co-chair of this important charity, I am excited to share with you some of the achievements and initiatives we have undertaken over the

past few months. Despite the challenges, our dedicated team of staff and volunteers have been working tirelessly to promote equality, diversity and inclusion in our community. We have continued to deliver crucial services such as our advice and advocacy service which has supported many people facing discrimination and inequality. We have also been working on several exciting projects, including partnering with local businesses to promote diversity and inclusion in the workplace, and collaborating with community groups to deliver training and educational resources on equality issues.

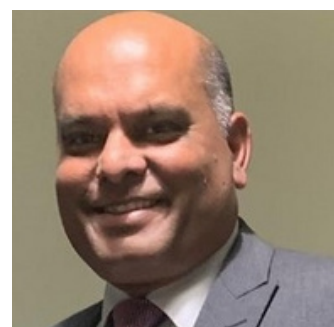
As we move forward into the spring, we are committed to building on these successes and continuing to champion the rights of all members of our community. We know that there is still much work to be done, but with the support of our members and partners, we are confident that we can create a more just and equitable society. Thank you for your ongoing support.



by Rajnish Singh, Company Secretary

Trust all had a great Christmas and New Year.

The start year 2023 signals that the challenges from 2022 would continue and in most cases expected to worsen this year. The inflationary cost increase of energy prices, food prices and many other essential items have been consistently running above 10%, a thing



unheard of in last few decades. The recent strikes by almost all sections of essential workers, nurses, rail workers, teachers amongst others, pose a big challenge for the government – how to balance the inflation and the income of the public sectors' workers. The impending increases in the mortgage rates, council taxes and energy prices are expected to make things worse post March 2023. These changes would have a bigger adverse impact on those with low income. The role of organisations like ELREC would continue to see an increased demand on their services considering it works with a lot of people with lower income segment. Hope the support towards ELREC would expand from different funding bodies this year and future.

Best wishes to all at ELREC – staff, volunteers and my fellow board members.

Police Scotland Message to Communities



Edinburgh Division continues to work towards LGBT Youth Scotland's LGBT Charter. 100 officers and staff have been identified for the roll out of LGBT awareness

Equality & Diversity officers from Edinburgh Division's Prevention, Intervention & Partnerships Department (PIP Dept.) continue to build on the delivery of Third Party Reporting training to ensure an ever increasing awareness of hate crime, and enhancing the number of platforms available to report crimes and incidents. The Wheatley Group, North West Council Hubs, have been trained within the last month

Officers from Edinburgh Division's PIP Dept. have delivered Hate Crime inputs at James Gillespie's and Liberton, Boroughmuir and Drummond Community High School, E Division officers delivering hate crime awareness raising sessions to all staff and Keep Safe and Third Party reporting training to various premises.

Equality & Diversity officers from Edinburgh Division's PIP Dept. joined with Edinburgh Interfaith Association and members of various different religions to deliver faith roadshows to numerous primary schools within Edinburgh, educating the pupils on different religions and hate crime. These were very well received by both pupils and staff and plans are ongoing to continue this throughout the year.

Equality & Diversity officers from Edinburgh Division's PIP Dept. continue to work alongside community teams to meet with victims of hate crime and to ensure all relevant support is offered.

Officers from Edinburgh Divisions PIP Dept. worked with Edinburgh College to deliver a policing input including hate crime awareness to 2 of their ESOL (English for Speakers of Other Languages) Classes, which was positively received and will continue throughout the year.

Meetings were held with all College and Universities to discuss ongoing work to keep students safe, including personal safety, frauds & scams and hate Crime

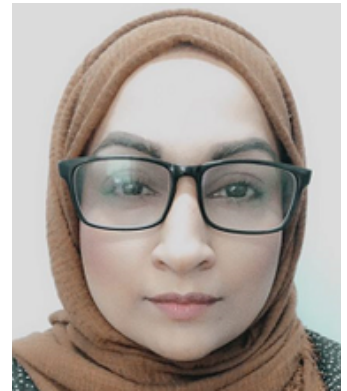
An input was delivered to 50 students at the University of Edinburgh, which included personal safety, frauds & scams and hate Crime



From the Manager

by Parveen Ishaq

Another quarter has passed us by so fast and it's been a busy one as always. Our projects continue to do well, and we have been welcoming new pieces of work recently. Our new projects 'life is good in Scotland' is doing great, working with refugees and new migrants in Edinburgh.



The Conscious Living project started in October 22, aimed at promoting more meaningful, mindful, and conscious approach to life in terms of our wellbeing, mental health, and environment. The project is inspired by the Slow Living Movement that encourages people to take a slower, more meaningful approach to everyday life and finding pleasure in little things. We will be expanding services during the year subject to more funding.

We got a small fund which was allocated to Macrame classes run by Ola aimed at tackling isolation, learning new skills, meeting new people, wellbeing discussions, Art workshop- making macrame. Macrame is a technique of crafting textiles. The idea is to learn how to make every day and decorative items in friendly atmosphere.

We will be working with SAREC (Scottish Alliance of Regional Equality Councils) on a small project aimed, to support vulnerable people impacted by the cost-of-living crises, to signpost other supports to the community, to ensure SAREC works and shares learning with partners.

You can find out about our other activities later in the newsletter and in more detail.

Support and Advice

The Support and Advice Service is a confidential service which provides free and impartial advice for individuals who:

- Have suffered from discrimination
- Need assistance in working with public bodies
- Need to report a hate crime

If we're unable to help, we'll help you take your case to an appropriate organisation that can. You can either approach us directly or be referred to us by another agency. ELREC will consider all requests for assistance.

To report an incident or get more information email admin@elrec.org.uk or call 0131 556 0441

International Mother Language Day 2023

Edinburgh and Lothians Regional Equality Council (ELREC) was honoured to host a celebration of International Mother Language Day 2023 at the Quadrangle outside the City of Edinburgh Council's City Chambers, on the 21st of February. Over fifty people attended the event to celebrate the cultural diversity that language brings and the capacity of multilingualism to promote diversity and inclusion.

This year's theme focused on multilingual education, as the UN highlights that 40% of the world's population does not have access to education in a language that they speak or understand, and promotes multilingual education that starts in a person's mother tongue before introducing additional languages.

The event was attended by speakers united in this purpose. This included **Antonella Sorace**, founding director of Bilingualism Matters, a public engagement organisation that promotes bilingualism. During her speech, she highlighted this essential detail: *"Let's also remember that a multilingual person is also a multicultural person: a multilingual is not only someone who can communicate with more people, but also someone who has an open mind towards other cultures."*

The **Lord Provost, Cllr Robert Aldridge** also spoke at the celebration: *"Edinburgh is also a long-established partner of UNESCO, with World Heritage status for our old and new town architecture, and in being the original International City of Literature - the template which has been much celebrated with sister initiatives across continents. Our city recognises, respects, and indeed celebrates linguistic and cultural diversity, directly contributes to strengthening the unity and cohesion of our communities, our neighborhoods, and our wider society."*

Foysoil Choudhury MSP, who spoke at the event, said afterwards: *"Language is the cultural tool that allows us to share different knowledge to better understand one another, where we come from and what makes us all unique, and to foster tolerance among different groups of people. It is vitally important that languages are preserved and multilingualism is promoted, for the reasons shared by distinguished speakers at today's event."*



Thank you to ELREC for organising the event at the City Chambers and for all the distinguished guests, speakers and performers for helping us to celebrate this important topic. I have lodged a motion at the Scottish Parliament supporting the achievements of International Mother Language Day and I hope we can remember this day as a day to celebrate our differences, whether it is our languages, cultures, or identities that make us who we are. I encourage everybody today to approach our peers and share information about our different languages and cultures, so that we can be enriched by each others' differences."

Giovanna Fassetta from Welcoming Languages, described the work of her international academic collaboration research team. Welcoming Languages taught 24 primary school staff in Glasgow beginner-level Arabic to foster a culture of hospitality that included language as an essential components and create a space in Scottish education for the languages of New Scots. The staff found that the project assisted them communicate with and engage children, and help New Scots children feel more welcome, respected and motivated to learn. Projects such as Welcoming Languages highlight the benefits of multilingual education in Scotland.

Representatives from the Edinburgh Association of Ukrainians in Great Britain also spoke at the event. The Ukrainian language - an important facet of Ukraine's cultural and linguistic identity - has also come under assault and threatened erasure by Russian forces since the invasion a year ago this week.

Other speakers included **Sir Geoffrey Palmer**, honorary president of ELREC; and speakers from **Thistle Shapla**. The celebration concluded with a performance by **SHABASH**, a Scottish Bengali arts and heritage organisation.



Ethnic Minority Energy Advice

by Ewelina Lukaszek

Ethnic Minority Energy Advice has gained another funder: William Grant Foundation, this funding is much appreciated as it will secure the provision of energy advice services for the communities.

During the last few months energy advisors from Ethnic Minority Energy Advice organised:

- Zoom workshop for participants from the South Asian community on the topic “Warm Home Discount” also addressed their queries related to energy saving and many more. Also, in the zoom workshop, we introduced the participants to the project and its services.

- Workshop about the energy advice services with an elderly South Asian group named “Positive future lunch group” in Priestfield parish church.

- Meeting of Edinburgh Energy Advisors with The Welcoming and Citizen Advice Bureau, aiming to meet regularly in the future to collaborate and exchange experience related to fuel poverty and energy advice.

We also made:

- 25 applications to Warm Home Discount-payment of £150 towards electricity bill for winter 2022 to 2023

- 3 applications for Home Heating Support Fund for customers who had energy debt for a total amount of: £3942.09

- 13 referrals to Home Energy Scotland:

One of the referred customers was eligible free of charge for a replacement of gas boiler and 7 radiators via Warm Homes Scotland scheme. Another referred customer was eligible free of charge for cavity walls insulation, loft insulation, gas boiler and radiators.



Contact details:

Email: energyadvice@elrec.org.uk

Address: 14 Forth Street, EH1 3LH Edinburgh

Phone: 0131 556 0441

Language support is available in Polish, English, Mandarin, Cantonese, Hindi, Odia, Arabic

OPEN ARMS

Champions of Health



by Mitra Rostami

We started the year enthusiastically and continued with providing our activities to our women both online and in-person.

We feel very lucky for having fantastic collaborators, such as, Edinburgh Fringe, through whom we have been linked with Thieya Arts who offered us 2 Indian dance workshops. In partnership with Granton Goes Greener, we held those events in a big airy bright room provided by the Granton Parish Church. We enjoyed the lovely food homemade by one of our Open Arms ladies and we all had a great time.



Weekly exercise classes are provided online, while Face Yoga being the most holistic, hence the most popular of them all. In Face yoga class, participants follow the session through different stages of breathing exercises, upper body stretching exercises, exercise for the facial muscles (face yoga), face massage using a natural oil, acupressure, tapping exercise, and meditation. Participants are encouraged to sip on a hot cup of a herbal infusion throughout the session to detox and boost the effect of the practice.



Our creative classes including arts and crafts are going strong, and we have been busy making lovely items out of recycled stuff.



As usual, we update the timetable for the regular weekly activities at the beginning of each month. The image below shows our activities on offer in March.

If you are interested in joining the program or referring someone, please contact mrostami@elrec.org.uk

OPEN ARMS ACTIVITIES CALENDAR
MARCH 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 Book Maintenance, ZOOM	9:00 Cards, ZOOM	10:00 Issue craft, ELREC ***Mobile Craft***	9:00 Hair Traps, ZOOM			
		9:00 Book Maintenance, ZOOM	9:00 Heavy Cards Exercise, ZOOM	9:00 Hair Traps, ZOOM		
	9:00 Book Maintenance, ZOOM	10:00 Issue craft, ELREC	9:00 Heavy Cards Exercise, ZOOM	9:00 Hair Traps, ZOOM		
		10:00 Issue craft, ELREC	9:00 Heavy Cards Exercise, ZOOM	9:00 Hair Traps, ZOOM		Scarf Making Event (FRC)
	9:00 Book Maintenance, ZOOM	10:00 Issue craft, ELREC	9:00 Heavy Cards Exercise, ZOOM	9:00 Hair Traps, ZOOM		
	9:00 Book Maintenance, ZOOM		9:00 Heavy Cards Exercise, ZOOM	9:00 Hair Traps, ZOOM		

*ELREC: 14 North Street, EH3 3JH

- New activities can be added throughout the month.
- The timetable of the activities is subject to change, but there will be a prior notice.
- For further information or signing up please email mrostami@elrec.org.uk

Rise in the cost of living

We have always gone far and beyond when it comes to supporting our clients and are proud of having a holistic approach is the provision of our services. The rise in the cost of living has affected everyone, particularly those on the lower-earning spectrum. As a member of the Edinburgh Community Health Forum, we have been lucky to receive a small grant from the National Lottery and generous help in form of food vouchers from Scotmid/Coop, which has enabled us to support the most vulnerable families among our service-users.



Strengthening bonds with the Ukrainian Refugees

On the 20th of February, we ran an information stall at Victoria Ship for Ukrainian Refugees in Edinburgh, organized by volunteer Edinburgh.

We were delighted to see the Ukrainian refugees being so interested to get involved in our services and activities. Also, very happy to learn, for the first time, about other services available to refugees through other organizations in the third and public sectors, including volunteering opportunities on offer by the City of Edinburgh Council.



Here at ELREC, we are proud of having and following our very clear vision of equality for all and working towards elimination of discrimination and prejudice in the society. Our main beneficiaries are people from minority groups, including migrants and refugees. We offer our services equally to everyone regardless of people’s nationality, race, ethnicity, religion, gender, and age backgrounds. So, if as an organization or individual, you have support and services on offer for migrants and refugees, we will be very happy to hear from you.



Life is Good in Scotland

by Adrian Barbascumpa



Sessions

The Life is Good in Scotland (LiGiS) Project is funded by the National Lottery Community Fund and supported by the Scottish Refugee Council. The Project aims to support immigrant integration, assist migrants in adapting to the new society and provide education and training for everyday life. We want to use innovative and practical approaches to learning English as a second language and develop skills and knowledge for life in Scotland. The objectives include integration and social inclusion of migrants and refugees as marginalized groups, including English language competencies, Cultural competencies, and increased access to public services. The Project is delivered through events, learning groups, workshops and trips to heritage sites.

The sessions started on the 1st of November, 2022. During the sessions, the participants had the chance to ask questions and received genuine answers and explanations about several topics. Participants expressed their positive impact on engaging and interactive sessions, which increased their knowledge on several topics that they lacked information about. Their engagement and commitment proved an increased interest in these sessions, which showed the disparity between their understanding and reality.

Our sessions actually saved people's life. For example, in our session regarding Oral Health, a person managed to register with dental Practice and discover issues that could lead to substantial damage to their health. Please see below their testimonial:

"I participated in a dental care workshop as part of the ELREC's 'Life is Good in Scotland' Project. I hadn't gone to the dentist in 7 years. The workshop facilitator advised me to register for a dental Practice and helped me to register. I went to the dentist, and they discovered a small cavity. They said to me it was early stages, but it was lucky as the decay could have damaged the nerve later on, and I would have needed a painful tooth extraction costing over £1000. Now I need a small filling. The Project's session saved my teeth! The Project is doing a lot of good to many people very effectively!" M.J.



English Classes

In January 2023, the Life is Good in Scotland Project Started English classes. The overwhelming numbers on the registration form proved again that this Project is of significant appeal to refugees, asylum seekers and other ethnic minority groups. From the first day, applicants demonstrated their commitment to weekly English classes and their willingness to continue and achieve progress in learning.

Every week we receive enquiries about applying for sessions and English classes.



Heritage site visits

It was a lovely adventure for the Life is Good in Scotland participants to visit Edinburgh Castle with the whole family. All benefited from the great sunny weather. Everybody managed to visit all premises within the castle. Even though some participants had been before, they did not see all the premises. Due to the Project's management and provided guided tours, participants had the opportunity to see it from a different angle and discover interesting historical facts about Edinburgh Castle.

"Many thanks for the opportunity to visit Edinburgh Castle. It was the Best day! I went there before but have never seen it all. Many thanks. I had a great time!" M.B.



Macrame

by Aleksandra Szczygielska

Our macrame classes are growing! We are so proud of our talented participants and their artwork. So far, we managed to finish various projects: plant hangers, rugs and wall decorations. Moreover, we are delighted to receive loads of fantastic feedback from our participants saying that our classes are an amazing opportunity to meet new people and learn new things in a friendly atmosphere and that they help them uplift their winter moods!

Classes are free, thanks to the Coorie in for Winter funding.

Would you like to join? Drop us an email on: aleksandra@elrec.org.uk

Here is a small gallery of our participants artwork:



Conscious Living

by Martyna Michalak

The Conscious Living project aims to bring people from all national and cultural backgrounds in Edinburgh and provide free opportunities to participate in activities promoting conscious lifestyle in terms of wellbeing, mental health, and environment. Thanks to the Nancie Massey Charitable Trust financial support it has started in January with first two activities taking place every Tuesday. Firstly, the Conscious Weaving three hours workshops offer an opportunity to start an adventure with loom weaving, meet new people and work with creativity. Secondly, we organise a free space to play board games with tea and snacks to encourage Edinburgh community to socialise, spend time outside of home and relax. Both activities will continue for next few months and hopefully we will be able soon to introduce new ones.

The Conscious Weaving Workshop

The workshops are funded by the Nancie Massey Charitable Trust, which allows us to provide free workshops as well as materials for all participants! The workshops aim to provide a space to meet new people, work with creativity, take breath from our busy lives and relax. They also aim to promote sustainability by using only recycled materials from reliable sources and recycled fabrics brought by participants. The participants are always welcome to bring their own fabrics or



old clothes to workshops and to experiment with different textures. Since January we organised 7 wonderful workshops where all participants created amazing tapestries and we can't wait to for what's coming in the future! Remember that you need to register as we have limited spaces!

Next workshops dates:

7th, 14th, 21st, 28th March on every Tuesday at 1pm till 4pm

Check more information or register here:

<https://www.eventbrite.co.uk/e/conscious-weaving-workshops-tickets-525244248687>

The Board Games Afternoons

We are delighted to invite you for board games afternoons as a part of the Conscious Living project at ELREC. The board games afternoons are funded by the Nancie Massey Charitable Trust, which allows us to provide free space to meet as well as board games for participants! The activity aims to provide a free space to play board games, so you are also welcome to bring your own games and play with your friends. In care of environment, most of our board games come from second hand sources. The Conscious Living project aims to improve our wellbeing, mental health as well as environmental awareness, and these meetings aim to create a space where you can relax, meet new people and take a breath from a busy life.



Next meeting dates:
7th, 14th, 21st, 28th March on every Tuesday at 5:30 pm
till 7:30 pm
Check more information or register here:
<https://www.eventbrite.co.uk/e/board-games-afternoons-tickets-489419395587>

We would like to thank the Nancie Massey Charitable Trust for giving us the opportunity to start first activities in January. We are also very grateful and excited to be awarded a grant by the Leith Chooses project in February. It will allow us to run current activities for longer and work towards introducing new ones! We are very grateful and will use this opportunity the best we can to bring a positive change to community in Edinburgh.

Where to find us

Follow us on Facebook and Instagram to check updates!

Facebook: <https://www.facebook.com/profile.php?id=100088871296418>

Instagram: <https://www.instagram.com/theconsciousliving.project/>

Communities' Reduce Reuse & Recycle



by Franciele Sobierai

"Every person is the right person to act. Every moment is the right moment to begin."

The team has been working hard engage with local communities and building strong partnerships to encourage climate action. Polish, Chinese, African and South Asian Community Link Officers have delivered many workshops such as upcycling, crafts and talks on waste management and environmental related topics.

Swap Shop event

Delighted to have had a very successful Swap Shop event last Saturday.

250 people attended the event and 531.6kg of clothes, books, shoes, kitchen utensils, plastic, and more were donated and redirected to the local community which now will reuse them.

Our deepest gratitude to our group of dedicated volunteers who are the key to the success of the event.

Thanks to our partners Granton Goes Greener, NKS - Networking Key Services, and St Martin's Community Resource Centre, Edinburgh for their collaboration and hard work.

Finally, thanks to our funders The National Lottery Community Fund Scotland for supporting our work.



Sewing club

Thrilled to see the Sewing Club participants developing amazing sewing projects.

A big well done to Alana for making a very elegant coat with donated fabric, and to Melba for making a beautiful tote bag with fabric remains.

Would you like to join the sewing classes as well?

Come in on Mondays from 12am to 2pm to repair, alter or upcycle your clothes. You will get access to equipment and experienced guidance.

If you are interested in joining, please book your space via cfc@elrec.org.uk or call 0131 556 0441.



Climate awareness

Exciting to see south Asian kids participating in our Online Climate Contest. They sent presentations about climate change and crafts related to reducing, reusing, and recycling .

Well done to Aarav (8 yrs old) and Srinivas (13yrs old) for giving the best presentations in the 4-8 years old and 9-14 years old category.

A huge thank you for the involvement and effort of every participant.

Watch their videos here:

<https://www.facebook.com/ELRECUK/posts/pfbid027A7RCdnJRrUp7fSKqeshqGXUyuF4zA4m1CRr6t1zXunCqqf5j9N5C61AZkqLboRbl>

<https://www.facebook.com/ELRECUK/videos/559045189595055>

Food support

We have been supplying food for approximately 20 – 28 families and diverting 280kg of food from going to the landfill on weekly basis. Thanks to our partner Fare Share, to the National Lottery Fund Climate Action and to our hardworking team of volunteers.



Cycling club

We are delighted to announce that ELREC has been awarded the amount of £22,054 from Smarter Choices, Smarter Places Open Fund – Paths for all to give continuation to our cycling activities. New activities will start from April, including weekly cycle rides, drop in bike repair, and our e-bike library and cycling classes activities will be maintained as usual.

Our deepest gratitude to Paths for all for supporting our work.



Forest Bound Art Exhibition

Thrilling to see so many people attending the Forest Bound - Art Exhibition Opening Event on the 16th February 2023.

Forest bound was a partnership between UK Centre for Ecology & Hydrology and ELREC, and funded by Natural Environment Research Council.

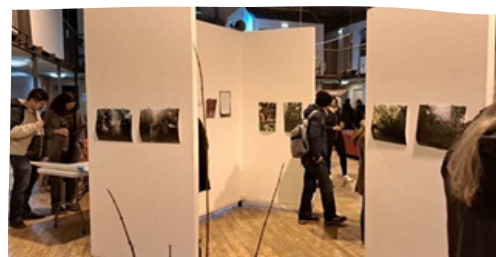
The project emphasized the importance of making forests and green spaces accessible to ethnic minority communities as research shows that Ethnic minority neighbourhoods, in general, have 11 times less access to parks, gardens, and playing fields than predominantly white communities. This means that access to open spaces for exercise or fresh air is significantly more limited.

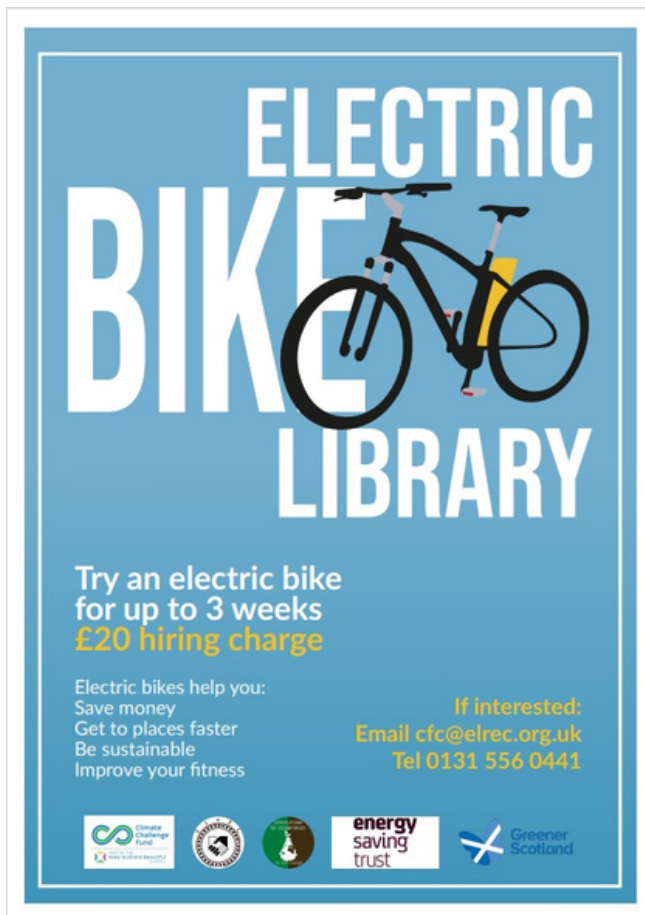
It has also highlighted the need to protect our forests and our natural heritage and that it is equally important that ethnic minority communities be a part of this preservation process.

During the project, more than 40 community members of the Polish, Chinese, and Syrian communities engaged with Scottish Forests, while sharing their experiences and values with the team.

A massive thanks to our funder, Natural Environment Research Council, for supporting our work. To the UK Centre for Ecology & Hydrology for inviting us to take part in this remarkable project, to Tamsin Grainger who is the creative mind behind the art exhibition, to Written in Film for developing a great film of the project, to the volunteers who helped to set up the exhibition, to Sir Geoff Palmer and Foysol Choudhury MSP for Lothian for speaking brilliantly at the opening event, and lastly our deepest gratitude to each participant of Forest bound, they certainly were the main artists in the project!

Watch the project's video [here](#).





**ELECTRIC
BIKE
LIBRARY**

Try an electric bike
for up to 3 weeks
£20 hiring charge

Electric bikes help you:
Save money
Get to places faster
Be sustainable
Improve your fitness

If interested:
Email cfc@elrec.org.uk
Tel 0131 556 0441

Climate Change Fund
Energy Saving Trust
Greener Scotland

We have a few electric bikes available for three weeks loans (£20 deposit required and £20 charge). If interested in borrowing one, please email cfc@elrec.org.uk (first come first served).



**Saturday
Cycling classes**

**Beginners: 10 to 11am
Intermediate: 11:30 to 1pm**

All welcome Fun family time
Health and well being Get new skills
Relaxed learning environment Socialising

NKS, 7 Gillespie st, Edinburgh, EH3 9NH

Book your space now:
E-mail: cfc@elrec.org.uk
Phone: 0131 556 0441
Or register your interest with Al-Furqan

Bikes and helmet provided
Al-Furqan in partnership with ELREC

Climate Change Fund
Al-Furqan
cemlo
NKS
Greener Scotland

Our cycling classes are on at 10am for beginners and 11:30am for intermediates at NKS. If you would like to join, book by emailing cfc@elrec.org.uk

 **Have any clothes needing repaired?**
We can fix it. Better than new!

Drop in **Monday, Tuesday 12-5.30pm**
 at ELREC, 14 Forth St, EH1 3LH

 **Clothing repair & alterations**
Custom tailoring 

Personal remaking and tailoring clothes
 to your individual requirements.
 Special orders (dress making, pillows and cushions, chair cover).

Suggested Donation

Phone: 0131 556 0441
 Email: cfc@elrec.org.uk

Quality service. Quality Finish.

Do you have any clothes needing repaired? We can fix it! Just drop in Mondays or Tuesdays 12pm-5:30pm at ELREC, 14 Forth St, EH1 3LH.

Clothing repairs and alterations ~ Custom tailoring.

Remaking and tailoring clothes to your individual requirements. Shortening, Lengthening, Adjusting seams, altering darts, repairing zips or tears, etc. Special orders (dress making, pillows and cushions, chair cover). Come along and give it a try! Our volunteer expert tailor has over 10 years of experience as a professional tailor.

COMMUNITIES'
 REDUCE REUSE & RECYCLE

**FOOD
 RELIEF**

If you would like a food box please book
 your parcel by contacting
cfc@elrec.org.uk or 0131 556 04 41.

Collection: Every Friday - 2pm to 4pm
 14 Forth Street EH1 3LH
 Donations are welcome.
Bring your own bag.
 Food surplus donated by FareShare
 and local supermarkets.

Food poverty exists in our city, and we must all work together and meet the needs of all our communities.

Every Friday we provide 30-40 families in need with food boxes.

**For any queries, please email
franciele@elrec.org.uk or call
 0131 556 0441.**



Upcoming Events, Activities



MARCH 2023



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 10am-12pm English class 1-3pm Upcycle Craft 4-6pm Macrame Tea	2	3 1-4pm Food project	4 Cycling class
5	6 12-2pm Sewing club	7 10am-12pm Life is Good 1-3pm Loom weaving 3.30-5.30pm Boardgames	8 10am-12pm English class 1-3pm Upcycle Craft 4-6pm Macrame Tea	9	10 1-4pm Food project	11 Cycling class
12	13 12-2pm Sewing club	14 10am-12pm Life is Good 1-3pm Loom weaving 3.30-5.30pm Boardgames	15 10am-12pm English class 1-3pm Upcycle Craft 4-6pm Macrame Tea	16	17 1-4pm Food project	18 Cycling class
19	20 12-2pm Sewing club	21 10am-12pm Life is Good 1-3pm Loom weaving 3.30-5.30pm Boardgames	22 10am-12pm English class 1-3pm Upcycle Craft 4-6pm Macrame Tea	23	24 1-4pm Food project	25 Cycling class
26	27 12-2pm Sewing club	28 10am-12pm Life is Good 1-3pm Loom weaving 3.30-5.30pm Boardgames	29 10am-12pm English class 1-3pm Upcycle Craft 4-6pm Macrame Tea	30	31 1-4pm Food project	

If you would like to join, please email admin@elrec.org.uk or call 01315560441.

About us

Edinburgh & Lothians Regional Equality Council (ELREC) founded in 1971, is a voluntary body and charitable company made up of individual members and representatives from 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

We pursue our aims through

- Engagement with communities of protected characteristics
- Complaint 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 customized training on equality matters.

Honorary Members

Honorary Patron: The Rt. Hon. Robert Aldridge, Lord Provost of the City of Edinburgh

Honorary President: Prof. Sir Geoff Palmer DSc OBE

Board Members

Chair: Foysol Choudhury MBE

Co-Chair: Azra Sharif-Quayyum

Vice Chair and Convenor of Personnel Subcommittee: Shami Khan DI.

Treasurer: Cllr Carl John

Company Secretary: Rajnish Singh

Convenor, Membership Subcommittee: Jessica (Zonghong) Yang

Convenor, Finance and General Purposes Subcommittee: Irina Lazarenko

Convenor, Education Subcommittee: Magdalena Sajnaga

Board Members: Irshad Ahmed, Shahid Riaz, Rana Shams

