

ELREC NEWSLETTER

From the chair: Foysol Choudhury

Welcome to ELREC's summer newsletter. I want to start by congratulating Mitra for the successful renewal of the Open Arms project which has been funded for further three years. The work is vital in helping isolated and marginalized women to gain skills and access services. I also want to thank The National Lottery Community Fund for supporting ELREC once again and enabling us to continue this good work.

I also want to congratulate Franciele and her team on securing five years funding for the Communities' Reduce, Reuse and Recycle project, thanks to the Climate Action Fund. ELREC has been involved with environmental work since 2014 and will continue to make it a part of our long term business plan.

In other businesses, ELREC's food project conceived during COVID and the lock down aimed at bridging the gap in food banks and helping minority communities access a food service to help mitigate food poverty, came to an end in June 2023. The service had been massively popular and provided 35 food packs each week, in partnership with Fareshare. I want to congratulate the team and volunteers who have been involved in this work from the start and sustained it this far. It would not have been possible without them and the difference they made to so many lives and families over the 3 years.

ELREC also had its Annual General Meeting in May 2023 whereby we discussed the 2021-2022 period of accomplishments, formal business as well as the annual accounts. We also elected two new board members to the team, Lesley Hinds and Rajah Mahmood Khan. I welcome them both to the board and look forward to working with them. ELREC was also awarded £10,000 from the Peoples Project for a small project scheduled for Summer 2024.

In May 2023, ELREC launched another small project, Creative Kitchens thanks to funding by the Lottery Community Fund aimed at delivering weekly cooking workshops around the city to promote simple cooking, healthy eating and creating nutritious meals from leftovers. I welcome both Shana and Boleyn to the team and wish you both well for this new work. ELREC also saw two of its volunteers, Melba and Nasrin awarded certificates for their outstanding efforts and contributions to the food project at the Inspiring Volunteer Awards, well done and thank you for your dedication.

Finally I want to thank and say goodbye to our four interns from USA and Canada, who have been with us for the past 8 weeks working on projects and events. They have shown great interest in the work and I wish them all the best for the future.

As always, well done to everyone for your continuous hard work and dedication.



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From the manager: Parveen Ishaq

I know I say it every time, but this quarter has been a busy one. All the projects are doing well, and you can read more about them in the rest of the newsletter. I want to congratulate both Mitra and Fran for the renewal of funding which means we can continue the necessary work and services which is just amazing as I know the impact this work makes on our service users and local communities and its invaluable. So, thank you to the Climate Action Fund and The National Lottery Community Fund for supporting us.

Our new project, 'Creative Kitchens' officially started in May 2023 with weekly workshops of simple cooking and making healthy meals using leftovers. So do keep an eye out for the sessions taking place around different venues in Edinburgh.

We are also waiting to launch our new project 'Tenancy Rights and Support Services' aimed at providing free guidance and education to BAME and migrant households living in private rented housing, regarding their rights and responsibilities as tenants. This would also include ELREC helping to mediate and/or help settle any disputes. This is exciting new work, and we look forward to launching soon.



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Our services



ELREC's Support and Advice Services

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

Energy Advice

Are you worried about your energy bills and saving energy is a big challenge for you. Here in ELREC, we offer you to use our energy advisers to understand energy bills, to check your eligibility for energy efficiency and renewable energy meters which is provided by Home Energy Scotland for your new boiler, loft insulation and cavity wall insulation. Additionally, we will help you how to contact energy suppliers, getting smart meters, opening online accounts with suppliers and variety of other services for ethnic minority groups in Edinburgh.



Life is Good in Scotland

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.

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English Classes

Life is Good in Scotland Project offers free English classes every Wednesday from 10:00 am to 12:00 pm at our office. The vast interest and 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. Some attendees managed to find jobs due to their significant improvement in their English.



Cycling Classes



Want to get on your bike but lack the confidence or ability?

Join our free cycling classes every Saturday at NKS, 7 Gillespie St, Edinburgh EH3 9NH: Google map link: <http://bit.ly/2D509hr>

Hire an E-bike



Are you curious about e-bikes and their benefits? Would you like to experience the joy of cycling without breaking a sweat? Look no further than our e-bike library!

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Cycle riders

Do you like to ride a bike with friends and have fun. We can offer you to ride a bike with us. Typical routes are the ELREC office to Cramond Island and return ELREC office to Portobello and return, Drylaw Neighbourhood Centre to Cramond Island and return, Drylaw Neighbourhood Centre to Portobello and return, etc.

Dynamic Earth Visits



Do you like to take a journey through time to witness the story of planet Earth and travel back to learn how earth got started?

We are so grateful to be working with Dynamic Earth, who have provided us with a Community Discovery Pass.

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Life is Good in Scotland Project

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 marginalised 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.

Oncoming sessions

15 August 2023 - Meet the Employer Workshop

Time 10:00 am 12:00 pm

22 August 2023 - Saving and Spending

Time 11:00 am 12:30 pm

Venue : Edinburgh and Lothians Regional Equality Council, 14 Forth Street, Edinburgh, EH13LH



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Life is Good in Scotland Project

Ahmed Bagaber presented oral Health Awareness session. During the Oral Health awareness session, participants discovered new techniques for implementing oral health and the routine that must be future.

Several participants expressed their concerns while facing difficulties in registering for a dental practice. After the session, several options were offered to speed up the registration and facilitate the participants.



Please see below their testimonial:

"I was trying to register with the dental practice for over six months and was unsuccessful. Thank you, Life is Good in Scotland Project, for your help and successful registration. My child can now treat his teeth. The Project did help us when it was needed." N.C.

Mitra Rostami presented the session on Volunteering opportunities. At this session, opportunities for volunteering and their benefits of them were emphasised to the participants. Everyone had a chance to ask questions about the areas and the application process.



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Life is Good in Scotland Project

During the session, 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 issues 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.

Thank you to the guest speakers for providing the information and to the participants for their engagement and attendance.

Everyone interested in joining our Project's Sessions or English class, please register your interest at <https://forms.gle/2rN5chyFKEc1UAt77> or email at lifeisgood@elrec.org.uk



lifeisgood@elrec.org.uk



<https://forms.gle/2rN5chyFKEc1UAt77>

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English Classes

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Participants actively study Tenses and practice life experience situations during English classes. They try to use the new vocabulary in several exercises and in their verbal communication. Various interactive tasks are organised to offer participants to practise in pairs. Part of English classes are made of interactive games to allow participants to practise first and second conditionals in forming questions and providing answers. Service users practice speaking clearly. Students gave each other short dictations.

Service users had the opportunity to talk about national and local produce and products, advantages and disadvantages, shopping in supermarkets versus local shops, recycling issues and waste. They used the vocabulary taught in English class to describe in different ways their feelings using adjectives ending in 'ing' or 'ed'. In this way it allowed them to share their opinions and offered a good practice of using the vocabulary.



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HERITAGE SITES VISIT

Today the Palace of Holyroodhouse is used as a Royal Palace but is also open to the public all year round. It also is a Centrepoint for celebrating the best of Scotland. This is most evident in the Monarch's 'Holyrood Week' of engagements, undertaken every year from the end of June to the beginning of July. His Majesty attends several meetings to celebrate Scottish culture, history and achievement.

It was a fantastic experience and fun to visit The Palace of Holyroodhouse with the project participants. This proved to them that there were not only new information assimilation and English class studies but that it could be fun on their trip to discover Scotland together with their family members.

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 The Palace of Holyroodhouse.

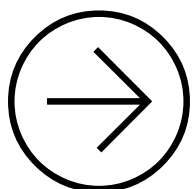
" We were so delighted we had the opportunity to visit the Palace of Holyroodhouse! The exceptional audio guide, which provided historical details. Thank you, Life is Good in Scotland Project, for this chance to see the Palace of Holyroodhouse! B.M.

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Ethnic Minority Energy Advice

Ethnic Minority Energy Advice Service was very busy over the last few months, in addition to the day-to-day energy advice, energy debt advice and complaint resolution, the Ethnic Minority Energy Advice service achieved the following:

- Provision of over 40 water packs from Scottish Water to the households in partnership with Home Energy Scotland. Each pack contains leaflets about water saving, universal plug and where applicable, shower-timer, kitchen tap aerator, shower head or garden water guns.
- Referral of 86 households to Small Measures Packs scheme, each pack contained: reflective foil, draught excluders, smart controls for energy sockets and LED lightbulbs. The resources were available through Changeworks' Ecotricity Industry Partnership Initiative.
- Referral of 11 households for weekly Food Parcel support available at ELREC every Friday.



IF YOU NEED MORE INFORMATION ABOUT THE PROJECT AND USE THE ADVICES, PLEASE EMAIL US:

ELUKASZEK@ELREC.ORG.UK

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Energy support and advice-case study:

Mr A M- Ukrainian refugee living with his wife in sheltered accommodation was referred to Ethnic Minority Energy Advice at ELREC by partner organisation. The client was paying £240 via direct debit to his supplier Scottish Power, but due to language barrier and lack of knowledge about the energy market in UK, had no understanding of the tariff prices and confessed that £240 is not affordable big part of his monthly income, which him and his wife cannot afford on monthly basis. Upon registering the client online, I noticed that his meter reading was up to date and the balance on the account was almost £776.92 in credit as the client was paying more via direct debit than he used on monthly basis. After discussing the energy consumption at the property, explaining the tariff rates and the methods of payment for energy in UK, I've called the supplier and as a result the customer received a refund of £640.70, the direct debit was decreased to £70. The client was also registered on Priority Service Register and is currently awaiting to meet and discuss smart meters with the customer.



- Smart meters
15 participants from Chinese community got to know more about the smart meters, watched a video in Cantonese about the benefits of the meters and played energy game helping to understand the energy consumption within their household.

- Saving water, saves energy
15 participants from Polish Senior Club 50+ took part in this workshop, during the workshop we have been discussing how high consumption of hot water can lead to increase in energy bills. The group also received a water saving packs.


- Priority Service Register
Eight participants South Asian Community took part in the workshop about the benefits of joining Priority Service Register. The participants received leaflets with the information's about the Register and had an opportunity to get help with the registration.


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Pictures from the workshop conducted at ELREC on 4th of May with ESOL students from Chinese community



 www.instagram.com/elrecuk/

 www.youtube.com/@ELRECUK

 www.facebook.com/ELRECUK/

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Cycling Classes



The class are FREE and OPEN to ALL. We can provide bikes and run-through exercises and fun games to learn cycling skills in a relaxed environment. The approach is progressive and fun. Feedback from participants has been fantastic so far. We also have access to an indoors space with tea and coffee for breaks. Children are welcome under adult supervision but the number of kids bikes is limited. If interested, please register your interest.

Drop in bike repair

Looking to learn how to repair your own bike? Our drop-in bike repair service is the perfect solution!

Whether you need a quick lesson on fixing a flat tire, adjusting your brakes, or overhauling your entire bike, our experienced mechanic guides you every step of the way. Our drop-in service allows you to bring your bike in whenever it's convenient. You will learn the skills to keep your bike in top shape.

Join us to learn how to fix your own bike and become a self-sufficient cyclist.

Cycle rides

Typical routes are the ELREC office to Cramond Island and return ELREC office to Portobello and return, Drylaw Neighbourhood Centre to Cramond Island and return, Drylaw Neighbourhood Centre to Portobello and return, etc.

Cycle rides are mostly on cycle paths and the ride is relatively flat. Cycling is at a reasonable pace, and cycle ride leaders lead the ride so everybody can join! Children are welcome under adult supervision.



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E-bike Library

Are you curious about e-bikes and their benefits? Would you like to experience the joy of cycling without breaking a sweat? Look no further than our e-bike library!

For just £10 per week, you can loan one of our top-of-the-line e-bikes and explore the city in style. Our e-bikes are equipped with state-of-the-art technology and high-quality components, ensuring a smooth and comfortable ride every time. With our e-bikes, you can easily tackle hills and long distances, all while reducing your carbon footprint and enjoying the outdoors.

Whether you're a daily commuter or a weekend adventurer, our e-bike library has the perfect bike.

So why not give it a try? Join our e-bike library today and experience the freedom and fun of e-biking for yourself!

To inquiry about loaning an e-bike contact us via email.



**A BIG THANK YOU TO PATHS
FOR ALL FOR FUNDING THIS
PROJECT.**

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Open Arm Projects



What is open arm?

Over the last few months, our work has continued just as enthusiastically as we provide our women with both online and in-person opportunities! We are excited that our program is constantly growing, with 23 new service users having joined since the beginning of June! If you are interested in joining the program or referring someone, please contact us.



mrostami@elrec.org.uk

Dynamic Earth Visits

We are so grateful to be working with Dynamic Earth, who have provided us with a Community Discovery Pass. This has allowed our summer interns Claire and Moera to lead groups of approximately 10-20 people per visit at no cost to them. These visits were a great opportunity for all to journey through time and space to learn more about the history of our planet, its climate, and all the creatures that inhabit it. All who attended had a great time. Thank you to Dynamic Earth and to all who attended!



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Open Arm Events

Events

Shapes, Sounds, and Tastes of Hope

As part of the Refugee Festival Scotland, we hosted "Shapes, Sounds, Tastes of Hope". This event was hosted as an opportunity to celebrate refugees and their contributions to our community and Scottish society. This was an afternoon filled with music, food, and dance. This was also an opportunity to display some of the beautiful, handmade crafts made during our different workshops here at ELREC.



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Open Arm Relaunch

Open Arms Relaunch

On June 22nd, we were thrilled to announce and host an event celebrating the official relaunch of the Open Arms Project here at ELREC. This was made possible by funding secure for another 3 years from the national Lottery Community Fund. The event was lively and informative. There was food, music, and a speech given by Mitra, the project leader, on the importance of this project in the community to an audience of wonderful women who have benefited from the Open Arms Project, as well as professionals from the collaborating organisations. As part of the event, we named our new Champions of Health and presented them with gifts in celebration of their achievements with the Open Arms Project. A big congratulations to our new Champions for all they have achieved in working with and inspiring other women. This relaunch is incredibly meaningful as it means going forward Open Arms can do even more for our lovely community of women and their families. We hope to see you at more future events like this one!



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Open Arm Projects

Healing Tea Party

In July, we hosted a Healing Tea Party as a special event. All in attendance had the opportunity to learn about a variety of healthy teas that we can make and enjoy at home as alternatives to coffee and energy drinks. Some of these lovely teas (all homemade!) included dandelion, cinnamon and cardamom, chamomile, and mint. We then discussed the variety of health benefits associated with each type of tea. Also included were delicious sandwiches, treats, and other snacks spread out for our guests. The tea was well enjoyed by all and everyone had a lovely time relaxing and chatting. We hope to have another event like this soon!



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Open Arm Workshops

Over the last few months, we have continued our online weekly exercise classes, with our Face Yoga class remaining the most popular! This class includes various stages of breathing exercises, upper body stretches, facial muscle exercises (face yoga), natural oil face massages, acupressure, tapping exercises, and meditation. Participants are also encouraged to enjoy a hot cup of herbal tea during the session, enhancing the detoxification and practice's benefits.

Art Workshops

A few weeks ago, our lovely Open Arms friend Majid restarted his amazing art workshops on Thursdays from 11 to 1! These workshops include his guidance on colour and technique while our lovely ladies and their families get to enjoy creative freedom with a variety of tools. This includes paint, markers, pencil crayons, and pastels as we get to do a draft and then a better version on proper art paper. You even get the chance to have your lovely art displayed in Mitra's office! We've had a lovely time connecting over creating art together, enjoying refreshments and being able to use and learn about various art materials we've gotten to enjoy.



English Conversation Cafes

Throughout July, our summer interns Claire and Moera hosted a series of English Conversation Cafes. This was an opportunity for our ladies to practise their English in a casual, relaxed space. They were afternoons filled with great conversation and laughs for all involved!



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The Conscious Living Project

The Conscious Living project aims to bring people from all national and cultural backgrounds to Edinburgh and provide free opportunities to participate in activities promoting a conscious lifestyle in terms of well-being, mental health, and the environment. The project started in January 2023 with the financial support of the Nancie Massey Charitable Trust and Leith Chooses 2023.

Activities


All the activities in the project aim to improve participants' well-being and mental health by creating an inclusive, welcoming, and warm atmosphere. The activities change depending on the season and are always advertised on our social media (find all the links below). The current activities include:


- Weaving workshops
- Board games sessions
- Growing sessions
- Nature and foraging walks



Where to find us

Follow us and check current activities on our social media

 www.instagram.com/theconsciousliving.project/

 www.facebook.com/profile.php?id=100088871296418

In case of any questions or if you would like to volunteer to help us deliver our activities and support our community, send an email us.

 martyna@elrec.org.uk

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"Climate change is no longer some far-off problem; it is happening here; it is happening now."

Communities Reduce Reuse & Recycle - A joint project delivered by ELREC & NKS have numerous reasons to celebrate! The Communities' Reduce Reuse and Recycle engaged with over 7,220 people from ethnic minority (EM) communities and delivered 661 activities on climate change and saved a total of 189.3T CO₂e (project) or 567.9 T CO₂e (lifetime) in the past year. Throughout the project, NKS & ELREC organised sessions on various topics such as DIY Upcycling, Food Growing, Nature Regeneration, Food Waste, Carbon Literacy, and Sustainable Cooking. These sessions provided community members valuable opportunities to enhance their skills through workshops, gain insights into recycling through visits to recycling centres, and exchange resources with numerous collaborators. Additionally, the project benefited from the dedication of 87 volunteers who actively participated throughout its duration, volunteering over 5730 hours. Their commitment and contributions played a vital role in the project's success.



Communities' Reduce Reuse & Recycle

In addition, we have been commemorating our fruitful partnership, which has enabled us to reach a broader audience, pool resources, and gain valuable insights from each other. We have received fantastic news of securing additional funding to extend the project for another five years. As a result, our partnership will expand further as Score Scotland joins our initiative. They will be responsible for implementing the community fridge and delivering joint Swap Shop events, as well as collaborating on the delivery of the Edinburgh Climate Festival. This development allows us to continue our efforts in promoting sustainable lifestyles and fostering a more environmentally conscious mindset within ethnic minority communities.

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Here's what has been going on in the Communities' Reduce Reuse & Recycle project for the past three months:

Litter Pick

With the support of Granton Goes Greener and the Water of Leith Conservation Trust, community members could come together under ELREC for a litter-picking event to clean up the water of Leith and its surrounding area.



Cooking workshops:

The Creative Kitchen– a new miniature project at ELREC, has been hosting a series of cooking workshops all over the city. Attendees learn to make healthy dishes from leftovers and fresh food that would have otherwise gone to waste, thanks to our partnership with Cyrenians and the cost of living part of The Lottery Community Fund.



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Plant Swap

After the two successful plant swaps, ELREC and Granton Goes Greener came together to host a third plant swap! Members of the community could bring plants, cuttings, or gardening accessories for indoor and outdoor plants and swap with other attendees! There were tons of plants and clippings for everyone to adopt!



Nature Journaling Walk

Ecologist Juan Pablo Lobo-Guerrero guided a lovely group through Saughton Park one Saturday morning in June to guide them through sensory activities to help them observe and appreciate the natural scenes around them. This informal walk was an excellent way for attendees to relax, meet new people and spend time outdoors.



Flower Pressing Workshop and Garden Walk

Attendees started their day by walking around the Royal Botanic Garden Edinburgh, guided by Tina Scopa, a talented plant artist. Those who attended the event got creative with real plants and made beautiful artwork using flower-pressing techniques. The morning came to a close with members of the community enjoying a cup of tea together and discussing their new outlooks on nature and the significance of preserving it for ourselves and future generations.



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Community Garden Sessions

Our Friday biweekly community garden sessions at RBG Edinburgh are in full motion! We cover various topics each week, including learning how to grow vegetables, look after soil, make compost and more! Each session attendees de-weed, sow, harvest the allotment, and engage in community-building activities.



Macrame Craft Workshops

ELREC and Granton Goes Greener hosted another three creative workshops at Granton Church. Attendees used the required materials and learned how to make their own macrame hanging planters and wall decorations!



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Upcycling Craft Session

On world environment day, South Asian members of the Positive Future Lunch Group at Priestfield Parish Church engaged in an upcycling craft session where they reused glass containers and turned them into beautiful art!



Permaculture Course

As the weather began to warm, we began tending to our allotment at Lauriston Farm for a weekly Friday permaculture course! Attendees learn all about gardening and sustainable land management practices and cover different topics each week. Some topics include seed sowing, soil building, beneficial insects and more!



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Big Swap Event

In partnership with Granton Goes Greener, NKS, and St. Martin's Community Resource Centre in Edinburgh, we hosted a very successful Big Swap event that brought in 165 community members and 605.22 kg of clothing, books, toys, shoes, kitchen utensils and more! All items were free for attendees to take home, and everything was weighed before leaving the venue so we could see how much the community saved from becoming waste. All collected donations are making their way back into the local community for others to reuse– what an excellent way for the community to engage in the circular economy!



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Sewing Club

A lovely group of community members continue to come together every Monday afternoon for the sewing club! Attendees use second-hand fabric scraps to make beautiful bags, dresses and more! It's a fantastic opportunity for them to socialize, engage in a creative craft, and contribute towards the sustainable initiative of reusing and re purposing items!



Food Support

Every Friday until the end of June, ELREC supported 35-40 families by collecting food from FareShare to sort through and distribute with the help of our amazing volunteers. Coming to a close after three years, food support saved approximately 210 kg of food from ending up in a landfill.



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Discussion with Zero Waste Scotland

We had the pleasure of having Miriam from Zero Waste Scotland come to ELREC to lead a discussion on the circular economy and waste reduction. Some topics focused on include responsible consumption, the harms of linear recycling, and how we can transition away from it.



Carbon Literacy Certification Course

In a two-day session, community members learned about the causes and impacts of climate change and what they can do to make a difference. The course was engaging and informative and was designed to help attendees understand the science, impacts and practical actions to reduce emissions. Those who attended also had the opportunity to gain Carbon Literate accreditation and receive a certificate upon completion of both sessions!

Climate Cafe

We've hosted two climate cafes in the past three months! At our most recent one, attendees sat at the cafe in the Royal Botanic Garden Edinburgh and discussed the climate crisis in the household and our individual actions! Topics included composting, individual carbon footprints, climate-conscious eating, and the circular economy.



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Repeating Activities and Services

- **Electric bike library**

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).

- **Cycling classes**

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

- **Monday Sewing & Repairing Club**

Our sewing club is open with limited spaced!

Come in on Mondays from 12:15pm to 2:15pm 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**

- **Clothing repair service**

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. For any queries, please email cfc@elrec.org.uk

- **Community Garden Sessions**

Every other Friday, we host a community gardening session in collaboration with Royal Botanic Edinburgh at the Botanic Cottage, from 10:15am to 12:30pm! Attendees work in an allotment in the garden led by a staff member at RBG Edinburgh, and learn how to sow, harvest, learn about pests and diseases, and more! If you have any questions or are interested in joining, please email cfc@elrec.org.uk

- **Permaculture Course**

Interested in sustainable land management practices? So are we! Every Friday from 2:00pm to 3:30pm at Lauriston Farm, we host a permaculture course where community members learn about different gardening topics each week. If you have any questions or are interested in joining, please email cfc@elrec.org.uk

ELREC NEWSLETTER

Summer Interns

ELREC and Open Arms is excited to introduce our lovely summer interns Claire, Moera, Jake, and Kiley! They are here on a work term through their schools and are both from Ontario, Canada and Illinois, United States. They have been a wonderful help and even more wonderful company during ELREC and Open Arms events. They have helped to plan, organise, and run several of the events we've covered in this newsletter and we have been happy to have them on! We hope you had the chance to meet and chat with them.



Kiley

Hi! My name is Kiley and I'm from Ottawa, Canada. I am going into my fourth year at Carleton University and am studying Global Law and Social Justice with a minor in Environmental Studies! In my free time I love going for walks, cooking, and listening to music.

Claire

My name is Claire, and I am a student entering my final year at Carleton University in Ottawa, Canada. I was born and raised just outside of Niagara Falls, Canada, and this is my first visit to Scotland. Currently, I am working towards my Bachelors of Global and International Studies, specialising in Global Politics. I'm thrilled to be in Edinburgh for the summer and eager to explore all that this city has to offer! I have greatly enjoyed working with the Open Arms Project and being able to have a positive impact in the community with ELREC!



Jake

My name is Jake Ishaq and I am from Chicago, Illinois. I'm going into my fourth year at the University of Wisconsin-Madison where I am studying International Relations with a focus on Global Security and a minor in Middle East Studies. In my free time, I enjoy being with friends and family, going backpacking and camping, and travelling whenever possible. I've been pleased to work with Adrian on the Life is Good in Scotland Project and with Belyn and Shana on the Creative Kitchen Community Project and I look forward to what these projects can achieve.

Moera

My name is Moera Kalafatides Hunter and I am from Toronto, Canada. I am going into my fourth year of study at Carleton University in Ottawa studying International Studies and Law. I was born in the United States, so I am both a Canadian and American citizen. I also enjoy listening to music, travelling, seeing my friends, going for walks, and spending time with my 6 pets back home. I am loving being in Edinburgh so far working as an intern at ELREC and look forward to the rest of my time in this beautiful city!



ELREC NEWSLETTER

Summer Interns



You can find some of our great projects, events and workshops here.

The Conscious Living Project presents

Board Games Afternoons!

Every **first** and **third** Wednesday of the month from 4:00 to 6:00pm

Zero Waste Hub by SHRUB Coop
22 BREAD ST EDINBURGH
EH3 9AF



COME ALONE OR WITH FRIENDS TO PLAY SOME BOARD GAMES, MEET NEW PEOPLE AND HAVE FUN!



Scan to save your spot!

Nancie Massey Charitable Trust    



www.instagram.com/elrecuk/



www.youtube.com/@ELRECUK



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CYCLING
CLASSES
FOR EVERYONE



Beginners: 10:00 - 11:00
Intermediate: 11:30 - 1 pm
At NKS 7 James Gillespie Street

**BIKES AND
HELMETS
PROVIDED!**

Book your space now:
E-mail: cfc@elrec.org.uk
Phone: 0131 556 0441



ART & CRAFTS

FOR PARENTS & KIDS
(age 6-12)*

SIGN BY EMAIL:
magda@michalak.com



WHEN: **10:00-12:00**

25.07

1.08

8.08

15.08

WHERE: **Nelson Hall in McDonald,
Road library**

* If your kid is younger/older than
6-12 years old, let me know!

4 ART&CRAFT WORKSHOPS

HEALTHY LUNCH PROVIDED

ONLY 12 SPACES (children + parent)



•EDINBURGH•
THE CITY OF EDINBURGH COUNCIL

EVOC

QUESTIONS:
admin@elrec.org.uk

LIFE IS GOOD IN SCOTLAND

**Free English
Classes for
Refugees and
Asylum Seekers**

*To register follow
the link below:*



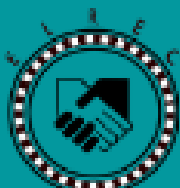


**Are You Worried About Your
Energy Bills?**

ETHNIC MINORITY ENERGY ADVICE

FREE SERVICE

**Advice in : Polish, English, Mandarin,
Cantonese, Hindi, Odia, Arabic**





**20
23**

Meet the Employer **WORKSHOP**

Get interview tips and talk to the employer!

**15
AUG** : **10.00 AM**

JOIN US !

Edinburgh & Lothians
Regional Equality Council
14 Forth St, Edinburgh EH1 3LH

ELREC & EQUAL JOBS



Volunteer With ELREC

As a Volunteer you can give your time and skills and get something back in return, whether it is learning new skills, helping to build confidence, having the chance to meet new people, or gaining the satisfaction of helping a cause you believe in.

WHATEVER YOUR REASON, WE WOULD LOVE TO HEAR FROM YOU!



If you need more information, please contact us



0131 556 0441



admin@elrec.org.uk



14 FORTH ST, EDINBURGH EH1 3LH



WE'RE HIRING

Job Position: Tenancy Rights Support Worker

Qualifications:

- A good knowledge or experience working in the Housing sector of Housing Legislation
- Experience in housing, investigating, dealing, and responding to complaints
- Experience in communicating effectively with a range of stakeholders is essential
- Excellent written and oral communication skills
- Problem-solver and decision maker approach
- Having the ability to prioritize your workload and manage time effectively

Job Type:

Part-time, 30 hrs per week

Monday to Friday (exact work pattern can be discussed on job offer)

Salary: Up to £23,400.00 per year

Work Location: In person - office at 14 Forth Street, EH1 3LH

Expected start date: 21/08/2023

To apply send CV to: admin@elrec.org.uk



 admin@elrec.org.uk

 14 FORTH ST, EDINBURGH EH1 3LH