



# NEWSLETTER

PROMOTING EQUALITY - FIGHTING DISCRIMINATION - FOSTERING GOOD RELATIONS

## From the chair:

*By Foysof Choudhury MBE MSP*



Welcome to ELREC's winter newsletter. I want to start by thanking the team of staff, board, and volunteers who have always worked hard to deliver ELREC's outcomes.

The organisation's annual accounts are being prepared, and there will be an AGM in March 2024, so I look forward to seeing you all then. The projects are doing well, and I want to congratulate the Life is Good in Scotland project for its well-attended and popular English classes.

It's great to see refugees and New Scots meeting weekly and learning English in an informal and fun way.

The heritage visits to Stirling Castle, Edinburgh Castle, Botanic Gardens, and Dynamic Earth have also been popular and much appreciated by the groups. It's great to see our new communities enjoying and learning about local heritage.

The bike rides have also done extremely well thanks to Gerry, who is dedicated to getting diverse communities out cycling, spending time outdoors, and training volunteers on bike maintenance.

Well done to all the staff for their efforts and I wish you all a very happy Christmas and family time over the holidays.



For more information, please visit our website by scanning the QR-code.







# NEWSLETTER

PROMOTING EQUALITY - FIGHTING DISCRIMINATION - FOSTERING GOOD RELATIONS

## From the manager:

By *Parveen Ishaq*



Welcome to our winter newsletter, this quarter has been a productive time for our team. I am pleased to report that we are on track to achieve our goals for the year. The projects are all doing very well with one ending in March 2024, but we look forward to focusing on new challenges.

The Private Tenancy project started in October 2023 but due to the staff member leaving, we are recruiting for a new project coordinator. There will be a sessional staff starting with us in January 2024, so we look forward to offering this new service aimed at raising awareness of rights and responsibilities as private tenants.

We will also be organising an event in June 2024 celebrating diversity and cultures. ELREC's Annual General Meeting will be in March 2024, a chance to learn more about ELREC's work over the year. In other business, the ELREC website has been redesigned so do take a look.

Overall, I am pleased with the progress we have made this quarter. I appreciate the dedication and hard work of our entire team. Moving forward, our priorities will continue serving our customers well, improving efficiency, and developing our people. I would also like to wish everyone a lovely festive break.



**Follow us on social media:**



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[www.instagram.com/elrecuk](http://www.instagram.com/elrecuk)



[www.youtube.com/@ELRECUK](http://www.youtube.com/@ELRECUK)

## 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!





## 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.

## Interviewing Techniques

In August 2023, Emma Macnamara established an interactive workshop where refugees, asylum seekers and ethnic minority community members had an opportunity to apply interview techniques.

It was organised in such a way that participants experienced an actual interview. It was actually a proper interview with feedback at the end of it.

Also, Emma Macnamara explained what applicants should focus on while applying for a job, what should be included, and what should be omitted.

Thank you, Emma Macnamara, for such a unique experience and valuable feedback that will definitely increase the chances of being successful in a job application and interview.

In another session in August 2023, our Project facilitated a session on "Saving and spending tips" presented by our guest speaker, Helen McCabe.





In this session, participants could better understand how to track their spending and identify habits and attitudes that influence spending.

The presenter identified and pointed out valuable tips and tricks to be a savvy shopper and how to start saving.

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 here:

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

Email at [lfeisgood@elrec.org.uk](mailto:lfeisgood@elrec.org.uk)



Life is Good in Scotland

# How to start a Business



SCAN HERE to Register

19 Dec 2023  
10:00-12:00 pm



We would like to invite you for a free workshop on How to start a Business in the UK.

0131 556 0441  
[lfeisgood@elrec.org.uk](mailto:lfeisgood@elrec.org.uk)  
14 Forth Street, Edinburgh EH1 3LH



Join us by scanning the QR code

Join our upcoming event





## 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 improved their English enough to be successful in job applications.

In August 2023, scholars learned about adjectives used to describe people – personality and appearance. They played 'pelmanism' (memory game) to practise and memorise these adjectives.

Collocations – "Everyday collocations – 1" with the verbs 'make' and 'do'. They looked at the summary of forms on CD ROM, with examples – game to practise – paired speaking.

They were listening – people talking about completely changing their careers. 'used to' for talking about past habits. Comprehension. Analysis of tense used after the conjunctions 'as soon as', 'if', 'unless', 'before', 'when' and 'until'.

In September 2023, participants actively studied tenses and practised 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 allow participants to practise in pairs. Part of English classes are made of interactive games that enable participants to practise first and second conditionals to form questions and provide answers. Service users practice speaking clearly. Students gave each other short dictations.





## English Classes

In October 2023, service users studied modal verbs (should, can, must, etc.) to discuss obligation and permission in the present. Vocabulary of public places and rules that apply when out and about. Exercises to analyse the language and to practise.

Some pronunciation (with listening) word stress. Games were implemented to lighten it a bit, but the main focus was pronunciation. The service users were reading, listening with gap fills, using vocabulary, doing exercises to practise word order and using auxiliary verbs in questions.

The materials were used from New Cutting Edge Pre-Intermediate. Topics used were 'Shopping' and 'Money' – associated verbs, nouns, prepositions, phrases and collocations.

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 their feelings in different ways using adjectives ending in 'ing' or 'ed'. In this way, it allowed them to share their opinions and offered good practice in using the vocabulary.





## Heritage sites visit

### A Day at Stirling Castle with Amazing Friends!

On 31 August 2023, we had the privilege of visiting the stunning Stirling Castle with some amazing friends – refugees and asylum seekers who've become a part of our community.

Stirling Castle, a symbol of Scotland's rich history, provided us with a glimpse into the past and an opportunity to share stories, laughter, and the warmth of newfound friendships.

As we explored the castle's magnificent architecture and breathtaking views, we were reminded that diversity truly is our strength.

These incredible individuals have faced unimaginable challenges, yet their resilience and positive spirit inspire us all. We believe that welcoming newcomers and sharing experiences can bridge divides and create a brighter, more inclusive future. 🌍

A heartfelt thank you to all who joined us on the Stirling Castle visit. Let's continue to celebrate diversity and build bridges that connect us all.



Join us by scanning  
the QR code



## Botanic garden visit

In September 2023, Our Project took a wonderful journey into the heart of Edinburgh's Botanic Gardens on a picturesque Monday.



As we strolled through the lush greenery, our participants were filled with awe and inspiration. The serene landscapes, vibrant flowers, and the calming presence of nature made this visit unforgettable.

Our charity project is not just about giving but forging connections and creating lasting memories. It was heartwarming to see our participants bonding, sharing stories, and embracing the tranquillity of this remarkable garden.



Projects like these remind us of the positive impact we can have when we come together. Thank you to all our supporters and participants for being part of this journey to make the world a better place.



## Edinburgh Castle Visit

Despite the initial rain, our visit to the historic Edinburgh Castle was a resounding success with over 30 enthusiastic participants! Thanks to our generous funders for making this unforgettable experience possible, and a big shoutout to all the participants for their enthusiasm and spirit.

Thanks to our generous funders for making this unforgettable experience possible, and a big shoutout to all the participants for their enthusiasm and spirit



## Edinburgh Castle Extra Visit

We are delighted to share that due to the incredible response and the numerous requests we've received, we're thrilled to announce that we've decided to organise another visit to Edinburgh Castle on 29 September 2023.

What a day! Thanks to the "Life is Good in Scotland Project," we had the privilege of a captivating visit to New Scots at Edinburgh Castle. The history, the stories, and the warm welcome we received left us truly inspired. Grateful for these experiences that make life good!





## Dynamic Earth visit

In October 2023, the Life is Good in Scotland Project organised a heartwarming visit to Dynamic Earth Edinburgh for refugees and asylum seekers. It was an unforgettable day filled with exploration, education, and lots of smiles!

Dynamic Earth is where science comes to life, and our guests had the chance to dive into the fascinating history of our planet and its natural wonders.

The excitement on their faces was truly priceless. Everyone had a blast, from learning about Earth's history to exploring the mysteries of our universe!

We believe that everyone deserves a chance to enjoy the beauty of Scotland, and today's visit was a step towards making that possible for our refugee and asylum seeker friends.

Special thanks to our funders, the National Lottery Community Fund and Scottish Refugee Council and all our volunteers and supporters for making this day so memorable. Together, we can create a better future for all.









## LIFE IS GOOD IN SCOTLAND



Register here:

Tel: 0131 556 0441  
Email: [lifegood@elrec.org.uk](mailto:lifegood@elrec.org.uk)



## Life is Good in Scotland Project

**Are you a Refugee /Asylum seeker or new to Scotland?**

**We offer FREE sessions on:**

- Education
- NHS
- Transport
- Police
- Basic Banking
- Finding a Job
- Volunteer Opportunities
- Free Visits to Local Heritage Sites
- Help accessing statutory services ie council
- Leisure
- Help with Life in the UK Test Introductory Guidance
- Weekly Informal English Classes

If yes, please register at  
<https://forms.gle/2rN5chyFKEc1UAt77>  
or scan the QR Code



\*Transport costs covered  
\*Limited Places Available

To take part call us on : Tel: 0131 556 0441  
Email: [lifegood@elrec.org.uk](mailto:lifegood@elrec.org.uk)









## Communities' Reduce , Reuse & Recycle Project

Huge thanks to The National Community Lottery Fund's Climate Action Fund for making the Communities' Reduce , Reuse & Recycle Project possible for another five years! Their support is helping us to encourage climate action in our communities.

Welcome to Rafa, our new project assistant, and Cadence, CR3's Chinese Community Link Officer – it's great to have you on board!

This past quarter, we have been busy setting up new admin stuff, helping out new team members, getting volunteers on board, and throwing some cool events.



## Recruiting Ukrainian Volunteer

Interested in volunteering with us? We are looking for a Ukrainian volunteer to join our C3R project who is passionate about Climate Action and interested in learning more about sustainable practices.

You will be outreaching to members of the Ukrainian Community, getting them involved with the project & gaining lots of new skills and experience along the way. Send us an email at [c3r@elrec.org.uk](mailto:c3r@elrec.org.uk) if you're interested. We'll be looking forward to hearing from you!



## Peer to Peer Programme

We are excited to announce the launch of our Peer to Peer programme! This is a fantastic opportunity for anyone looking to get work experience in a climate-related field. The programme will take place over 6 weeks, with an expected 16 hours commitment per week. During this time participants will shadow the C3R team, learning from them, expanding their skillset whilst working on their very own workshop to organise and lead by the end of the programme. Find out more on our website page:

<https://www.elrec.org.uk/peer-to-peer-programme/>





## Young Scotland Programme

Join us in congratulating one of our Volunteers, Ben Paterson, on successfully completing the Young Scotland Programme. Continue reading below to hear more about his invaluable experience:

I found the Young Scotland Programme a fantastic and valuable experience. While I had given a big public speech before, it was only the once and I had since taken a major blow to my mental health and confidence.



The programme gave me the opportunity to not only gain more experience in the valuable skill of public speaking, but I also able to regain some of my lost confidence while meeting so many wonderful people. As such, it will remain a cherished experience and I am very grateful both to ELREC and the Young Scotland Programme for giving me the opportunity to attend."

- Ben Paterson - C3R Volunteer

## Seafield Household Waste Recycling Centre Visit

Cadence, our new Chinese Community Link Officer led her first activities this month, bringing a group of 9 participants to Seafield Recycling Center.

They braved the rain to learn all about recycling procedures whilst observing depots for oil, wood, timber, metal and non-recyclable materials. The group left committed to improving their recycling habits at home and showed excitement towards sharing their new learnings with others.





## C3R Project Launch

In September, we had a fantastic launch of the CR3 project as part of the #ScotClimateWeek.

We came together to celebrate the funding awarded to us by The National Lottery Community Fund's Climate Action Fund, our partnership between ELREC, NKS - Networking Key Services and Score Scotland, and, most importantly, the diverse communities we have the honour of working with.

We also celebrated our incredible volunteers! In the past year, more than 80 dedicated volunteers have contributed their time and efforts to our project.

Some of them have gone above and beyond, earning themselves Climate Heroes Certificates for their outstanding contributions.

A special thanks to Sarah Boyack MSP, Shadow Cabinet Secretary for Net Zero, Energy & Just Transition, and to our Chair Foysol Choudhury MBE MSP for giving their meaningful contribution as guest speakers during the event.





## Food growing

Our gardeners marked a year of hard work, learning, and celebrations. They prepared a delicious sweet squash and chickpea stew, along with an apple custard crumble. Most ingredients were harvested at the Botanics, which made the food taste even more special!



## Plant Swap

We hosted another successful and bustling plant exchange event at Granton Parish Church in Edinburgh. Thanks to Granton Goes Greener for being such great partners on this exciting event. Thanks to the participants' input and feedback, we are committed to continuing these plant swaps in the foreseeable future. A heartfelt thank you goes out to all who participated in the plant swap, generously sharing their plants, cuttings, and seeds.



## Swap Shop

We had another swap shop event. Our swap shops have become incredibly popular in the community, offering a remarkable opportunity to repurpose and recycle items that might otherwise have been discarded, now finding new value in the hands of others.

This previous Saturday, we were fortunate to have a dedicated team of 20 volunteers who generously gave their time and energy to help with setup, clothing organisation, customer assistance, and cleanup. Their exceptional commitment played a crucial role in the event's success, and we want to express our heartfelt gratitude to each and every one of them.



## Sustainable Cooking workshops

We've had a variety of sustainable cooking sessions in partnership with The Creative Kitchen Community and Fresh start scotland.

Our groups from the Polish and South Asian Community learned cooking techniques, how to cook with leftovers and had wonderful meals together.



As always, the team here at C3R would like to take a moment to honor our appreciation to all our funders, partners, collaborators, staff, volunteers and of course to you, our communities .

Thank you for being engaged, for sharing your passion for climate action, bringing your creativity and ideas to us every day. We are looking forward to keeping up all the great work





## Open Arms

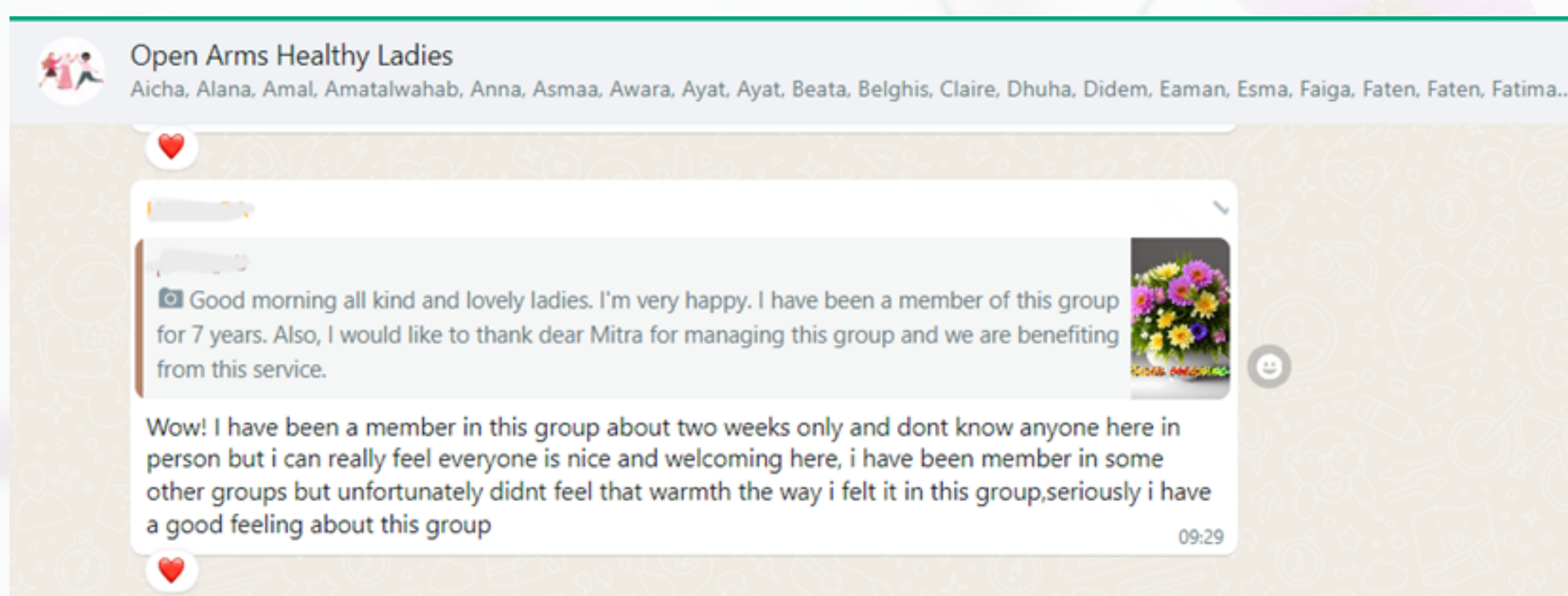
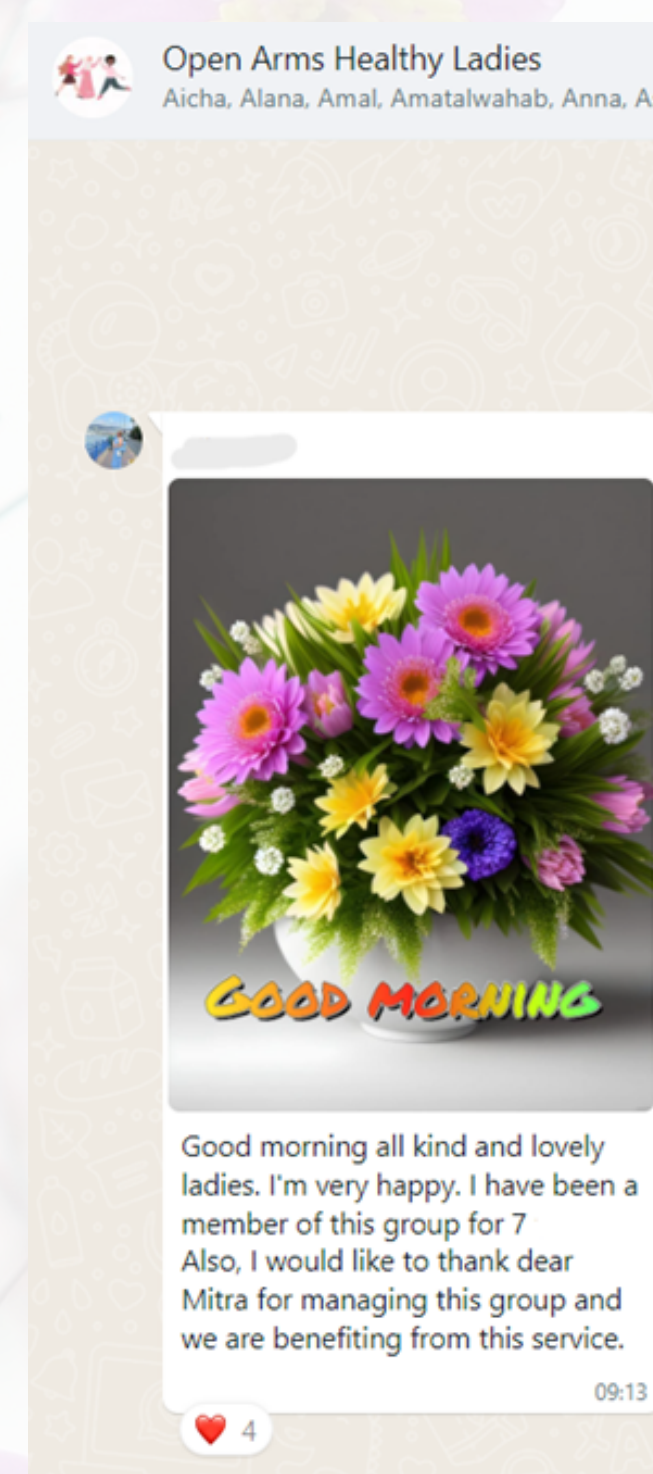
Very warm and happy greetings from Open Arms to everyone! The freezing weather in November didn't beat us and we have even thrived more in terms of provision of services and adding up more ladies to our already wonderful friendly group! Over the last few months, our work has continued just as enthusiastically as we provided our women with both online and in-person activities and opportunities!

We welcomed over 40 new arrivals into our Open Arms family and together (105 now!), we filled our weeks with Body Maintenance and Calorie Burner exercise classes, as well as, Face yoga and meditation, arts and crafts workshops and never missed any chance to enjoy occasional socialising get-togethers and events.

What has been more; we have started our very popular English conversation cafe, which will continue after the festive holidays.

Our ladies provide peer support to one another on our enclosed group chat platform on WhatsApp.

Open Arms project is funded by the National Lottery Community Fund.





## Open Arms

In September, through a grant and support that we received from the Sustrans, we organised a nature walk & bird ID course for our service users who joined the walk on the Route 75, and learned about the habitat birds from Scott Patterson from Kinross Ecology.



In October, Sustrans supported us by providing tools and advice, so we organised a litter-picking and picnic event when we all enjoyed a nice day out and feeling helpful for the community and the environment.

We are excited that our program is constantly growing, with 105 service users having joined since the beginning of June!





For joining or referring someone to our program , please contact [mrostami@elrec.org.uk](mailto:mrostami@elrec.org.uk)

Free  
Community  
Art Exhibition Event

## Celebrating Linguistics Diversity Through Art

A joint project between Edinburgh & Lothians Regional Equality Council and Heriot-Watt University



**When:** Friday, 8 December, 11:00 to 13:00  
**Where:** McDonald Library,  
2-8 McDonald Rd, Edinburgh EH7 4LU

**Dive into the souls and emotions of people reflecting on their mother tongues, using art as a universal language that goes beyond origin, race, and language, allowing all humans to connect with one another through their spirits. The artworks narrate stories, enabling the viewer to interpret, reflect, connect, and discover their own soulful visions of life.**

Also, have a chat and enjoy some lovely refreshments

For more information or to register please email: [mrostami@elrec.org.uk](mailto:mrostami@elrec.org.uk)

Free

## Art Workshops CELEBRATING LINGUISTICS DIVERSITY THROUGH ART

6 weeks

Celebrate your language, create art with us, have your creation displayed in an exhibition, have fun, make friends 😊

Suitable for people at any level including beginners

All material and light lunch provided 😊

- week 1 & 2: Creating artwork using acrylic paint on canvas
- week 3,4,& 5: Crafts: Creating collages, sculptures, conceptual art
- week 6: Photography

**When:** 9-16-23 October & 6-13-20 November - 10:00-12:00  
**Where:** 14 Forth Street  
Edinburgh, EH1 3LH

For more information or registration please email: [mrostami@elrec.org.uk](mailto:mrostami@elrec.org.uk)






## Book Week Scotland Event

In November, a grant from Scottish Book Trust enabled us to engage with our diverse community and celebrate Book Week Scotland through organising an event titled as “When We Were Young- with Kes”. Participants were invited to read "Kes" or A Kestrel for a Knave, which is a novel by Barry Hines, and encouraged to write a reflection on the book or choose their favourite passage in the book and read it out to the group in the event. They also joined the discussion on the book and received a voucher to buy books.



## Partnership Project with Heriot-Watt University

In October, Dr Min-Hsiu Liao, professor at Heriot-Watt University commissioned ELREC to design, develop, and deliver a series of community workshops and event titled as “Celebrating Linguistics Diversity of the Communities in Edinburgh Through Art (CLDCETA)” following the purpose of exploring how individuals from diverse cultural and linguistic backgrounds, when moving to a new country, establish a connection with the city they live in through their daily practices.

We ran 6 workshops to which over 20 participants attended to and we displayed their artworks holding an exhibition event in December in McDonald Road Library.

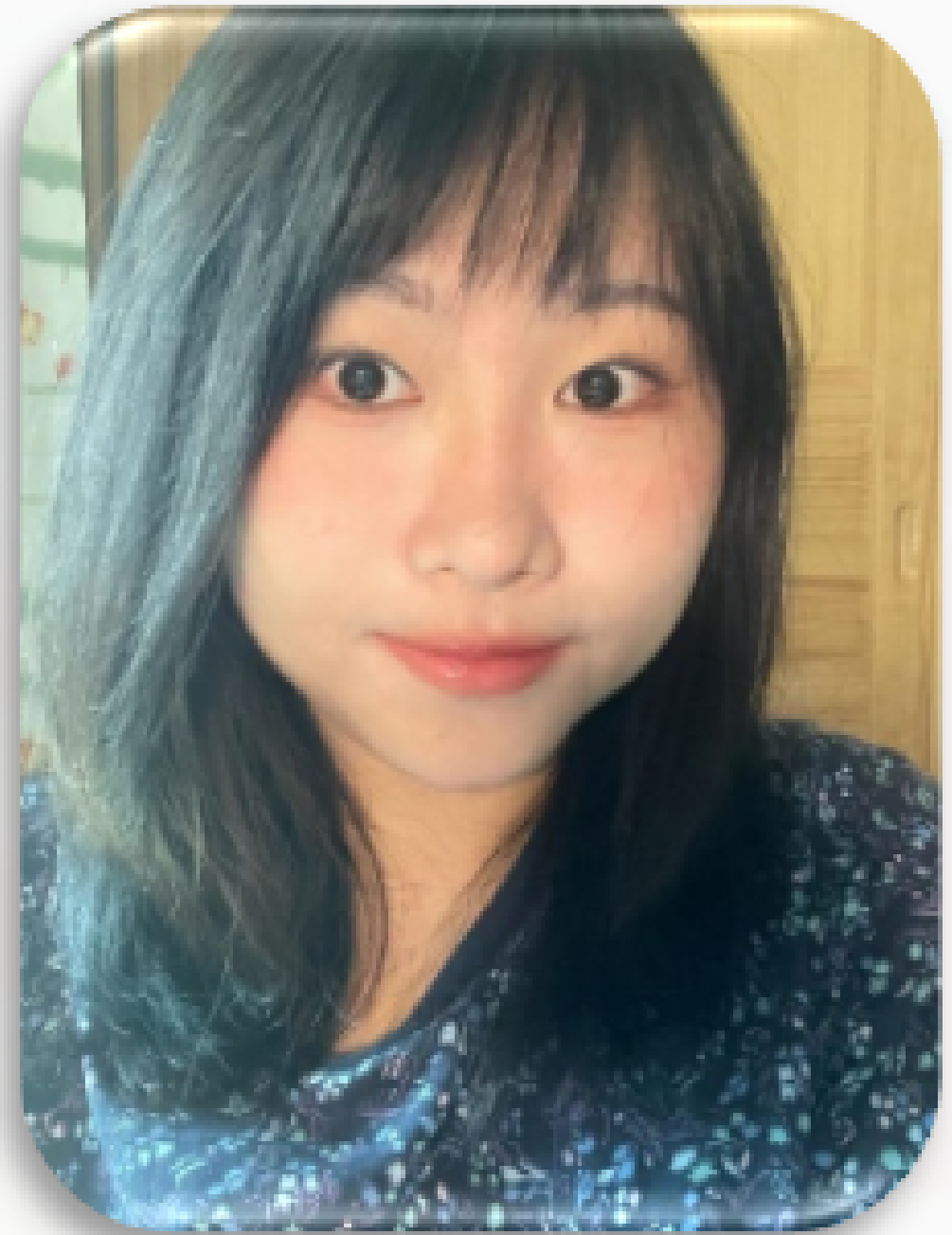




## Tia, our new volunteer

Hello, I'm Tia. I am from China, and this is my second year living in the UK. I have recently been graduated from the University of Edinburgh, where I studied psychology.

I recently started to do volunteering work at ELREC, Open Arms project. It's been a great experience helping with their meaningful project and experiencing the cultural diversity, and this brings me a sense of belonging to the local community.



## Testimonials



ELREC Volunteer, Ben shares his experience of attending the Young Scotland Programme which he has been taking advantage of for the 2nd Year.

it will remain a cherished experience and I am very grateful both to ELREC and the Young Scotland Programme for giving me the opportunity to attend.

We were fortunate to have testimonials from a renowned political economist and a North Korean escapee-turned-activist, talking about their experiences and how they overcame hardship to get to where they are today. Both testimonials were really interesting and inspiring.

I was fortunate to be accepted to attend the Young Scotland Programme this month as a delegate of ELREC.



www.elrec.org.uk \* admin@elrec.org.uk \* 0131 556 0441



## VOLUNTEERS NEEDED

We need your help to organize and plan our celebration event in March 2024

### Skills

- Good interview skills
- Event planning
- Designing booklets
- Digital skills
- Film and media skills
- Good communication skills
- Good preparation of event materials and short films
- Event management experience

More information: 0131 556 0441 admin@elrec.org.uk

If you like to be a volunteer , please email [admin@elrec.org.uk](mailto:admin@elrec.org.uk)



## Cycling Lessons

Hi my name is Jean-Matthieu. I am an accredited Cycle Trainer and Cycle Ride Leader and have been running the ELREC Cycling Classes for 7 years.

I have been cycling myself for over 30. The assistance, support and encouragement the volunteers also provide during the cycling lessons is superb. Do you want to get on your bike but lack confidence ?

Our cycling classes are FREE and OPEN to ALL. We can even provide top of the range bicycles. Children are welcome under adult supervision however children's bikes are limited.

The approach is progressive and fun. Feedback has been fantastic. The classes take place in a traffic free environment for beginners and low traffic residential areas for intermediates. Our aim is to help you get to a level where you can cycle safely and give you the SKILLS and CONFIDENCE to use your bike more often.





## Led Rides

Every Saturday our Led Rides programme will visit iconic sites around and just beyond this wonderful city of ours.

All rides are social and inclusive and will be led by a qualified instructor who will guide the ride on cycle paths and cycle friendly roads, ensuring your fun and safety remains paramount. Destinations include Newhailes Estate, South Queensferry and the Bridges, Jupiter Artland, The National Museum of Scotland and much, much more.

All entry fees are covered or, alternatively, free refreshments will be provided. What's not to like? Take a look at our Meetup page where you can explore our routes including, start and end points, duration and terrain, and book your space!



## The Bike Doctor

Every Friday afternoon at various locations throughout the city we will be offering a free bike clinic. The Clinic will include a basic bike check, minor tune up, plus advice on any follow up work which may be required. Details of venues and times will be published on our Meetup page.

## Bike Library

We have a selection of bikes and E-bikes available for hire for a small nominal fee. If you are interested or would like to find out more about hiring a bike from us just get in touch: [gerry@elrec.org.uk](mailto:gerry@elrec.org.uk)





## Maintenance Classes

Keen to learn how to look after your own bike, save some money and undertake your own repairs, or perhaps just be a little more confident in the event of a mechanical breakdown?

Our four-week training programme may be just the ticket. The training will take place at Drylaw Neighbourhood Centre on a Friday from 10am - 1pm and will cover all aspects of basic bike maintenance from fixing a puncture to replacing cables.

The September course is now full but we are taking notes of interest for the October and November courses prior to finalising the schedule. Get in touch for more details.



## Cycle Maintenance Courses

**Morning Course - Friday 24<sup>th</sup> Nov, 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup> December – 10am to 12.30pm**

**Evening Course - Thursday 30<sup>th</sup> Nov, 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup> December – 7pm to 9.30pm**

Unsure how to fix a puncture or service a bike?

Our four-week cycle maintenance course will equip you with all the knowledge, skills and confidence to undertake the work yourself.

The course is informal, social and above all fun.

The morning course will take place at Drylaw Neighbourhood Centre and the evening course at the ELREC office in Forth Street.

For more details or to book email: [gerry@elrec.org.uk](mailto:gerry@elrec.org.uk)



## Your Bike Buddy

If you are simply not sure where or how to get started and need some friendly advice on taking up cycling, planning a route, gaining confidence in traffic or even buying your own bike just get in touch – we are a friendly bunch and just love to talk about cycling.

## Volunteers

We are always keen to refresh and update our list of volunteers.

If you have some skills to share and enjoy talking to people why not drop us a line and we can explore how we may be able to help each other.



## Tinsel Trail

**Wednesday 20<sup>th</sup> of December**

Why not join us on our quest to find Santa and the best decorated house in Portobello. The Ride will depart the Meadows and head down to Portobello via the iconic [innocent railway and tunnel](#) cycle path.

Ride departs from the Meadows at 6:30pm and returns to the Meadows shortly after 8:30pm

Complimentary refreshments will be provided.

For more details or to book email: [gerry@elrec.org.uk](mailto:gerry@elrec.org.uk)



## Ethnic Minority 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 advises 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 ethical minority groups in Edinburgh.

Ethnic Minority Energy Advice Service was very busy over last few months, in addition 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 the households in partnership with Home Energy Scotland. Each pack contains leaflets about water saving, universal plug and were 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, drought excluders, smart controls for energy sockets and LED light bulbs. The resources were available through Changeworks' Eccentricity Industry Partnership Initiative.



Are you concerned about your energy bills?

### ETHNIC MINORITY ENERGY ADVICE

FREE SERVICE

Polish, English, Hindi, Odia

WILLIAM GRANT FOUNDATION | The ROBERTSON Trust

**ETHNIC MINORITY ENERGY ADVICE OFFERS HELP WITH:**

- Contacting energy suppliers.
- Understanding energy bills.
- Setting up smart meter.
- Opening online accounts with suppliers.
- Energy Dept.
- Eligibility checks for energy efficiency and renewable energy measures (new boiler, loft insulation, cavity wall insulation).
- Application for the £150 'Warm Home' discount payment.
- Referrals and signposting to the relevant agencies.

**CONTACT US**

ELREC, 14 FORTH STREET, EH1 3LH

07884 707082

SWASTIKA@ELREC.ORG.UK

**WORRIED ABOUT HIGH ENERGY BILLS BECAUSE OF COLD WEATHER?**

Scared to turn your heating on? | Advice on: Energy, Housing, Money, Benefits | Can you afford to eat and heat?

**WARM UP FOR WINTER**

COME ALONG TO RECEIVE FREE AND PRACTICAL ADVICE!

**4<sup>TH</sup> OF NOVEMBER, 2023 - 1:00PM - 4:00PM**  
**MCDONALD LIBRARY, THE NELSON HALL**  
 2-8 MCDONALD RD, EDINBURGH EH7 4LU

WILLIAM GRANT FOUNDATION | CHANGEWORKS | The ROBERTSON Trust | The Welcoming

HOME ENERGY SCOTLAND | YOUR HOME | VoiceAbility | Citizens Advice Edinburgh | Citizens Advice Edinburgh

If you like to get in touch, please email: [elukaszek@elrec.org.uk](mailto:elukaszek@elrec.org.uk)



## Festive Lunch at ELREC

Feeling festive at the office as we all gathered for a delightful Christmas lunch on 12, December 2023.

Grateful for the warm company and shared laughter. Thanks to everyone who joined in, making our workplace feel like a second home. Wishing all a joyous holiday season!







Edinburgh & Lothians  
Regional Equality Council



# Holiday Schedule

## 2023-2024

**25th December - 5th January 2024**  
*Closed*

**8th January 2024**  
*Open*





Life is Good in Scotland

# How to start a Business



SCAN HERE to Register

19 Dec 2023  
10:00-12:00 pm



We would like to invite you for a free workshop on How to start a Business in the UK.

0131 556 0441

lifeisgood@elrec.org.uk

14 Forth Street, Edinburgh EH1 3LH







## Tinsel Trail

Wednesday 20<sup>th</sup> of December

Why not join us on our quest to find Santa and the best decorated house in Portobello. The Ride will depart the Meadows and head down to Portobello via the iconic [innocent railway and tunnel](#) cycle path.

Ride departs from the Meadows at 6:30pm and returns to the Meadows shortly after 8:30pm

Complimentary refreshments will be provided.

For more details or to book email: [gerry@elrec.org.uk](mailto:gerry@elrec.org.uk)





## Cycle Maintenance Courses

Morning Course - Friday 24<sup>th</sup> Nov, 1<sup>st</sup>, 8<sup>th</sup> and 15<sup>th</sup> December – 10am to 12.30pm

Evening Course - Thursday 30<sup>th</sup> Nov, 7<sup>th</sup>, 14<sup>th</sup> and 21<sup>st</sup> December – 7pm to 9.30pm

Unsure how to fix a puncture or service a bike?

Our four-week cycle maintenance course will equip you with all the knowledge, skills and confidence to undertake the work yourself.

The course is informal, social and above all fun.

The morning course will take place at Drylaw Neighbourhood Centre and the evening course at the ELREC office in Forth Street.


For more details or to book email: [gerry@elrec.org.uk](mailto:gerry@elrec.org.uk)



# newsletter

- December 2023 -

## C3R



Huge thanks to The National Community Lottery Fund's Climate Action Fund for making the **Communities' Reduce, Reuse & Recycle** Project possible for another five years! Their support is helping us to encourage climate action in our communities. Welcome to Rafa, our new project assistant, and Cadence, CR3's Chinese Community Link Officer - it's great to have you on board! This past quarter, we have been busy setting up new admin stuff, helping out new team members, getting volunteers on board, and throwing some cool events.

In this issue:

- Ukrainian Volunteer Recruitment ..... 1
- Peer to Peer Programme Announcement ..... 2
- Young Scotland Programme Feedback ..... 2
- What we've been up to ..... 3

## Recruiting Ukrainian Volunteer




Interested in volunteering with us? We are looking for a Ukrainian volunteer to join our C3R project who is passionate about Climate Action and interested in learning more about sustainable practices. You will be outreaching to members of the Ukrainian Community, getting them involved with the project & gaining lots of new skills and experience along the way. Send us an email at [c3r@elrec.org.uk](mailto:c3r@elrec.org.uk) if you're interested. We'll be looking forward to hearing from you!



Edinburgh & Lothians Regional Equality Council

# WE ARE HIRING

**Part-Time**

## Tenancy Rights and Support Worker

17.5 hours per week  
Over 3 days-Flexible

Promoting the advancement of education of legal rights for tenants in private rented housing. Additionally, by linking service-users with organisations who can provide dispute mentoring, and alternative and efficient dispute resolution processes between tenants and landlords. Target groups for this project are low-income BAME and migrant households. You will be expected to do regular workshops and information services on legal rights in private rented.

You will have a good knowledge of Housing Legislation, practice and key issues in Scottish housing and experience of housing, investigating, dealing, responding to complaints.

**Key Responsibilities:**

- Experience of organising workshops will be necessary
- Experience of communicating effectively is essential
- Excellent written and oral communication skills are required
- Having the ability to demonstrate a proactive approach to problem solving and decision making to achieve satisfactory outcomes
- The ability to prioritise the workload and managing time effectively.

**Qualifications:**

- Any experience of local Housing is preferred but not essential.
- Strong organisational and multitasking skills.
- Excellent communication and interpersonal skills.
- Able to work independently and in a team
- Proficiency in Microsoft Office.

Salary: £15 per hour  
Day range: Monday to Friday  
Flexible working hours

Please send your CV and cover letter to [admin@elrec.org.uk](mailto:admin@elrec.org.uk)



Edinburgh & Lothians Regional Equality Council



## SADDLE UP - ELREC CYCLING NEWS

Welcome to our first newsletter where Jean-Matthieu and I will share some of the exciting things we have planned this year.

My name is Gerry and I am the new Cycling Officer here at Edinburgh and Lothians Regional Equality Council (ELREC).

Over the last few weeks I have spent some time learning about ELREC and the fantastic work it does, not to mention its extensive partnership network. I have a real passion for getting people outdoors, connecting with one another, and most of all, enjoying themselves. To me, there's no better tonic than a smiling, happy face.

I have a lot of experience training and leading on cycling related initiatives, working for various outdoor organisations over the last few years.

If you have any questions or any ideas on future cycle activities please just get in [touch](#). It would be great to see you at one of our sessions. I do look forward to meeting you.




Meet Up Events



Get In Touch





# SEWING CLUB

Every Monday, 12.15 to 14.15, Free!

- Come repair & adjust your own clothes
- Learn simple sewing techniques
- Equipment & Refreshments provided

ELREC, 14 Forth Street, EH1 3LH

email: [cfc@elrec.org.uk](mailto:cfc@elrec.org.uk)  
more info: 01315560441





## Winter Weaving Workshops

12th, 18th and 19th December  
17:30-20:30

West Pilton Neighbourhood Centre

Join our free workshops and make tapestries for Christmas gifts or just a simple flat decoration while meeting new people and enjoying cup of tea.

All materials are provided.  
Book your spot through Eventbrite to attend the workshops.










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-  [www.instagram.com/elrecuk](http://www.instagram.com/elrecuk)
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For more information, please visit our website by scanning the QR-code.