



Issue 11

May 2009

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## Volunteers Week Event 2009

### MATCH MUNCH MINGLE

Whether you are a volunteer veteran or someone who has never volunteered before, you are all welcome to our celebration of volunteering this year on Tuesday 2nd June from 1pm-4pm.

During a fun-packed afternoon we have three main attractions:

**MATCH** : Volunteers can look for their ideal volunteering role through our speed volunteering during which you can meet many organizations and talk for 3 minutes with each about the roles they have available.. There are two themes : volunteering with children & young people or with adults & the elderly.

If you want to book a place for the speed volunteering please contact Killian on 02084381520 or by email on [volunteering@brava.org.uk](mailto:volunteering@brava.org.uk)

1-2-1 sessions will also be available with volunteer advisors if you are finding it hard to get the right role for you.

**MUNCH** : We will have tasty snacks and drinks all afternoon. There will be three candles on the cake to celebrate our Brent Volunteer Centre's birthday.

**MINGLE** : Listen to what current volunteers have to say about their experiences—it could encourage you to get involved too!

Match Munch Mingle will take place at the Chalkhill Community Centre in Wembley ( behind the Asda store).

So come along and bring your friends!

## What's your Personal Best?



**Are you currently unemployed and looking for an exciting opportunity to develop your skills, and to get into work or training?**

**Joining Personal Best is your opportunity to learn new skills, gain a qualification and get support looking for jobs.**

**On the Personal Best Programme, you will learn about:**

**Equality and Diversity**

**Customer Relations**

**Fire Awareness**

**Conflict Resolution**

**Volunteering and the Olympics.**

**The course lasts 8 weeks, and you'll also do a volunteer placement to help develop your new skills, and build your confidence in the workplace. At the end of the course you'll be given support to find a job, get into training or education, or to continue volunteering.**

**There are courses starting every month in 2009.**

**To qualify for the programme, you must be unemployed, not currently in training or education, and no qualifications (less than 4 GCSEs or less than NVQ level 2).**

**For a chat about the programme and whether it would suit you, please call Tasina on 020 8438 1531.**

## Worried about Redundancy or been made redundant ? Join the Skills Clinics organized by the College of NW London



Sign up for the new skills clinics and you will get:

- Information, Advice and Guidance to meet your needs
  - Help to prepare your Personal Action Plan
    - CV writing tips
    - Help with job applications
    - Tips on interview techniques
  - Signposted to external job agencies

Clinics will take place between 10am-2pm

Appointments last from 45 mins to 1 hour

Location: Willesden Centre, Dudden Hill Lane

How to book:

By phone: Call 020 8208 5163

In person: Call into our Course Information Centres at :

Willesden Centre—Dudden Hill Lane

Wembley Park—North End Road

Kilburn—Priory Park Road

Important note: Clinics will only take place at the Willesden Centre, Dudden Hill Lane

## Mr Brent winner speaks



### Who are you?

Well where should I start? I'm me basically, just a guy named Richus Dominique from London, went to Copland High School and never had a prom, 2 brothers no sisters and a Mum who means more to me than anything in this world. My middle name is Clint (yes like Eastwood) and my confirmation name is Luke (yes like Skywalker), and most people don't say my name right. It's okay though, as long as I know who they're talking to and it's not rude, it's okay with me.

### What are you about?

What am I about? Hmm, that's a tough one. I guess I'm about just being myself really, trying to live my life like that T.I. [American rap artist] tune you know. Several things are important to me, and always come first though. Number one is God, who I must thank at this point for blessing me everyday with life and luck, as I know there are many less fortunate than me - but don't worry I won't get all preachy. Then it's my family, who I love beyond anything and would do anything for. Then it's my friends... they add salt to the portion of chips that is my life. I also LOVE music, all kinds, especially those that at least at-

tempt to do something different, even if it flops. Trial and error; it's the method of life.

### What are your views on the community and how would you like to change it?

I think a lot of people who express their view on the community paint it too bleak, like as if as soon as it's past 8pm and you step outside your house you're gonna get stabbed. Well it's bad, but it's not THAT bad.

I think people's views are pessimistic, and this is just making things worse. Like a few nights back I was coming back from a party at night, and a lady crossed the street to avoid walking towards me. I know I didn't stink, I had my best Lynx on, so she must of avoided me for another reason - suspecting the worst.

But at the same time we gotta look at why people are so pessimistic, there have been many gruesome headlines recently.

Therefore I see it as an issue of getting these kids AND adults who are doing it to change their ways, as well as getting people to change their perception of stereotypes. So the question is, how? How can we change it?

Well, I can tell you for sure these talks from police chiefs and "seasoned" criminals aren't working. Neither are these blatantly government funded tunes preaching of knife crime and teenage pregnancy, and all that rubbish. No. We look at it, laugh, carry on.

I think if we had some talks with people who we can connect with

would help, as we tend to listen to those who we can have an innate respect for. And we need more outlets!

Cause I live in Wembley Central and I've emailed Brent Council MANY TIMES about the closest recording studio, but each time I'm referred to some frustrating website, or told something like "we're thinking of developing one". Cause all I ever see in youth clubs is football. Football, football football. Some people aren't that into football, and maybe that's where the problem is.

As for perception, we need to hear more positive news. More news of people succeeding against the odds and despite whatever setbacks. Obama isn't the only successful one out there you know.

### Your message to the people, especially other young people?

It's a simple one, THINK. Real talk, think. Think about it all, think about stuff you've never thought about, think. There's a lot more to life than just acting bad, churpsin [flirting and chatting] and getting churpsed trust me. Think, are you doing this for- you? Or for someone else? Why are you doing this? Who could it affect and how? Do these pants make me look fat? And if so, who cares?? Just think, be you, do you, and live life the way life should be lived - alive. Remember, life is like a box of chocolates - expensive, and you might hate half of what's in it. But you'll love the rest, as long as you be yourself.

Richus was the winner of the Mr. Brent competition at Strength in Numbers' Back to the Roots Pride Pageant held during Black History Month 2008

# Our Generation Needs Your Advice on Sexual Health

## Know it and Spread the Word!

Interested in Sexual Health?

Always giving your friends relationship advice?

Want a more peer to peer approach to learning  
about STIs and getting tested?

Are you 16-25 years old and living in Brent?

Then join our campaign!

As part of an ongoing project, we want you to  
come on board and help raise awareness!

Join us for a FREE 3-evening TRAINING

May 6th, 7th and 8th 5-8pm

Venue: CHAT at Moran House (Suite 10-11, 449-451 High Road  
Willesden, NW10 2JJ (next to Homebase)

Get in touch with Elizabeth or Davis on 0208 438 1520 or  
email [youth@brava.org.uk](mailto:youth@brava.org.uk) if you want to take part!

## Community Action Forum

# Enough is ENOUGH!

## It is time to Act!

Tuesday 26th May 2009

6.00pm registration (6.30 start)

Willesden Library, Willesden High Road

London NW10 2ST



This forum will:

- ◆ Encourage people who share similar concerns (young people and violence) to come together to create realistic solutions (*this is not a talk shop*)
- ◆ Share methods of good practice and look at different initiatives and fresh approaches to tackling violent crime amongst young people in Brent
- ◆ Provide everyone with a platform to showcase what they are actually doing to tackle Youth Violence and what help is needed.

Plus....Special Guest Speakers, Food and Drink and Current Updates.

For further details please contact Davis or Elizabeth on 0208 438 1520 or 07939 396465 or [youth@brava.org.uk](mailto:youth@brava.org.uk)

# Volunteer Opportunities

## Check out this month's latest opportunities!

To find out more about these opportunities and others, you can contact the Brent Volunteer Centre on 0208 4381520 or email [volunteering@brava.org.uk](mailto:volunteering@brava.org.uk)

### Best Bike Volunteer

**What?** Volunteers needed of any age for bike project volunteers to work out doors helping people young and old to fix their bicycles and help them access information on anything to do with bike riding. Also needed confident bike riders who can help lead groups of bike riders on fun social rides.

**Who for?** Brent Eleven Streets

**When?** The activities take place all day Saturday and Sunday and Wednesday evenings

**You need:** the ability to fix a bike and to ride confidently

### Web Designer

**What?** Develop and maintain information on website. Ensure website is consistent with organization's design standards

**Who for?** National Organization for Foetal Alcohol Syndrome

**When?** Part-time from Monday to Friday during the morning and afternoon

**You need:** Good understanding of websites and web design. Knowledge of HTML, able to upload pictures and update content. Knowledge of working with MAC computers

### Administrative Assistant

**What?** General office duties including filing, photocopying, answering phone enquiries, dealing with visitors, typing up documents plus other administrative tasks

**Who for?** Community Careers Centre

**When?** Office hours from Monday to Friday

**You need:** A methodical and organized approach. Good communication skills. The ability to work well as part of a team Computer literacy and good typing skills

### General Helper

**What?** Help with setting up, cleaning up and planting at community event

**Who for?** North West Two Residents Association

**When?** Sunday 28th June only

**You need:** Common sense and enthusiasm is all you need

### Volunteer promoting physical activity

**What?** Help over-65s get fit and stay fit. Visit about five people four times over a 24 week period and also remind them to exercise via phone calls

**Who for?** University College London

**When?** During the morning and afternoon Monday to Friday

**You need:** To be over 65, physically fit and willing to commit for a specific period