



Our major funders for 2008/09

- Barnet Primary Care Trust
- Milly Apthorp Charitable Trust
- Youth Opportunity Fund
- Integrated Youth Support Service Voluntary Sector Fund
- Edward Harvest Charitable Trust
- London Legal Support Service
- GlaxoSmithKline IMPACT Awards 2008
- Lloyds TSB
- London Councils
- The Mercers Company Charitable Foundation
- The Jill Frankline Trust
- The Beatrice Laing Trust

Barnet Refugee Service 020 8905 9002

Monday - Friday 9am - 5pm

Barnet Refugee Service, Suite 9, Second Floor Podium, Hyde House, The Hyde NW9 6LH

Email: advice@b-r-s.org.uk Charity Number: 1107965 Website: www.b-r-s.org.uk Co Ltd by Guarantee: 5243595

Foreword from the Chairman	1	ESOL Classes	13
Message from the Director	2	Case Study 2	13
Organisational Chart	3	Refugee Health Day 2008	14
Our staff	4	Women's Group (Jasmine)	15
Director's Report		"Opening pages" a British Library Project	15
Introduction	5	Women's Group Exhibition	16
Our History	5	Youth Activities	17
Our Ethos	5	Nort London Global Gathering	17
Statement of values	6	Football Tournamant	17
Our Vision:	6	Barnet Eagles Football Club	18
Our Objectives	7	Roots and Wings	19
Fundraising Strategy	8	A photography project for refugee girls	
Donations	8	Summer and Fun Activities	19
Background to our work	9	Case Study 3	19
Case Study 1	9	End of Year Party 2009	20
Advice	10	Drop In for destitute asylum seekers	20
Outreach advice clinics	10	Volunteering	21
Health Access Workshops	10	Barnet Volunteers Award Ceremony 2008	21
Refugee Awareness training	11	Our new website	21
Housing Support Service	11	Our Volunteers	22
BAN (BME Advice Network)	11	Case Study 4	22
Customer satisfaction Survey	12	Financial Information	23
Forum for Advice and Information in Barnet	12	Partnership organisations	24

Foreword from the Chairman



The past year began with the cloud of financial uncertainty hanging over us and we were compelled to lose one adviser through a funding shortfall. The redundancy process puts a huge pressure of instability and anxiety on the whole team and it is to the great credit of our staff that throughout the process they continued to offer the highest level of advice and commitment that has become synonymous with BRS. An enormous debt of gratitude is owed to them. Our Director, Nazee Akbari, has worked tirelessly seeking new funding and has transformed the situation so that from the bleak beginning of the year we now find ourselves closer to the ever elusive financial security than we have ever been. Her achievement is all the more spectacular as she has succeeded in the most challenging economic climate for many years.

BRS has continued to flourish and develop under Nazee's leadership. The range and depth of our activities has grown significantly as outlined in this Annual Report. None of our achievements would have been possible without the dedication and hard work of our trustees, volunteers and staff. We are also indebted to our generous funders and the many individuals and faith groups who provide our essential material support. To all these I extend sincere thanks on behalf of all those who have been helped by BRS during the past year. Your support, kindness and generosity of spirit have improved the lives of many people who have previously suffered at the hands of the darker side of mankind.

We remain committed to continue to meet the needs of those who have fled persecution and to offer them practical advice and support and, hopefully, to guide them towards integration into a new life in a new society. At all times we will value the individual worth of all our clients, staff , volunteers and friends and will treat them with the dignity and respect that is every person's right.

Peter Salomon Chairman It is every person's right to be treated with dignity and respect!

Message from the Director



It is my pleasure to present our Annual Report for 2008/09. As you go through the pages you will find a compilation of the exemplary work that has been accomplished during the year and I am sure you will conclude, as I have, that this has been a particularly difficult, busy and productive year for us.

The external environment we faced throughout 2008 was anything but favorable, considering our 'unpopular charitable cause' as well as the unsettled financial climate for all third sector organizations, yet through most of the year, we recorded significant achievements.

The recent years have been a period of rapid and far-reaching change, both within the refugee sector and the financial climate, hence affecting the system within which we must work. At the same time as we faced up to these operational challenges, BRS continued to respond to emerging issues among our clients, especially among the most vulnerable, where need is greatest. We were particularly concerned about the growing problem of destitution among asylum seekers who had come to the end of the asylum process. Distressed, despairing people without food, shelter or the means to support themselves were arriving at our offices in ever greater numbers.

BRS's effectiveness is a tribute to its very highly skilled and committed staff, as well as a large number of volunteers who are invaluable in the support they provide to the organisation and its clients. I am proud of the tremendous care and commitment they all provide and wish to acknowledge them all for that dedication.

I am pleased to announce that we ended the year in a strong position financially. On behalf of the team and all our clients, I would like to express sincere thanks to all our funders who have enabled us to provide the services. I specifically would like to express my gratitude to the Milly Apthorp Charitable Trust and the London Legal Support Trust who helped us to get through our financial crises by providing us with a 'sustainability grant'.

I would also like to thank all supporters and friends of the BRS who give donations and help us in achieving our aims. Without their ongoing support we would not be where we are now. I particularly would like to express my gratitude to those who have asked their friends and family to donate to BRS for birthdays or other occasions.

And last, but not least, I would like to express my appreciation to all Trustee members of the Management Committee for their continued practical, intellectual and emotional support, upon which the BRS's well-being depends.

Nazee Akbari

Director

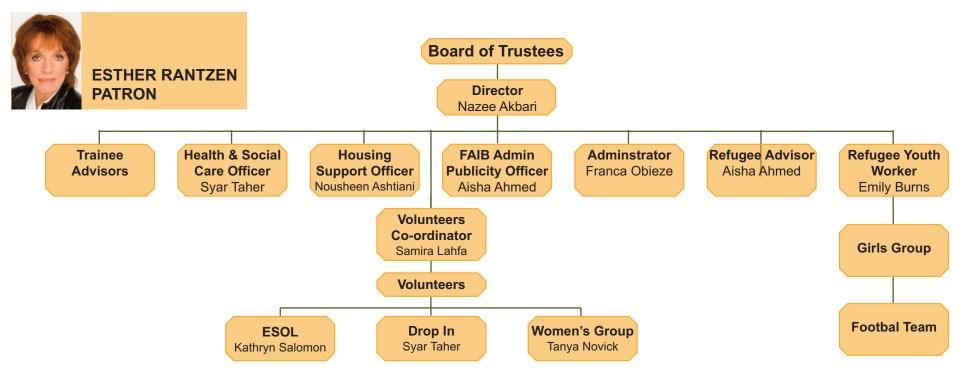
Organisational Chart



Trustees serving in 2008/09 were:

Peter Salomon (Chair)
Ponusamy Karunaharan (Treasurer)
Molly Oluwo
Tirza Waisel
Mildred Levision
Tanya Novick
Roger Selby

Board of Trustees: from right sitting Mildred Levison, Tanya Novick, Tirza Waisel From right standing: Roger Selby, Peter Salomon (chair), Ponusamy Karunaharan (treasurer)





Nazee Akbari Director



Samira Lahfa Volunteering Development Coordinator (since December 2008)

Refugee Youth Worker (since February 2009)



Syar Taher Refugee Adviser (Health, Housing and Welfare Benefits) with a specialism in Section 4 and NASS support



Emily Burns, Refugee Youth Worker, running our partnership project with paiwand Association on Youth activities (Left January 2009)



Afsaneh Hossein, Housing Support Officer, seconded to BRS by Barnet Housing Service, Barnet Council (left September 2008)



Aisha Ahmed, Refugee Advisor, General advice including welfare benefit, housing, education (since November 2008)



Sally Craske *Volunteering Development Coordinator* (Left September 2008)



Nousheen Ashtiani, Housing Support Officer, seconded to BRS by Barnet Housing Service, Barnet Council (since October 2008)

Annual Report for the year 2008-09

This document accompanies the Annual Accounts, copies of which are available on request.

Introduction

Barnet Refugee Service is situated at:

Hyde House

The Hyde

London NW9 6LH

Telephone 020 8905 9002 Fax 020 8905 9003

Email advice@b-r-s.org.uk

Website www.b-r-s.org.uk

Registered Charity 1107965

Company Ltd by Guarantee 5243595

Incorporated as company September 2004

Our Memorandum and Articles of Association are available for

inspection at our office.

Financial Statement

A summary of our audited accounts for the year ending 31st March 2009 can be found on page 23.

The Board of Trustees are satisfied with the performance of the charity during the year and the position at 31 March 2009 and consider that the charity is in a position to continue its activities during the coming year, and that the charity's assets are adequate to fulfill its obligations.

It is the policy of the trustees that reserves to cover three months operating costs plus potential redundancy liabilities be built as soon as is practically possible. The minimum reserves will be two months operating costs.

Current Funding

Funds form the following funders were received during the year and have been utilised towards achieving our aims:

- Barnet Primary Care Trust, to cover the salary of the Refugee Specialist Health Adviser and half of the Director's posts plus a proportion of the running costs
- Lloyds TSB, towards the costs of our Volunteering Development program
- London Councils, through BAN partnership led by AdviceUK towards which cover a salary of a part time refugee advisor
- The Milly Apthorp Charaitable Trust, towards the costs of our Women's Group, sustainability funds towards salaries for 3 months as well as a one off 'sustainability grant'.
- Edward Harvest Charitable Trust, one off payment towards setting up our Volunteering Development Program
- Integrated Youth Support Service Voluntary Sector Fund , Barnet Council Children services, towards our youth work project in partnership with Paiwand Afghan association
- Youth Opportunity Fund Towards the cost of running our football project
- The Mercers Company Charitable Trust towards our youth project.
- The Jill Franklin Trust Towards the costs of our Drop in.
- The Beatrice Laing Trust Towards the costs of our Drop in.
- The London Legal Support Trust one off 'sustainability grant'

Our History

Barnet Refugee Service is a charitable organisation formed by the merging of two projects established in 1997; the Refugee Health Access Project and Homeless Action in Barnet - Asylum Seekers Project. Barnet Refugee Service has been an independent charity since April 2005.

Our Ethos

BRS, an independent charity since April 2005, works in partnership with indi-

viduals and agencies to improve the quality of life and promote the physical, social and mental well-being of asylum seekers and refugees who live work or study in or near the London Borough of Barnet and neighboring boroughs. At the core of service delivery is its belief in the positive contribution refugees and asylum seekers can make within a culturally and ethnically diverse society. BRS is committed to involving asylum seekers and refugees in the planning, decision making and activities of the charity, believing this is the best way to achieve its aims.

Statement of values

Barnet Refugee Service believes that everyone is born equal and that asylum is a fundamental human right. We recognise that many people in our society experience discrimination or lack of opportunity for reasons which are not fair. These include: race, religion, creed, colour, national and ethnic origin, immigration status, political beliefs, gender, sexual orientation, age, disability (including mental illness), HIV status, marital status, responsibility for dependants, appearance, geographical area, social class, income level or criminal record.

Barnet Refugee Service will challenge discrimination and lack of opportunity in its own policy and practice and will help other organisations and individuals to do the same.

Barnet Refugee Service aims to create a culture that respects and values each others' differences and sees these differences as an asset to our work as they improve our ability to meet the needs of the organisations and people we serve.

Our Vision:

Through its work BRS envisages:

- 1. A future where Refugees and Asylum seekers recognize themselves and are recognized by others as human beings of equal status in society.
- 2. A greater understanding and positive image in the wider community of the contribution made by refugees and asylum seekers and the issues which they have to deal with.
- 3. Quicker and greater integration of refugees and asylum seekers through access to improved services particularly in health, housing, education and employment.

- 4. Greater understanding among refugees and asylum seekers of their rights and responsibilities.
- 5. A well established and accessible Barnet Refugee Service, working impartially in partnership with other relevant organisations to identify and meet the changing needs of refugees and asylum seekers.
- 6. Enabling a fuller contribution of refugees to civic life through the promotion of social cohesion.
- 7. Local policies and services which reflect the needs of diverse asylum seeker and refugee communities.
- 8. A more powerful voice for refugees and asylum seekers in Barnet and neighbouring boroughs.

Our Objectives

- 1. To provide information, advice and support services to asylum seekers and refugees
- 2. To help promote equality of access to health care, social care, housing, legal representation, education and training for asylum seekers and refugees.
- 3. To provide and enhance educational and employment opportunities available for asylum seekers and refugees.
- 4. To increase awareness of the needs, rights and entitlements of asylum seekers and refugees in relation to health, social care, housing, training, education and employment.
- 5. To act as an information resource for statutory agencies, voluntary organisations and the wider community.
- 6. To ensure that service providers deliver culturally sensitive and appropriate services to asylum seekers and refugees.
- 7. To assist destitute and/or homeless refugees and asylum seekers to access emergency food and support.
- 8. To help refugees and asylum seekers overcome isolation and regain their confidence and self esteem through social activities and structured projects thus enabling them to integrate into society.
- 9. To significantly influence local and national strategies and policies with regard to refugees and asylum seekers.
- To provide volunteering opportunities for refugees and asylum seekers (including young people) to develop their skills and help them to access higher education and employment.
- 11. To provide emotional and social activities to young refugees and asylum seekers to develop their confidence and skills.

Fundraising Strategy

The Board of Trustees have established a Funding and Finance Strategy Committee who develop and monitor the progress of their fundraising strategy. It is the aim of BRS to meet its funding needs through several funding bodies.

Our community fundraising committee works hard to maintain the funding stream through donations from members, local businesses and organizations and the general public.

Our Fundraising in 2009/10 will focus on securing funds to make Volunteer Development Coordinator role into a full time position and recruit an additional part time advisor. We will seek funding for the continuation of our Refugee Youth Worker's post and develop our youth activities further focusing on projects supporting emotional wellbeing of young refugees. We will take part in partnership bids to expand our services.

Donations

We raised nearly £600 this year at our Brent Cross collection day in December 2008. Thanks to the generosity of the public and the hard work of our dedicated volunteers.

We cannot name the countless individuals and organisations who have given their generous support in so many ways. Without their goodwill we would be unable to provide our vital emergency support. We received over £12000 cash donations from many individuals, organisations and faith groups. We would particularly like to thank North Western Reform Synagogue for their massive appeal for both money and gifts in kind.

During the year food was donated from numerous churches, temples and synagogues. The food was utilised as emergency food parcels for destitute asylum seekers at our weekly Drop In. It was not practical to value these vital donations but we believe the retail value to be in excess of £6000. Under the bannerof 'Local Charities Supported by the Local Store' our local Sainsbury's is supplying us with left-overs or samples on regular basis.

During the year, second hand clothes and baby equipment were provided by many donors with a probable value in excess of £3,000. For our end of yeaparty we were donated many gifts from various sources and in particular once again we

received a massive donation of brand new stationery as gifts for children from the Fila-Dixon Group.

Background to our work

Our client group is one of the most vulnerable sectors of society. They have very low, or no incomes. Many are not allowed to work. They have poor linguistic skills and little or no knowledge of their rights and entitlements. They need our help to access health, housing and other services. A high proportion of them suffer from poor mental health resulting from traumatic experience in their home country (war, famine, rape, violence) and the difficulties they face in adapting to life in the UK. Gaining the motivation, skills and knowledge to enter into full employment is a daunting task for many.

Asylum seekers are not allowed to work. There are often lengthy gaps in provision of support on arrival and on getting refugee status.

Those who are granted status find it very hard to access the job market, even if they have professional skills, and are often on low incomes. Institute for Public Policy Research's survey on 'Refugee employment in the UK' (2004) has found that the percentage of those in professional and skilled employment is far lower amongst refugees in the UK than in their home country with a rise in those working in semi-skilled/ manual jobs or unemployed.

The Refugee Council has published the interim findings of its project working with vulnerable women who have claimed asylum in the UK. The work has revealed some shocking facts about what it is to be a refugee woman in the UK, and why women flee and claim asylum here. 76% of women had been raped, either in their country of origin or the UK, 76% were experiencing trauma-related psychological distress, 35% had suffered some form of violence, 27% had physical injuries, 22% had been sexually abused, 20% had gynecological problems as a result of their experiences, 15% had become pregnant as a result of being raped and 5 % had had a child as a result of being raped. (Source: Refugee Council, Refugee Women's Project)

Without BRS's help I am not sure what would have happened to me!

A 19 year old asylum seeker from Afghanistan

Case Study 1

A single mother was referred to us by the Chinese Mental Heath Organisation. She was heavily pregnant and was suffering from severe mental health issues due to domestic violence and other issues surrounding her immigration, financial and housing problems. She was physically and verbally abused by the expartner who refused to maintain their child. She claimed for asylum four years prior our first meeting, which took place about two years ago. She was unaware of her immigration status and had lost all immigration papers.

We referred her and her two years old child to Children and Family's Team of Barnet Social Services for assessment. After few days of negotiations with Barnet Social Services we managed to reach an agreement to provide her and her child with the accommodation and support on temporary basis. In the meantime we applied for section 4 support on medical ground that she was incapable to return to China due her pregnancy. The application for section 4 support was accepted by the Home Office and she was housed in London. Last year she gave birth to her second child, while she was living in her NASS accommodation.

It was dead-end, couldn't go any further, I was depressed, lonely, scared...

With regards to her immigration issue, we referred her to our immigration drop-in to clarify her status. Apparently her original asylum claim was refused and fully determined long time ago. She successfully made a fresh claim for asylum and was granted Indefinite Leave to Remain. We referred her to Homeless Person's Unit of Haringey Council for re-housing and assisted her to apply for benefits. She is still in contact with BRS and expressed her appreciations for the service and support we provided for her and her two children during last two years.

London Legal Support Sponsored Walk



17 supporters of Barnet Refugee Service undertook a 10km sponsored walk around Central London starting at The Royal Courts of Justice on May the 19th 2008.

The event was organised by the London Legal Support Trust and more than £350,000 was raised by the event. The BRS team was among more than 3,400 walkers led by the Lord Chief Justice and the Master of the Rolls.

Our walkers raised over £5000 which went directly to BRS and made a significant contribution to our vital advice service for our clients who have fled persecution and seek asylum and a chance to rebuild their shattered lives.

Our special thanks go to the walkers and most importantly all the sponsors who generously sponsored our walkers to raise fund for this important cause.

Advice



We provide advice, information and support to refugees and asylum seekers on a variety of issues, promoting equal access to services, particularly health. We have seen 819 clients and handled 5120 enquiries during the last year. (Please see charts on page 12).

We maintained strong links with other advice providers with whom we cross refer. We continued offering services to our clients through immigration advice surgery and specialist welfare benefits advice surgery at our base at Hyde House. This was developed by adding a Hosing Solicitors to the team of our legal advisors. This is in partnership with Barnet Law Service, Duncan Lewis Solicitors.

Outreach advice clinics

Our team of advice workers offer outreach clinics in 6 locations across the boroughs of Barnet and Enfield.

- Emergency Support Drop In for destitute asylum seekers to access food parcels and clothes on Mondays.
- Advice and Information Centre, Edgware Community Hospital on Tuesday afternoons
- Two Barnet College sites on Wednesdays
- Edgware Community Hospital, Refugee clinic on Friday afternoons
- Southgate College on Tuesdays and Thursdays

Health work

Much of our work is directly health focused such as the advice work where we saw clients with over 386 health related enquiries.

We were closely involved in policy work around using

interpreters, overseas charging, provision of counselling and psychotherapy services for refugees and asylum seekers including young refugees. Barnet Refugee Service was consulted by Barnet PCT as to how to set up strategies to meet this client group's needs.

We gave several presentation to health professionals and at conferences and seminars on the health needs and in particular mental health needs of refugees and asylum seekers. We delivered 9 health access workshops and 9 health promotion workshops, 10 refugee awareness training sessions to professionals, and trained 2 smoking cessation advisers.

Health Access Workshops

BRS gave 9 health talks to refugees and asylum seekers. These included talks to classes of ESOL students at Barnet College (over 160 students in total), 1 refugee organisations (with over 20 attendees) and our women's group and other BRS clients.

The aim of these health talks is to ensure our client group is using health services adequately and appropriately. It covers the common services available, how to access them, what to do in an emergency or at the weekend or evening.

At these talks it was stressed how this information should be passed around to all friends and family and a resource pack including information on local services was distributed.

Health Promotion workshops

BRS conducted 9 workshops on health promotion in 2008/09 which can be broken down into Mental wellbeing (1), Women's Health (3), Healthy Living (1),

Men's Health (1), Breast Awareness (2) and Smoking cessation (1).

Refugee Awareness training

We have delivered 12 refugee awareness sessions to various service providers include Barnet PCT, Social Services, Housing staff and some other community groups.

This is a central part of our strategy to ensure that appropriate and accessible services are provided to refugees and asylum seekers in Barnet and that professionals from those service providers know how to best help them. In an environment of media hostility it is even more important that we are able to deliver this training to front line providers to put asylum seekers' needs, rights and entitlements in to context.

The course covers the health and other needs refugees and asylum seekers have and ensuring that health professionals and other service providers are able to respond appropriately to the specific issues of this vulnerable client group whilst understanding the rights and entitlements they have.

In House Training: We are able to draw on our existing courses and extensive expertise, to develop courses that cater for organisations with specific training requirements. We discuss their areas of interest and the skills requirements of their staff with our expert trainers, who will be able to pinpoint their needs and define a solution. Up to 20 staff can be trained at one time, at a location of your choice. It is particularly useful for organisations with a regular intake of new staff, with similar levels of experience or training needs, or organisations with offices throughout the country who wish to draw their staff together for training at a central location.

Housing Support Service



Barnet Refugee Service, the Barnet Housing Service and The Supporting People Program piloted a partnership program to ensure that all refugees/asylum seekers receive the help and guidance they need to suc-

ceed in living independently and fully participating in the society they live in. Our Housing Support Officer, Ms. Afi Hossein, started in September 2007 by spending 4 days a week at BRS and 1 day a week at Barbara Langston House, North Finchley. Unfortunatly she left BRS joing the main Supporting People's team and was replaced by Nousheen Ashtiani.

This has been a extremely successful service. From September 2007, when Afi started, up to the end of March 2009, this project dealt with over 1000 enguires supporting refugees and asylum seekers with their practical issue and in particular housing. This pilot project has been extended for another year and we are aiming to make it into a permanent position.

BAN (BME Advice Network)



BRS is a member of this successful BME Advice Network. Led by AdviceUK, this Network managed to get funding from London

Council for 4 years and as a partner BRS received funding to recruit a part

time refugee advisor. BAN is an integrated network of quality assured advice services delivered by and for people from London's migrant and refugee communities. All BAN member services are quality assured, including services with a Community Legal

Service Quality Mark or registered with the Office of the Immigration Services Commissioner. BAN currently has 45 members, 19 of which comprise a subgroup delivering the London Councils funded Access Improvement Project.

Our refugee advisor, Aisha Ahmed, is providing advice, information and support to refugees and asylum seekers on a variety of issues.

Meeting our targets

We have met or exceeded all of the targets agreed with our funders which include:

- 819 clients accessing advice services
- 5120 advice enquiries
- 643 advice outcomes
- 922 client visits to emergency support drop in
- 12 training sessions to statutory agencies and refugees/RCOs including:
- 9 health promotion workshops
- 9 workshops on accessing health, housing and welfare benefits
- 159 clients accessed our service through Barnet College Drop in surgeries
- 101 clients accessed our service through Southgate College Drop in surgeries
- 15 users accessed employment and volunteering opportunities including 3 trainee advisers and 2 smoking cessation advisers
- over 45 women registered with our Jasmine in partnership with Arts Depot
- Successful Youth Work project in partnership with Paiwand Afghan Association
- Successful Exhibition of our Jasmine and girl's group work in Partnership with Arts Depot.
- Jasmine's successful project in partnership with Arts Depot at British Library.

- In house legal advice in partnership with Barnet Law Service and Duncan Lewis Solicitors.
- 140 clients attended our Immigration Drop in with visiting solicitors.
- 122 clients attended our Welfare Benefit Drop in with visiting solicitors.
- 22 clients attended our Hosing Drop in with visiting solicitors.

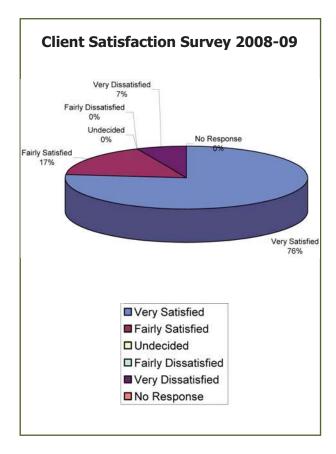
Customer satisfaction Survey

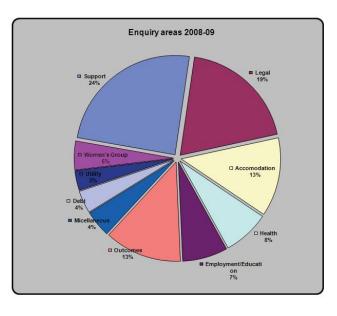
In order to retain our Quality Mark Standard of the Community Legal Service (CLS) as well as making sure we provide highest standard of service to our clients according to their needs, it is essential to have in place a feedback process for the clients we see.

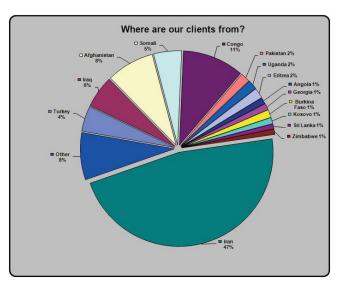
In August 2008 we sent out 100 guestionnaires to clients who had used our services during the previous financial year (April 2007 – end March 2008). These clients were randomly selected from our database. Each client was send a feedback questionnaire, a covering letter to explain the process and when to return the form (2 weeks after sent) and a stamped addressed envelope. These questionnaires were downloaded from the Legal Services Commission website. These forms were in English (see appendix a) and 19 other languages. We sent an English form to each client along with a copy in their own language. This was done as we were unaware of the level of English for each individual client and we also wanted to make sure that everyone who wanted to respond could respond.

When we sent out these questionnaires, we explained in our covering letter that all opinions and comments would be dealt with confidentially and not linked back to the client. In addition, clients could remain anony-

mous or give their name and details if they wanted. Out of the 100 questionnaires sent out, 30 were returned. According to the CLS / CDS Client Feedback Guide a normal response is between $25-30\,\%$. Our response therefore is a healthy 30%. Out of the 30 questionnaires returned 76.7% felt that the service they received improved their case. To access the full report on our client evaluation please contact our office.







Forum for Advice and Information in Barnet

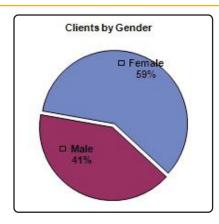


Forum for Advice & Information in Barnet (FAIB) is a consortium of local providers of advice and information aiming to work together to improve services for residents of London brought of Barnet.

This forum aims to include advice and information services both large and small. Smaller "hard to

reach" groups such as refugee community organisations are invited to attend and participate in the forum and to access the training events FAIB provides. Led by Barnet Voluntary Service Council, this consortium was set up and BRS As an active steering group member, together with other organizations, was involved to launch this well w0orth forum.

The consortium managed to get one year funding from Awards for All and BRS is the lead organization is managing the consortiums' affair including recruiting and managing it's part time publicity officer, Aisha Ahmed.



ESOL Classes

We started this partnership project together with St. Mathias Church Supported by The Church and Community Fund in 2007. The ESOL classes have developed from two to 3 levels; Class 1, Pre-Entry, Class 2, Entry 1 and Class 3 Entry 2. Our volunteer teaching staff has consequently from 4 to 6 teachers. As class sizes have grown we now additionally have 4 helpers. Attendance can be irregular due to students having to report at the Home Office or for health reasons. We have also lost students because of childbirth (we do not have childcare facilities). However, many students do attend regularly and some have progressed from Class 1 to Class 2. Our students, at all levels rate lessons on Health to be of a primary importance and our teaching staff has responded to this need.



"I can talk to my doctor now!"

"I love going to English classes"

Our newly developed Maternity Pack offers pregnant women with little English the language they need to attend ante-natal appointments and for childbirth itself. It must be very frightening for women in their situation to give birth without understanding the medical terminology.

Many friendships have developed at our warm and friendly classes. This means our students can support each other in the outside world. Some students have progressed to Barnet College and some now undertake voluntary work in the community.

We feel we have had a successful year our special thanks must go to our dedicated teaching team and in particular our ESOL coordinator Kathryn Salomon.

Case Study 2

A young Afghan student joined the Pre-beginner class in September. Being extremely shy and without self confidence, she would not talk at all. She has since blossomed and her reading, writing, listening and speaking skills have developed so well that she has moved up to Class 2 and now speaks English with increasing confidence.

She is shortly expecting a baby. She and 3 other pregnant students will soon study language concerned with pregnancy and childbirth through the new BRS ESOL Maternity pack.



Our ESOL team. Standing from right to left: Ros Staines, Elizabeth Perrot, Brenda Edo-Ukeh, Mariya Bhandahari. Sitting from left: Sandra Green, Vivian Chapman, Kathryn Salomon(ESOL Coordinator) and Samira Lahfa (Volunteers Coordinator)

Refugee Health Day 2008

In Partnership with Barnet PCT, Sangam Centre and the A5 Partnership BRS held a Refugee Health Day on 21st May 2008 . With more than 140 people present attended the event. Chaired by Dr. Zoe Aslanpour, Assistant Director of Public Health, the event was officially opened by The Worshipful the Mayor of Barnet, Councilor John Marshall followed by presentation by Igor Tojcic, Joint Commissioner Manager for Mental Health. Dr. Andrew Burnett, Director of Health Improvement then spoke about preventative Health Care. The aims of the day were:

- To provide Information on the various health services available
- To provide information on common health issues and ways to prevent them
- To consult on refugee health care needs and what services could improve this.



The worshipful the Mayor of Barnet, Councilor John Marshall

The day's event included information stalls, workshops about health rights and entitlements, healthy living, men's health and emotional wellbeing. Representative form Barnet PCT's services including HealthInform, Health Improvement, Smoking cessation, PALs and EPP were also hands on offering attendees free

health check and advice on health matters. The key aim of the day was to provide a consultation event between Barnet PCT and the refugee community. A series of questions were circulated during the lunch break and were collected and presented to the panel members later. Panel members consisted of Dr. Angela Parker, GP - Torrington Speedwell Practice.

Dr Zoe Aslanpour, Pharmacists - Assistant Director of Public Health, Barnet. PCT, Mr. Mayur Bhatt, Dental Advisor - Barnet PCT, Mr Igor Tojcic, Joint Commissioner Manager for Mental Health - Barnet PCT and Brenda Tomlin, Patient Advice & Liaison Service Coordinator - Barnet PCT.



Nazee Akbari Director of Barnet Refugee Servics



Dr. Andrew Burnett,
Director of Health Improvement, Barnet PCT

Women's Group (Jasmine)



Our women's group continues to flourish in partnership with arts depot. Following on from the group's art exhibition in April 2008, Barnet Refugee Service and the artsdepot concluded an agreement between the organisations, formalising their working relationship. The group, after discussion amongst the participants, came up with the new name, Jasmine.

The number of participants is increasing significantly. During past year we have had approximately 35 ladies registered with us and have been averaging

20+ per session. Jasmine's most recent successful exhibitions, word of mouth as well as artsdepot and BRS's close working relationship with voluntary and statutory organizations have led this project to be a success increasing referrals and participants. In particular we have had a few referrals from mental health unit, social services as well as a local bilingual counselling service.

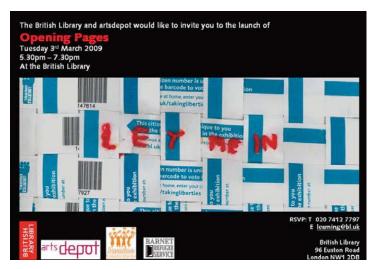
Many refugees and asylum seekers are women with small or non-existent social networks. Refugee women are extremely isolated having lost their extended family and even their partners and children. Many have had traumatic experiences including rape, torture, loss of partners and children.

"This group saved my life, if it wasn't for Jasmine I would have been dead by now!"

A women's group member

Some are destitute and homeless and are unwelcome burdens on friends or relatives who host them. As women here in the UK without their family or partner they have a very different role to fill and little knowledge of how society and services in the UK work. They often have low self esteem and many have mental health needs. This group is an opportunity for women to make social contacts improve their self esteem and self confidence through learning new skills and work towards a positive integration.

"Opening pages" a British Library Project



Our Jasmine group joined "Opening Pages" a project run by British Library project Nov-Dec 08. The women took photographs, wrote pieces and made exhibits based on the "Taking Liberties" exhibition at the Library which charted the historical development of human rights within the UK. There was an exhibition of this work in March, attended by the Trustees of the Library, arts depot and BRS. The plan is for some of this work to be exhibited permanently in the Library and even included in a possible traveling exhibition.



Women's Group (Jasmine)

Women's Group Exhibition



From left: Rahela Amiry (Women's group member), Esther Rantzen (our Patron), Clair Bowdler Head of Sales & Marketing at arts depot

Roots & Wings exhibition The work of the Jasmine group in its first year culminated in the Roots & Wings exhibition held at the Milly Apthorp Gallery at the artsdepot 8-27 April 2008. Roots & Wings was a fascinating, vibrant and personal collection of photographs done by our women and young girls exploring identity, language, cultural heritage, family and making new lives in the UK. There was press interest (local and national) – and was well received by those who visited the exhibition. The exhibition was opened by our patron, Esther Rantzen. 2 members of the group made welcoming speeches and the group catered for the private view.





Rahela Amiry (Women's group member)

SocietyGuardian

The new website

that aims to make trendy among young mothers How a revolutionar helping people developing world In pictures: the

excluded artists



Refugees find new life through a lens

Exhibition celebrates the photography of immigrant women

immigrant communities.

The Roots and Wings exhibition at the artsdepot gal-lery space in Nether Street, North Finchley, features

week will celebrate the pho-tography of women from and Uganda.

Together with professional photographer Poppy Szay-bo, women from the ages of 16-85 years have produced photos reflecting their cultures, identities and family and

here in the UK. The exhibition has been

put together by artsdepot in partnership with the Barnet

said "The Women's and Girls' Refugee Groups meets fence and self-esteem of those that come along, wo-men who are often isolated and may suffer physical and mental health problems as a result of trauma that has led UK. Through the skills they begun to develop language and communication skills, express their feelings and exeriences and have fun with ew found friends – and this exhibition is a real celebration of their achievements."

*The exhibition will open at artsdepot gallery space at 5 Nether Street, Tally Ho Corner, North Finchley, London NI2 OGA on Tuesday 8 April and run daily until the 22 April between 12pm - 4pm.



The growing refugee crisis

16

Youth Activities

Nort London Global Gathering

In November 2007 we set up this project in partnership with Paiwand Afghan Association. The aim of this project is to develop youth activities in the borough for young refugees and asylum seekers, including unaccompanied minors, who have unique needs, many being isolated and facing linguistic and cultural barriers, as well as a level of hostility. Some are here alone and in care; others are living with an elder sibling or relative. Their needs are largely unmet by existing services, as teacher and social workers can only do so much. A safe place where they can meet; build social networks; and learn skills is considered crucial to create stability in their lives and build self-confidence.

Initially funded by Edward Harvist Charitable Trust we managed to attract funding from Barnet Integrated Youth Support Service Voluntary Sector to continue this worthwhile project we also managed to get a small grant form Mercers company towards this project.

To address the needs our Youth Worker, Emily



Burns, developed a variety of projects during the past year and set up new and fruitful partnerships. We have had participation of over two hundred young people from refugee and migrant backgrounds.

Since it's establishment of this project, our partnership with Afghan Association Paiwand expanded including Barnet Youth and Connexions, Grahame Park Youth Centre, Muslim Youth Engagement, and outreach work with Barnet College and Social Services. The Social evenings have become more and more popular. There had 90 young people registered with it during past year with an average of 21 young people turning up regularly every week.

This social evening offers generic activities such as football, basket ball, cricket, computers, music workshops and an Ede party. It addresses the needs of isolated young refugees many of whom are new arrivals to the UK. We have support staff that speak Somali and Farsi and help with translation and integration for new arrivals. This club is an opportunity for young people from many backgrounds to get together, meet people from their own culture as well as other cultures, play sport, share experiences, support each other, start to understand British culture and what services are available and how to access them. We assess the needs of the young people and offer one to one support as necessary such as mentoring, educational and career support, support with English language and other practical support. We have also involved the young people in Jack Petchy Achievement Awards and with opportunities for accreditation through the Duke of Edinburgh Awards. Some of our young people gained paid employment, volunteer work, and further access to both formal and informal educational opportunities such as school and college placements, swimming classes, football leagues and PAYP activities.

One of our young people with our support successfully received funding for swimming lessons and completed the course as part of his Duke of Edinburgh Award. Two of our young people gained paid work with the Young Londoners Fund Youth Board where they visit organisations that have been short-listed, make recommendations to the Fund and deliver training to charities in working with a participatory approach with young people.

We successfully applied for a Summer Exchange Activities grant which we used to involve the young people in the planning and delivery of trips and activities over the summer. This summer programme was successful in helping the young people gain independence, gain organisational skills, build trust and understanding within the group through team building games and help them remain engaged in positive activities over the summer: keeping them safe, healthy and enjoying and achieving: in line with the Every Child Matters Outcomes.



Youth Activities

Football Tournamant

As part of our continual promotion and outreach work and our commitment to engage new participants our youth worker set up a football tournament as part of the social evening/youth club. This tournament included a junior and senior league, prizes, trophies and culminated in a rock climbing trip. The leagues attracted more than thirty new members to the social evening who managed to build trusting relationships with staff and are partaking in our other activities such as trips and one to one support.



"It makes it easier to make friends in a foreign country; it helps you to be more stable and gives you a purpose to life."

Barnet Eagles Football Club



Funded by Youth Opportunity Fund this football club is especially for young refugees and asylum seekers. It has offered a life line of support to young people. In this team language and nationality is not a barrier as the members get to share their common joy and passion for football. The team provides a chance for young refugees, asylum seekers, and migrants new to England to meet new people, form friendships and help each other integrate into British society. It provides them with an opportunity to help each other with their English and improve their communication.

Playing in the league gives them a good focus and helps them to learn to work as a team to resolve problems and conflict and engage in peer to peer feedback and encouragement. The weekly training we have with a qualified coach helps the young people to learn new skills, develop their talent and improve fitness. The project works to keep the boys and young men engaged in positive activities and away from drugs and violence. They will be spending

time around good role models and in a safe environment where they can form good supportive friendships.

Two of our young people have recently left the team after scouts at one of our matches chose them for first division teams. The team has acted as a spring board for them to start professional careers in football.

"The football team is like my family!"

Somali Intervention Programme

Funded by Milly Apthorp Charitable Trust this partnership program with London Academy School concentrates on the needs of disengaged students who are not interested in education at all. By looking close at individual students we offer suitable support to individual needs.

During past year the target of this program was a group of Somali students whose disengagement followed disruptive or violent behaviour and lead students being at risk of exclusion. We also targeted another group of Somali students described as 'invisibles', those being quiet at lessons, did not express their needs and expectations and did not fully engage with their education due to low literacy and numeric skills.

This successful project has been supporting this target group by developing individual personal development plans, group sessions, in-class support, monitoring individual achievements, after school club and positive activities.

Youth Activities

Roots and WingsA photography project for refugee girls



This partnership Arts Depot was led by a professional female photographer with 15 years experience of working with refugees, asylum seekers and migrant young people and adults. The project offered a fantastic opportunity for refugee girls to learn about image making, expressive arts, play drama games, take photographs, explore identity, culture, diversity and family through the arts, day trips to museums and other cultural venues in London. The project also helped the girls to improve their language skills and make new friends. Five of the committed young women that attended achieved Arts Awards equivalent to a GCSE. They were then recruited by Arts Depot to offer support to arts projects with smaller children over the holidays.

This project then developed with a new partner, Ijad Dance Company, and we were able to deliver a dance project to continue working with these girls and offer them further opportunities for self expression and self development. The youth worker delivered continual promotion and outreach work around this project to engage more girls and to discover what they are interested in and how best to engage them.

Summer and Fun Activities

We received funding from Summer Exchange Grant

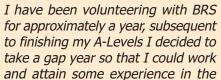


and engaged the young people in planning and organising their own summer trips with support from staff. This helped them develop planning and organisational skills as well as budgeting and team work.

We undertook trips to Thorpe Park, London Zoo, London Eye, London Dungeon, Thorpe Park, Rock Climbing, the IMAX cinema and day trips for outdoor activities and team building games.



Case Study 3 Fereshta Kandehari





outside world of college, new skills and self confidence.

Working as the office admin and ESOL assistant, I get the opportunity to meet people from all different backgrounds and cultures. I get the chance to help those who have limited language skills in the ESOL classes organised by BRS, I have gone through this phase when I first arrived in the UK and I know how hard it is to be in such a situation.

"I feel I have developed much more confidence in myself..."

I feel I have developed much more confidence in myself from when I was at college and I think this is because of the support I get from the staff here at BRS. The atmosphere here is great and welcoming with the friendly and encouraging staff that makes you think you are one family!

End of Year Party 2008

Every year Barnet Refugee Service organises a party for our client families.

The party offers a rare opportunity to those seeking asylum or recently granted the right to settle here,



to have a few hours recreation and socialising. Father Christmas gives presents to all the children. For many of them these will be the first presents they have received in a long, long time.

Once again this year's party was organised in partnership and with the generous support of North Western Reform Synagogue (Alyth) and St Matthias Church. The party was held at St Matthias Community Centre, Colindale on Tuesday 23rd December. 140 clients attended (approx 80/60 adults/children). There was food, entertainment and a childrens' club as well as Santa Clause who handed out presents to the kids. There were gifts for adults as well. The Alyth youth singers provided a good ambiance with their singing. We were privileged to have the help of over 30 volunteers without whose participation none

of this would have been possible. The volunteers worked very hard and effectively together to facilitate the smooth running of the party. The partnership between St Matthias, BRS and Alyth worked well with a great deal of input and collaboration from all three groups

Our special thanks go to the local schools, faith groups and individual donors who provided us with cash, toys and adult gifts for our Tombola. In particular, we would like to thank Fila-Dixon Group who once again donated a generous number of different types of gifts which we gave as presents to the chil-

It was fun, lovely best day of my life!

A six year old boy from Congo



Drop In for destitute asylum seekers

Our drop is run as usual at St. Matthias Church Hall



near our main office building in Rushgrove Avenue, Colindale. This essential project has continued to flourish with 922 visits last year. A unique service in Barnet, it currently provides emergency food and clothing to destitute asylum seekers and an advice clinic. It is also a forum for our clients to meet others. This service has been funded by kind donations of individuals, local faith groups and our local Saisbury's. Under the banner of Sainsbury's 'Local charity supported by the local store' we have made a contract with our local store to supply us with their left-overs or samples which we found very useful. Our special thanks also go to our local grocery and bakery stores, Orli and Yarok for their ongoing support.

Volunteering



Barnet Refugee Service (BRS) supports clients to develop personal skills that will help them towards full integration and independence. One of the ways in which we achieve this is to support them to become volunteers as a step towards further education and/or employment. Follow-

ing a successful mentoring project, we piloted our volunteering development project using our unrestricted fund which lasted until September 2008. With the support of Edward Harvist Charitable Trust we successfully obtained a 3 year grant to support this project from Lloyds TSB till September 2011. Unfortunately Sally Crask who set up this project left us in September 2008. Samira Lahfa took over this position from December 2008.



The Worshipful the Mayor of Barnet, Councilor John Marshall and Elsa Shamash

Barnet Volunteers Award Ceremony 2008



Barnet Volunteers Award Ceremony 2008, BVSC. From left to right: Aisha Ahmed, The Worshipful the Mayor of Barnet, Councillor John Marshall, Freweini Segid, Abdul El-Moghrabi and Samira Lahfa (Volunteer coordinator)
Sitting: Hussain Nazari

Our New Website

Barnet Refugee Service launched its new website in January 2009. Designed by our professional volunteer web designer, Mr. Vi Bang, the new site at www.b-r-s.org.uk provides information about BRS, ranging from volunteering opportunities, it's different services including advice and advocacy, youth projects, women's group, health promotion activities etc, training and the latest news on immigration and asylum. Visitors to the new website can easily get information about BRS in 12 different languages. The site is regularly updated by our IT volunteers.

You can obtain information about our servioces by visisting www.b-r-s.org.uk.



Our web support team. From left: Kourosh Jabari and Vi Bang (web designer)

Our Volunteers

Web Design/Support

Vi Bang Korosh Jabbari Ali Sarshar

Publicity and Graphic Design

Rana Aliakbar

Research

Rahwa Yaqub

Drop in volunteers

Abdulwahab Moghrabi
Julie Bompela
Majid Yamini
Vijah Depala
Shakib Murshed
Parvin Zahednia
Frewini Segid
Zoe Garbutt
Amanda Brescia
Margaret Roberts
Peter Salomon
Tanya Novick
Suhad Adam
Lilian Chadwani
David Levey

Volunteer Advisers / Trainee Advisers

Kami Saedi

Aisha Ahmed Alfred Zhubi Raham Mohsenpour Dina Siam Sawsan B T Ali

Admin and Office Support Volunteers

Amanda Brescia
Gladys Odillo
Raziah Noromand
Joseph Kirumira
Laurnelly Cecilia Boumbou
Rahela Amiry
Mariana Petrova
Fatemeh Yazdanian
Fahimeh Afshinras
Freshta Khandahari
Alpha Jalloh

Statistics

Raham Mohsenpour

Women's Group

Tanya Novick

Elsa Shamash Zahra Miraslani Suhad Adam

Football

Hussein Nazari Ali Salehi Alessandro Gianoli

ESOL volunteers

Kathryn Salomon Sandra Green Elizabeth Perrot Ros Staines Deena Joy Kestenbaum Brenda Edo-Ukeh Vivian Chapman Shirley Sebastian



BRS Volunteering Award Party 2008

Case Study 4 Aisha Ahmed



was a volunteer at BRS for 5 years. I developed interest in BRS activities and benefited from its support in 2002. A year later, in 2003 I decided to give back something and be part of the helping team hence I joined the volunteering team. I volunteered for BRS because I believe in what it stands for and

the services it provides to asylum seekers and refugees. The kind of support, encouragement and friendship I received from staff, trustees and fellow volunteers had positively enhanced my livelihood in the UK. I was encouraged to believe in myself and pursue my goals. As a single mother in a foreign land and culture, the BRS Monday drop in surgery and Women's Group became an avenue for me to meet and socialized with other immigrants in similar situations. It brought me out of isolation though the services are just once a week it has a positive impact on the lives of the service users.

I was a member of the Management Committee for two years. This gave me an opportunity to meet and work with people from different works of life. This interaction and association boosted my confidence. Being a volunteer at B RS has provided me with the opportunity to received free training at different levels that immensely enhanced my knowledge and skills of advice work.

Consiquently, the wealth of experience, skills and support I benefitted during my voluntary work enabled me to secure a career in advice work in a full capacity at the BRS. This also had a positive impact on me henced enabled me to integrate easily giving me a sense of belonging. In a noteshell I found my identity.

I will encourage everyone to volunteer with BRS and enjoy the benefits of volunteering.

Financial Information

STATEMENT OF FINANCIAL ACTIVITIES FOR THE YEAR ENDED 31ST MARCH 2009

	2009 Unrestricted Funds	2009 Restricted Funds	2009 Total	2008 Total
Income resources	£	£	£	£
Incoming resources from generated funds Voluntary Income Grants Interest receivable Incoming resources from charitable activities	21,103 14,039 760	2,150 80,022 - 74,384	23,253 94,061 760 74,384	90,287 7 3,077 1,016 64,377
Total incoming resources	35,902	156,556	192,458	228,757
Cost of charitable activities Governance costs	11,176 370	176,733 2,714	187,909 3,084	210,368 5,612
Total resources expended	11,546	179,447	190,993	215,980
Net incoming/ (outgoing) resources - before transfers between funds	24,356	(22,891)	1,465	12,777
Gross transfers between funds	-	-	-	-
Net movement in funds	24,356	(22,891)	1,465	12,777
Total funds at 1 April	2008	49,791 -	49,791	37,014
Total funds at 31 March 2009	74,147	(22,891)	51,256	49,791

Trustees Statement

These above accounts have been extracted from the accounts prepared by Ashley Nathoo & Co and were approved by the Trustees of Barnet Refugee Service on 19/06/2009. The full report will be submitted to the Charities Commission and to the Companies House in due course. If copies of full report required they may be obtained from the Director of Barnet Refugee Service.

Peter Salomon

Chair

Partnership organisations

Advice/ support agencies

- 1. Advocacy In Barnet
- 2. Asylum Support Appeals Project
- 3. Advice UK (BAN membership)
- 4. Barnet Housing Aid Centre (Threshold)
- 5. Barnet Law Service
- 6. Barnet PCT Patient Advice and Liaison Service
- 7. Citizens' Advice Bureau
- 8. Duncan Lewis and Co solicitors
- 9. Homeless Action in Barnet
- 10. LBB Supporting People
- 11. LBB Welfare Rights Unit
- 12. Mary Ward Legal Centre
- 13. Refugee Council
- 14. Sangam Centre
- 15. East Finchley Advice Centre

Employment, Training and Education

- 16. ATS
- 17. ACE
- 18. Barnet College
- 19. Southgate College
- 20. Minorities Achievement Project
- 21. OLMEC
- 22. RETAS
- 23. RAGU
- 24. Refugee Council
- 25. Refugee Women Association

Health

- 26. A5 Health Partnership
- 27. Barnet Primary Care Trust
- Health Improvement
- Voluntary and Interpreting Services
- Mental Health Commissioner
- Community Mental Health Teams
- GP practices
- TB Unit
- Walk in Centre/ Refugee Clinic
- 28. Cherry Lodge Cancer Care
- 29. Medical Foundation for the Victims of Torture
- 30. Medact
- 31. Farsophone Counselling Service
- 32. Mapesbury Clinic
- 33. UAAF
- 34. Community Mental Heath Development

Refugee Organisations

- 35. Afghan Association Paiwand
- 36. African Refugee Community
- 37. African Women Handwork Association
- 38. Barnet Somali Community Group
- 39. Farsophone Association
- 40. Holdhands Angolan Charity
- 41. Horn of Africa Women's Association
- 42. Joybringers R Us
- 43. Refugee Women's Association
- 44. Somali Family Support Group
- 45. Sunshine 7
- 46. Tamil Refugee Action Group
- 47. Voices for the Minority

Umbrella bodies/ 2nd tier organisations

- 48. Advice UK
- 49. Barnet Voluntary Service Council
- 50. Evelyn Oldfield Unit
- 51. Mentoring and Befriending Foundation
- 52. OISC
- 53. Refugee Council

Volunteering

- 54. Barnet Volunteer Centre
- 55. Camden Volunteer Bureau
- 56. RSVP

Partnerships

- 57. Barnet Refugee Forum
- 58. BAN network (BME Advice Network)
- 59. Forum for Advice and Information in Barnet (FAIB)

Young people

- 60. 331 Young people's Centre
- 61. Children's Fund
- 62. Children's Panel Refugee Council
- 63. Youth and Connexions Service
- 64. Refugee Youth Project
- 65. Arts Depot
- 66. Ijad Dance Company
- 67. Afghan Association Paiwand

Donations We would be very grateful if you would consider supporting our work financially. If you wish to give us a Donation, please fill out the form below.
I enclose my donation to Barnet Refugee Service to help you provide vital support to destitute asylum seekers and refugees in Barnet.
Cheque (payable to Barnet Refugee Service) for \pounds enclosed
Please complete the following Gift Aid Declaration as this allows us to claim tax back from the Inland Revenue on your donation without any extra cost to you.
Barnet Refugee Service (Registered Charity No: 1107965) Gift Aid Donation Form
Full Name
Address
Post Code
Declare that I want Barnet Refugee Service to reclaim tax on my Donation of \pounds and any future donation until I inform you otherwise.
Signed
Date :/
Note: You must Pay an amount of income tax or capital gains tax equal to the tax we reclaim on your Donation currently 28p for every £1 you give.
Please return this form with your donation to: Barnet Refugee Service, Hyde House The Hyde, London NW9 6LH



Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control [article 25(1) of the Universal Declaration of Human Rights].













