Issue No. 1 Summer 2016



# Newsletter

Welcome to our first edition of the RDN Newsletter. Find out more about the programmes we're doing in your community

#### **Contents**

#### Page 2

- Life Skills
- Cranford Fun
   Day

#### Page 3

- SportivatePartnership
- Community
   Allotment

#### Page 4

 Food Security and Livelihood

#### **About Us**



Riana Development Network (RDN) is a non-profit charitable organisation that promotes and delivers community programmes.

These programmes are aimed at building capacity for self-reliance through direct work with young people in the UK and overseas.



### What's going on?

#### Riana Youth Hub

Ages 11-18yrs
Sundays 3-5pm
Alf Chandler Centre,
Hounslow

#### Supplementary Education

Ages 7-16 yrs

Saturdays 2-4pm

Alf Chandler Centre,

Hounslow

#### **Community Allotment**

Open to all
Wednesdays 3:30-4:45pm
Waye Avenue, Cranford

### Life Skills Project Underway

In May, we launched our Life Skills programme! The workshops are designed to encourage young people to:

- Develop and deliver a community activity and event.
- Learn leadership and public speaking skills
- Find creative ways to express themselves through film, photography and other areas.
- Find ways to volunteer in the community and have fun.

RDN partnered with Heston West Big Local to deliver the workshops in Heston which proved to be a huge success.

"I got involved to learn new skills, make new friends and build my self esteem" - Anjali



Throughout the duration of the 8 week long course, the participants were able to organise a community fun day. By putting together all the skills they learnt, as well as their own talents, the group showed great team work and commitment to see the plan through.

One of the participants, Harpreet said, "Young people should get involved in volunteering because it gives them a chance to branch out and learn new skills that you wouldn't get in school."

Parents and children alike commented on the volunteers' superb work at the event. Rounders was the most popular activity on the day, bringing the whole community together. A film documentary produced by MADE TV showcased the work that our volunteers did. This can be found on Heston West Big Local's YouTube channel.

Rodgers Orero, Project Coordinator, said, "It's been wonderful working with these young people, to be honest, they've shown me different skills; that I've learnt from them as well. It has not been one way traffic. I've also learnt from them as well."

Our Life Skills programme will continue to take place in Hounslow this autumn. For more information visit: www.riana.org.uk/rdn-life-skills







## Sportivate Partnership



In June, RDN launched a Netball engagement programme, funded by Sportivate. The target group were Muslim girls to open up access to the sport. The sessions proved to be a success with a diverse group of young people playing competitively. Lindsay Keable, England Netball International, visited on two occasions to coach.

From a young age, Lindsay was inspired by her aunt to get into the sport, despite having a previous love for swimming. She has now represented the England netball team in multiple events. After her time in Hounslow, Lindsay was impressed at the levels of enthusiasm the participants had, as well as the netball ability displayed.

When speaking to getwestlondon, Lindsay said: "I believe that as a Sport England Sporting Champion, I can inspire everyone in attendance to raise their aspirations of what they can achieve and motivate them to be the very best versions of themselves that they can be."

This project is part of RDN's initiative to empower young people through sport.

### Cranford Community Allotment





It has now been a year since RDN launched the Cranford Community Allotment project. The project supports local people in maintaining the plots in Waye Avenue, owned by the London Borough of Hounslow.

The highlights of the year have been partnering with Cranford Primary School to deliver weekly practical sessions. There are also integrated activities such as spelling, counting and taking measurements. These activities are closely linked with the primary school curriculum. Open to residents, the community allotment provides the opportunity to raise awareness of healthy eating in a safe and open air environment.

### Food Security and Livelihood

RDN has provided 39 families with a breeding stock of goats this year in Magina, Kenya through funding from AFFORD UK. The goats can be reared in much less land than other livestock; reproduce quickly and provide nutritious milk and goat manure that can be used to increase soil fertility.

The project equips widows and youth headed households; the caretakers, and family with the skills and practices for rearing goats and



to maintain a sustainable supply of goats. The families are trained on simple veterinary skills to ensure that they have the expertise to improve the health of their livestock. This also means they are able to rear more breed stock which they can sell to improve their economic well-being.

This enables the families to improve their nutrition. Any surplus income that they can generate from the sale of the goat breed stock will be used to ensure that the children have access to healthcare and clothing.

Plans have now been finalised to start similar projects in Uganda

To find out more about the work we do abroad visit: www.riana.org.uk/international-programmes

