

women like you

volume one issue one

march 2011

Women Like You is a newsletter developed by Cultures CIC is aimed at promoting positive contribution of women from different cultures living in Tees Valley. The newsletter will provide information on activities for women in Tees Valley.

It will also profile women from different professional backgrounds who are contributing to economic, social and cultural development in the community. We hope that it will be used to advertise and promote initiatives or opportunities to develop mentors in the various fields for women.

We hope to create a budding system where women from different backgrounds could come together and potentially network and support each other creating an environment where differences in culture can enhance success.



Cultures CIC is a Community Interest Company based in the heart of the Tees Valley Area that aims to advance the economic, social and cultural integration of disadvantaged BME groups, women and young people.

“Our strength is our diversity and ability to respect and work with our differences”.
Sade Sangowawa
(Chief Executive)

INTERNATIONAL WOMENS DAY

International Women's Day took place on March 8th 2011. It is a global day celebrating the economic, political and social achievements of women past, present and future.

Various activities were carried out in the Tees Valley area to mark this day.

Lots of women gathered at Transporter Bridge in Middlesbrough to mark the 100th International Women's Day.

Shahda Khan (Middlesbrough Council's Principal Community Cohesion Officer): “It celebrates the diversity of our town, and the fact that we're quite welcoming of all cultures and communities, as well as different age groups.”

Teesside University had various inspiring seminars and workshops and an exhibition to celebrate and showcase women's creativity. Sessions included: creative writing, art, painting and succeeding in business.



INSPIRATIONAL CATCHPHRASE

Life is full of choices. You make the choice in which direction to go.

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ENGINEERING...A WOMAN'S PROFESSION?

TEMILADE LADOKUN moved to the UK 6 years ago. She entered onto a program called Women into Engineering and Construction. There was a shortage of women Engineers but she was adamant that she would complete the program. She completed a Master in Mechanical Design and Engineering which led her to qualify as a mechanical engineer. Temilade works with engineer reviews and designs. Her job involves her managing different packages and reviewing designs

and dealing with procurement.

She states that this is a male dominated career which can be intimidating. However, if you are determined and focused, you can get to where you want to be. Equal opportunities means exactly that and women and men of all races and cultures can work together in different jobs.

Temilade states that the key is to “work for it and do not lose hope.”

She insists that women need a “can do it attitude” and a “will do

it” mind set.

“The key is to work through the obstacles”.



COMMUNITY DEVELOPMENT WORKER

REHANA ALI moved to the UK from Kenya. When she arrived she did not have any qualification that were accepted in the UK. She found it difficult as this was an alien environment to her as it was the unknown. The weather, people, way of life was all different.

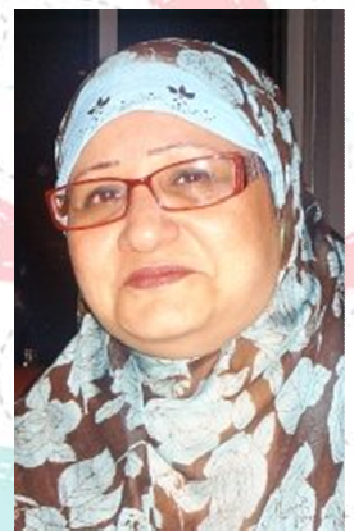
She wanted to work and started her job as a health link worker in Stockton-on-Tees. She then went on to becoming a Community Development

Worker working with people from BME communities and helping and advising them.

She has become successful without obtaining a degree in the UK. This was through sheer determination and hard work. She ensured that she had the experience that was required to succeed.

She says:

“You need to get out into the community, make links and gain experience in order to further yourselves.”



“There is a lot of help available, do not be afraid to ask!”

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PRINCIPAL COMMUNITY COHESION OFFICER

SHAHDA KHAN started her current post in 2004 and has undertaken a variety of paid and unpaid work over the time. She manages Middlesbrough Council's outward facing equality and diversity systems.

Issues which affect women are issues that interest her and this has led her to be involved in forums and organisations.

Shahda has faced many challenges. After leaving school at 16 she did not go back to education. She completed her degree at a later stage and was a mature student. This meant that she did find it difficult to balance

family, work and education. "When I received the letter I was convinced that it was a mistake as I am rather notorious about saying exactly what I think and feel which is so not the way that things are done."

However, she says "If things come easy, then they are not worth having".
"Believe in your dreams and always have the right intentions. Everything happens for a reason but it does not always make sense at the time."

Shahda has also received a MBE for her service to local government and diversity.

She is a member of the National Muslim Women's Advisory Group.



OPPORTUNITIES AVAILABLE!

If you live in the area of Tees Valley, you can come to Cultures CIC for help and support:

- ◆ Job Club at Cultures CIC every Friday from 10.00am—3.00pm
- ◆ Culturally Sensitive ICT Training on Fridays from 10.30am — 12.30pm
- ◆ Raising Awareness of Work Ethics Training

- ◆ Interview Technique workshops
- ◆ We also have voluntary opportunities available in: Admin, Fundraising and ICT
- ◆ **Many more — See back page for a full list of all the services that we provide.**

- ◆ If you live in Stockton on Tees and would you like to work in security. There is a 5 day SIA Training Course available with the opportunity to meet employers. Start date: April 2011; Book early to avoid disappointment!
- ◆ CSCS Certificate

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SUCCESS STORY

AALIA ALI works at Cultures CIC currently as a Business Development and Outreach Officer. She came to Cultures after being unemployed for 3 years finding it difficult to secure employment in the Tees Valley area. She attended Cultures training: Raising Awareness of Work Ethics fondly called RAWE which boosted her confidence and ensured a progression within the organisation.

Aalia has been with the organisation for almost a year and has contributed immensely. She started as an outreach worker and now does Business Development. Aalia says: "Life is what you make of it... So surround yourself with positive people".



**Are you looking for employment?
Are you seeking to improve your skills?
Would you like to start your own business?
If yes, then Cultures CIC can help you!**

SERVICES WE OFFER:

- ◆ CV Building
- ◆ Job search Assistance
- ◆ Interview Techniques and Coaching
- ◆ Presentation Skills
- ◆ 1-to-1 Personal Development Coaching
- ◆ Confidence Building
- ◆ Culturally Sensitive ICT Training
- ◆ Business Start up Coaching
- ◆ Part Time Business Enterprise Coaching
- ◆ Cultural Awareness Workshops
- ◆ Research on BME Issues
- ◆ Business Training

If you have a Success Story, would like to put some information in this newsletter or would like any more information on the services we provide, please contact us:

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