

PEEC Family Centre Monthly Bulletin “Nowinki”

It shall happen, that every living creature which swarms, in every place where the rivers come, shall live.
Ezekiel 47:9

MARCH 2009

PEEC Family Centre Haringey Irish Centre
3rd Floor, Pretoria Road, London N17 8DX

Company No. 6020288
Registered Charity 1126136

Workshops:

On Monday

From 9.30 to 11.00 am

Salvation Army

24 Lymington Av.

N22

Workshop for parents
about bringing up children.

Nursery available 1£

Contact: 07956574274

On Wednesday

From 17.00 to 18.30

St Monica's Church

Green Lanes N13

Art and drawing workshop

For children over 4 years old

Fee, 2£

Contact: 07815601647

On Thursday

Salvation Army

24 Lymington Av.

N22

A playgroup for parents and children

Over 5 years old.

A get together: singing, advice, bookshop.

From 10.00-10.30 am English lessons

From 10.45-11.15 am Play Group English lessons

Fee, 1£

From 13.00-14.00
An over 55s Club
A get together for a meal, singing and light exercising
Fee, 2£

OUR OFFICE

On Wednesday

From 10.30-14.00
PEEC Family Centre
Haringey Irish Centre
London, N17 8DX
www.peec.org.uk
Or Email: info@peec.org.uk;
gosia@peec.org.uk
From Wood Green: bus W3,
Bus stop: White Heart Lane,
From Tottenham: buses 149, 259, 279.

Women: wives, mothers and volunteers.

For a long time woman was a house-keeper. Her main tasks were to bring up the children and to take care of the husband. Very often, that was the family who decided of her relationships and marriage. Only later, the woman was allowed to go to school, to study, to vote. She was then authorised to have the professional life, just like the man had. This way, in the 21st century the woman comes as a strong, brave and free, ready for all kind of challenges.

Within the PEEC Family Centre the majority of volunteers are females. Those busy wives, mothers and students are happy to help, in the little spare time they have, to build the Polish community in North London. No matter what their occupation is; if they are policewomen, nurses, chefs, they are more than happy to help and to take the huge responsibility of volunteering.

Every woman volunteering for the PEEC Family Centre makes use of all the skills she may have acquired during life, work or studies.

Kasia, one of the volunteers, says: "I have been volunteering for the PEEC FC since September 2008. The fact of helping to bring together the members of the Polish community abroad gives me a lot of personal satisfaction. I like what I am doing and I am very happy that I can help". Kasia spends 3 days a week volunteering for the Haringey Polish and Irish Family Centre. Before, she was studying management and working in an accounting office. She came to London in 2007, following her husband and taking care of her little daughter Oliwia, she have spend one year being a full time mum. Ever since she became a volunteer, her life had changed and every day is different now. She now values herself like a better person, have gained strength and have improved her self-esteem.

The real difficulty of volunteering is, however, the ability of multi-tasking. As active volunteers, the women have to find balance between being a wife, a mother, an employee and a volunteer. From one hand, they are still a symbol of household and love, on the other hand, they have to represent strength, energy and determination is their professional life.

The green spaces full of snowdrops and crocuses and the family weekend breaks, I guess everyone enjoys the first sunlight this year. We wake up after a long winter just like we wake up from a long slumber. Therefore, not by mistake, in our March bulletin, we include the new grilling recipes and the purifying body treatments. We move forward just like women had evaluated over centuries. We invite you to our specialists' corner: the psychologist and the speech therapist are there to give you some advice. Or would you have another idea for the specialist corner? We welcome all your suggestions in order to expand our bulletin.

Monika Startek-Pawlik

We are recruiting volunteers to participate in our projects. We offer volunteering contracts and in house trainings. We offer the fantastic opportunity of gaining the valuable experience and obtaining references, not to mention the exceptional personal satisfaction from helping others. The volunteering would take place in one of the PEEC Family Centre locations. The number of hours spend on volunteering is flexible. Contact: Gosia on 07956574274 or Ania on 07858184196

Free Alpha Course

We invite everyone to participate in the Alpha Course.

The Alpha Course is a chance of getting to know better, as well as deepening of the Christian faith. Every get together is an occasion to sharing a healthy meal with other participants, to a free discussion and assisting in a professional lecture that presents in a pleasant way and with humour the features of the Christian Faith. The Alpha Course also prepares young people to the Confirmation Sacrament.

The 1st seminar is organised on the 16th of March 2009, at 19.30, St Ignatius Church, the Jesuit House, 27 High Road, London N15 6ND.

The course is composed of 10 seminars taking place on Mondays, for 10 weeks.

The press reviews about the Alpha Course:

‘Alpha makes Christianity relevant to modern life.’ (Julia Llewellyn Smith, ‘The Express’)

‘The most popular course about Christianity in the World.’ (The Independent)

‘... a lot of people are of the opinion that after they have participated in the Alpha course, their life have changed, and are very pleased about this experience’. (The Time Magazine)

Nowinki

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St Monica Parish, the Christening registration:

1. Register within the Parish by filling the new Parish Member application form, accessible in the Church on the left hand side of the church-porch. Give the form back to the priest or bring it to the vicarage, next to the Church.
 2. Participate in the parents' preparation for the child christening that take place once a month, on every 1st Sunday of the month at 3pm, in the small room next to the Church.
 3. During preparatory meetings, the parent has to bring his/her christening certificate or the marriage certificate.
 4. The Christening ceremony will take place during the Polish service, on every last Sunday of the month, at 1.30pm.
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ADVICE

On Wednesday

From 11.00-14.00

In the Office

General help and free advice for Polish people

We help to fill the documentation and call the institutions for your convenience.

Contact: 02083659090

Psychologist

Free psychological advice and pedagogical help

From the Polish specialist

Translation

On Wednesday

11.00-14.00, in the Office

Tel. 02083659090

We look for people interested in translation.

Every Sunday at 19.30

St Ignatius Church

High Road N15

Number 67 Bus

Every last Sunday on the month

At 13.30 in St Monica's Church

Green Lanes, Palmers Green N13

Number 329 Bus,

The Intimate Theatre Bus Stop

The Way of the Cross

During the Lenten Fast on Fridays

At 18.00 in St Monica's Church

Apart from the 1st Fridays of the month

Sunday, the 29th of March, after the service at 19.30

THE PSYCHOLOGIST: TIPS AND ADVICE FOR PARENTS

Is your child really naughty?

Very often we tend to complain about our children disobeying. We wonder why we have more and more difficulties coping with them being naughty. Please find below some advices that will allow you to significantly reduce the level of stress and the sensation of helplessness, while coping with such challenges of bringing up children.

1. If the child is disobeying or objecting to you, take a moment to think: perhaps that is you, who is wrong and the child is actually right?
2. The child automatically opposes to abuse and artificiality. Let the revolt you witness and the words you hear guide you: that may be the sign that the way you are going is not the way you should go.
3. Treat others like you would like to be treated yourself: your child will give other people as much of love, care and helpfulness, as it would receive from you. If constantly, you are too busy to help with the helicopter building game, or you irritate easily and have no patience, do not expect your child to be patient and helpful.
4. Persuade your child of the fact that good behaviour is much more pleasant than a bad one. It is easy to give in to the crying child's request in the supermarket, and to buy him/her another chocolate bar. By acting this way, however, you will teach the child that misbehaving is always worth trying. Instead, you could praise the child and tell, for instance: 'I am very happy that you have helped mummy so much in today's shopping, and you did not ask for anything in the shop. To celebrate the good behaviour, let's buy some ice cream and have it together at home.'
5. Be honest about your mistakes. The child observes you and copies everything you do. For him, you are the ideal; therefore it sees how imperfect he/she is. Some imperfections in your picture can bring no charm into learning, as thanks to them you become more authentic as a teacher. In case you have misjudged the behaviour of your child - you should apologise to him immediately. In case you have forbidden something and then, later, thanks to the arguments (not terror) of the child, you have changed your mind, let the child know about it. If you do not treat seriously the child's arguments, he/she may shortly do the same to you.
6. Be confident and trust the child's intellect and the good will. The more you control and instruct the child, the less he/she would considerate what are his/her wills, likes and the anticipated behaviour in the situation given. Do your best to give the child as much of the independence and responsibility, as he/she can cope with (but not too much, to not to discourage him/her).
7. Appreciate all the positive reactions. Sometimes children are disobeying because they discover that it is the easiest way of getting our attention. Therefore, appreciating the good behaviour is worth the effort. ('Thank you for playing so silently while I was on the phone.' 'I am so proud of you of getting dressed so quickly and on your own.').
8. Show clearly what you expect. Very often, in a rush, we tend to forget that our children are not really aware of what is expected of them. If you would like to teach your little one how to clear up the cubes, do it with him.

Agnieszka Danielak
Psychologist

Talent: Parental influence of children's talent development.

Talents and abilities are innate. Yourself, as well as your family, your husband, your grandmothers, your aunts and your children - we all have talents. We do not choose what talents we have. God gave talent to us all, just like He gave us life. Our task is to discover what talent is being sowed in us.

How to discover your child's special gift or talent? In order to determine someone else's talents, we would have to first discover them in us.

Let's compare talents to the seeds. Every each of the seeds has its own potential of growing. What can be grown from the corn seeds? Could it be an apple tree? And what can be grown from the carrot seeds? Could it be the parsnip? Could we change the final result by planting the carrot seeds in the clay soil rather than in the farming soil? Could we change its destiny?

Could we obtain, as a result, a parsnip from the carrot seeds planted in the clay soil? And a carrot only from those seeds planted in the farming soil? No. It is not the soil that decides of the seed content: of the talent. The soil provides the external conditions of the seed growing. The soil here is our human heart. Every person has been created in a way, so the seeds could have access to the farming soil. There are times, however, that the soil is hardened by life occurrences of different nature. As parents, we have to soften the soil in our children's hearts in a way they feel that they can develop their talents.

To let the talents development, the freedom and the allowance of making mistakes are much needed. If the artistic talent is to be developed, in order to learn how to paint, the atmosphere of acceptance and the possibility of making mistakes are necessary.

Therefore, the good quality soil is the one that allows no criticism of eventual failure. The most important thing here is the fact of trying. The trial is often much more important than the final result. Trying is the first step towards success, and we should treat our children accordingly. What count most are the attempt and the good intentions, no matter if perfect.

The intention itself is very important. The good quality, farming soil gives understanding, encouragement and acceptance towards others. Our children do not have to know everything we do, the husbands do not have to everything the same way we do. We do not have to compare ourselves to anyone else. The most important thing is to allow the loved ones to grow the seeds they have been given. Therefore, if my child carries in his heart the corn seeds, I can not expect him to grow carrots, just by criticising and making the scenes: there will be no way that the corn changes its destiny.

The criticism and disputes will only stop the growing. By doing this, the stones are thrown onto the soil that becomes just like stone and hard soil, not able to grow fruits. As parents, our task is to take care of the seeds our children have been given; let the seeds grow on the field of love. However, the more rules and strict principles at home, the more of love the children can sense.

WORKSHOPS

Monday

From 9.30 am to 11.30 am

English classes for beginners and intermediates

Nursery available

Optional fee 3£ per class, 1£ the nursery

Monday

From 7.30 pm to 9.45 pm

St Ignatius Church

27 High Road

N15 6ND

Alpha workshop-building Christian faith

The programme offers: meal, good music, group discussion

Free entrance

Contact: 075 134 918 40

Tuesday

From 10.00 am to 2.00 pm

The Haringey Irish Centre

ESOL classes for beginners

Free classes and nursery for those with benefits

Contact: Pretoria Road

London N17 8DX

Ania, tel. 078 948 579 72

BOOKSHOP AND LIBRARY

Wednesday

From 10.30 am to 2.00 pm

PEEC Irish Centre, in the office

Our library and the bookshop have already a considered number of books.

Accordingly to our budget, our aim is to enlarge the collection.

If you have some book that you have read already, we will be grateful if you could bring them to us, in order to share them with others.

Special thank you note, with your name, we will place in the next edition of our monthly bulletin "Nowinki".

Contact: 02083659090

info@peec.org.uk

WHERE HAS THE FRIENDSHIP GONE?

“Do nothing from rivalry or conceit, but in humility count others more significant than yourselves. Let each of you look not only to his own interests, but also to the interests of others.” Phil.2, 3 – 4.

What friendship is in today's world? Nowadays, we talk a lot about friends and friendship, but can we really say: “Yes, I do have a friend”. Who can be named as our friend? Our husband or wife, our brother or sister? That is how it should be but is it always the case in today's world?

Everyone should be able to tell the family members or the partner about one's troubles or problems. So perhaps a friend would rather be a colleague from work or school, mother, father, grandmother or grandfather? During childhood, we all have had a very close person, a friend. Our parents love us just the way we are, with all the virtues and disadvantages, whether we are ugly or beautiful. They take care of us, raise us, educate and advise us. Then, the moment comes of leaving the parental nest to found our own families and households. Very often, our parents, brothers and sisters do not live close to us anymore. So who is there for us? The answer to this question is in the following quotation from the Bible: “A man who has friends must himself be friendly, but there is a friend who sticks closer than a brother.” *Proverb 18:24*. Love and friendship that comes from our parents are unconditional. We usually meet our first real friends in school. Those friendships often last for many years. Later, in the adult life, there is often some kind of profit, hiding behind the relation between friends. Sometimes, there is disappointment, as meeting new people we misjudge their intentions. We tell people our secrets thinking: “This is my friend, this time he/she will not disappoint me”. When this happens again, we tend to feel down and are afraid of new relations but also become more vigilant. So we keep looking, because friendship is much needed in our life. We need this close friend to tell him/her about our problems and secrets, sometimes, just to simply talk or spend time with, we need to trust someone. Is it simple, however, in today's world, where people are acting for money, to find a real friendship? Today, we tend to forget about the main values: love, respect and trust.

God act as a friend for many of us. We tell God about our problems, wishes, plans and expectations - He will never betray us. “Flee also youthful lusts: but follow righteousness, faith, charity, peace, with them that call on the Lord out of a pure heart.” Timothy 2:22

Kasia Pawlikowska-Wocial

The Wind of Spring ...

Spring is such a beautiful season: nature is waking up again, and along with this phenomenon, we all are waking up to springtime to, are full of energy and ready for action.

The first sun rays coming from outside through our windows, are awakening the energy that has cumulated inside our bodies during winter: so we start cleaning and renovate. It is also a great time for taking care of plants, so they could bring freshness and colours to our households during the approaching summer. We maintain the garden furniture and the grill. We wonder what flowers to plant, so our garden will look beautiful and attractive. If we are not experts in gardening, it is worth to seek advice from professional gardeners or look for tips and ideas in various magazines available on the subject. That is because we do not want to plant, by mistake, the surfinias on the sun and the pelargonie in the shade. So, if you know something about gardening, or you have an idea for how to plan the garden, balcony or the parapet, please send us some tips via email.

Monika Startek-Pawlik
monika.p@peec.org.uk

POLISH SCHOOLS IN LONDON

THE POLISH SATURDAY SCHOOL OF ADAM MICKIEWICZ IN ENFIELD

The Polish Saturday School runs in partnership with the Polish Parish of St. Cross in Waltham Cross. The classes take place every Saturday in Albany Secondary School, Bell Lane, En3, Enfield - from 9.30am to 12.30pm. The main aim of the school is the promotion of the Polish culture and the Polish language, as well as to life with no discrimination involved. On the top of learning Polish, the children learn elements of Polish history and geography. Children in the preschool to 16 age brackets are welcome to participate. Religion is taught by the Polish priests, ks. Radosław Szymanek and ks. Wojciech Rozdzieński. They also prepare the children to the First Communion and the Confirmation Sacraments. The school runs also English language classes: for beginners on Saturday, from 9.30 am to 10.50 am, intermediates from 10.50 am to 12.30 pm. Also for adults, English lessons take place in the building of the the Polish Parish of St. Cross in Waltham Cross, on Tuesdays evening, from 7.30 pm to 9.30 pm.

The School History

The school opened on the 11th of November 2006, and continues a tradition established by a similar Polish Saturday School, which was open in London during the period 1960-1975. Many Poles from that particular period are still actively helping in the school development. The school was founded from the scratch. The major problems linked to the school founding, take their origins from the fact that, during this period, there was no much of Polish people in North London and its surroundings. Therefore, ever since the school founded, every person participating in the institution's development, is aware of the project's particularity, while helping to build the Polish community in London.

Statistics:

At present, there is 8 groups and a total of 110 pupils, together with the preschool group.

The yearly fees:

150£ - one child

210£ - two children

270£ - three, four or more children

An all year long recruitment for pupils applies.

The school looks for sponsors and volunteers.

Classes take place on every Saturday, between 9.30 am and 12.30 pm.

Travel by bus number 279, 121, 191 or take train to Enfield Lock from Tottenham Hale Station or from Seven Sisters to Turkey Street.

Monika Startek-Pawlik

Address:

Polish Saturday School
2 Bell Lane
Enfield, Middx EN3 5PA

Contact: Grażyna Maczkowska, tel. 07861692125

www.polskaszkołaenfield.com

Find out about the Polish school of Stefan Kardynał Wyszyński, in Higate, Finchley (North-East London), in the next edition of "Nowinki".

The Speech Therapy Corner

Welcome to the Speech Therapy Corner. This month's publication will look at the role of parents in the child speech development and because the correct speech is directly linked to raising children in the Polish culture, I hope that the advice you find below, will bring best results to your children and yourselves.

This article will look at the children speech development. Before, however, we look at the essence of it I would like to draw your attention to the importance of speech in our life. Thanks to the speech we can communicate with others, so if not developed correctly, the communication would not be possible. Through speech, we express ourselves, our ideas and feelings. The speech is then the main factor in the intellectual development. It is nearly impossible, to imagine the process of learning with no ability to speak, then to read and write. Let me stress here, that children with delayed speech, have also often problems with reading and writing. These problems are directly linked to psychological problems and failures at school. Such children could become objects of laugh and school jokes, are not likely to make friends or even talk to other people, and feel safe only when among family. That is why, we should constantly observe and carefully monitor the children's speech and always seek for specialist advice when in doubt.

From my experience, I am aware that parents, in general, do not know a lot about the children speech development. My friends were often asking me questions about the right stages of the speech development. There is no universal answer to this question. The speech development is genetically transmitted, but at the same time also socially determined, by active contact with other people. The child constantly listens to our talking; is even able to recognize our voices at the prenatal stage. That is why the specialists advise to talk to the baby as much as possible, even before the delivery.

The speech is an ability, therefore, and similarly to other abilities, needs practice while mastering. The child progressively learns how to use different organs in order to produce speech, namely lungs, larynx, tongue, lips, palate and jaws. The original function of these organs is to breathe, chew and swallow; only their second purpose is to be the speech organs. After the birth, none of these organs is ready for the particular function that it plays in articulation. In order to be able to articulate correctly, before developing the ability of expressing the thoughts, the child has to go through many stages, so the different groups of muscles are exercised and coordinated in a way to produce an articulated speech. Contrary to such motor abilities as sitting, crawling and walking, the talking itself is a capacity that takes much longer to be acquired. Ability of producing different sounds correctly, takes many stages accordingly to the child's age.

Therefore:

1-2 years: vowels: a, o, e, u, i, y and consonants: p, b, m, t, d, n, k, ś

2-3 years: all vowels but also ą and ę, consonants and sounds: p, b, pi, bi, f, w, fi, wi, ś, ź, ć, dź, ń, ki, gi, k, g, ch, t, d, n, l, li

4 years: consonants such like: s, z, c, dz, r,

5 years sz, cz, ż, dż

The speech of the five-year old is actually fully understandable. As far as the sound mastering is concerned, the six year-old, should have also overcome all the difficulties. I wish you all the success with the successful speech, directly linked to the Polish culture.

Grażyna Józefowska
The speech therapist,
The teacher of Polish language