

By Women  
For Women  
May 2016  
issue 32

## Changes to the maternity ward at Dewsbury Hospital

In this month's An-Nisa we've got a first hand experience of a lady who visited the event about changes to the Dewsbury Hospital and how it is going to affect her.

Safeeyah's been experimenting and come up with a fabulous Tuna Bake for Safeeyah's Kitchen

The Women's Committee recap what they've been up to since the new team came together two years ago.

There's an anti-crinkle feet concoction, another terrific poem and a blurb on the recent Angel of Death Event organised by the IMWS Women's Committee.

And don't forget the An-nisa Fun Day is on

Bank Holiday Monday see inside for details!!!!

To contribute to An-Nisa email [an-nisa@imws.org.uk](mailto:an-nisa@imws.org.uk)



**IN APRIL**, an event was held at the Al-Hikmah Centre for women of all ages to go and discuss changes to the Dewsbury and District Hospital. It was a morning to find out about the children's services, care during pregnancy and choices for giving birth and local support groups for women and families.

With me expecting a child in October I have been feeling worried about the changes that are happening in the maternity ward and decided to go to this event. I am in 'shared care' and I had no idea what that meant. Once I went I came home full of relief and assurance, as I found that if you are in 'shared care' or your midwife thinks you are at high-risk then you would have to go to Pinderfields.

Women of low-risk pregnancies will have a choice whether to give birth at home, in a midwife led unit or in hospital. This will be assessed by the midwife throughout the pregnancy. But I believe all women would be better off at Pinderfields as they have dedicated consultants and theatre teams to manage complex deliveries at any time of day and night. There is a reduced risk of babies suffering long term harm or death due to birth complications, there is better access for advice and support for Junior Doctors and Midwives and fast access to paediatricians for sick babies.

In a midwife led delivery like Dewsbury the benefits are; a calm relaxed environment to promote natural child-birth, one to one care during labour, better breast feeding rates, however my experience with my first child at Dewsbury felt like a disaster and I was made to feel like a bad mother for not being able to breast feed and they would not let me home and continuously felt forced to breast feed. It wasn't until a nurse from Pinderfields was there looking after me that I felt much more comfortable and she sent me home and she was understanding.



On the plus both hospitals will have a birth centre with six rooms with facilities and furnishings to provide you with a comfortable home from home atmosphere, the option for your partner, close friends and family to stay with you throughout your labour and after the birth, two state of the art birthing pools and one to one individual care from your midwife. Now for more information about this do speak to your midwife if you are expecting.

While I was at the Al-Hikmah Centre I met a team from 'Auntie Pam's' who were brilliant to talk to. They are a group of women from our area who are there to listen to you and keep what you say confidential. They help with housing support and help parents who are struggling to buy the things they need for the baby. Each volunteer has gone through some sort of experience that helps them understand what you are going through.



# QUICK Tuna Pasta Bake

WE ALL HAVE THOSE DAYS WHERE WE JUST WANT TO COOK SOMETHING QUICK AND SIMPLE THAT THE KIDS WILL ENJOY. IF YOU ARE NOT A FAN OF TUNA THIS RECIPE DOES NOT TASTE STRONG IN TUNA ONCE COOKED. TRUST ME!!

## Ingredients:

- 2tbsp oil
- 1 small onion chopped and diced
- 1 tsp of garlic paste
- 1 tin of tomatoes blended along with a handful of coriander
- 1 tsp of salt
- 1 & 1/2tsp of black pepper
- 1 tbsp of basil
- 1 can of drained tuna
- handful of grated cheese
- half a packet of pasta



## Method:

. In a pan heat the oil and once heated add the onions. Meanwhile in another pan add water with a sprinkle of salt and boil, once boiled add the pasta and cook for 10 minutes or until soft then drain.

. Once the onions are browned a little add some water and leave to sauté.

. Once the onions are soft add the tomatoes and coriander with the garlic, salt, black pepper and basil and leave to cook for 7 minutes.

. Add in the tuna and leave to cook for another 4 minutes.

. Add the pasta and cheese and stir well transfer into an oven proof dish and turn on the oven at 150c, gas mark 4.

. Sprinkle cheese on top of the pasta add cherry tomatoes if you like and bake for 35 minutes.

## DID YOU KNOW

Venus is the only planet in the solar system that rotates clockwise, whereas all other planets rotate anti-clockwise.

“Almost” is the longest word in the English Language with all the letters in alphabetical order.

Months that begin on a Sunday will always have a Friday 13th

## Death – the only thing certain in life

The Angel of Death workshop was definitely a pleasant surprise for those that attended last month. The topic is often scary, and one which people would rather avoid. However, the local learned sister delivering the workshop was extremely passionate and knowledgeable about the subject and provided lots of useful and practical tools, all from the quran, sunnah and hadith to help prepare for a better end.

Heartening stories were relayed skilfully, further invaluable tips were shared and hearts and minds were lifted.

We are taught one who remembers death most often and the one who is well-prepared to meet it are the wise; honourable in this life and dignified in the Hereafter.

This is why some people are so happy in their outlook in life because they have taken positive steps to prepare for death and the everlasting hereafter. I hope we can also contemplate and prepare for this too.

## Sandals are in but rusty crusty feet are OUT!

Many of us have heard the hype about the Listerine and vinegar foot soak that helps remove dead skin, but does it really work? I'll start by talking about the ingredients used in this soak and how they help crusty rusty feet.

Listerine contains Thymol that kills some bacteria and fungi.

Vinegar is an acetic acid that has some antibacterial properties and in a high enough concentration can cause irritation.

However non of these two

ingredients actually flake away dead skin yes soaking your feet in any form of liquid will soften the skin but i'll give you a way that will help get rid of that rusty crusty skin.

### You will need:

- Epsom salt that can be bought online
- A tub big enough for your feet
- A pumice stone found in beauty stores

### Method:

Begin by washing your feet with soap and warm water and pat them dry.

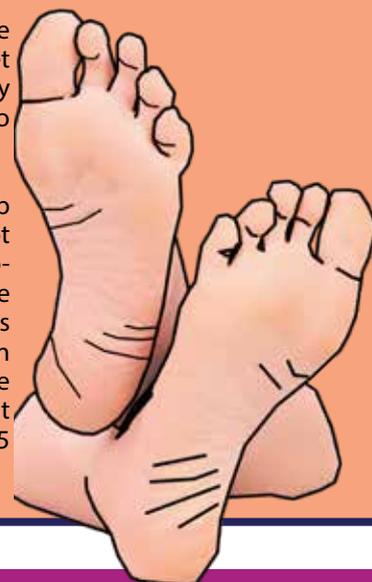
Fill your soak tub with hot water, hot enough but not hot that it will burn. and add in the epsom salt.

Place your feet in the tub and move them around to mix the salt and relax.

After 10 – 15 minutes the rough parts of your feet should soften when they have your feet are ready to be exfoliated.

To exfoliate, in a small tub add a small amount of hot water with a handful of epsom salt to create a paste and scrub your feet with this paste for a few minutes then place your feet back into the soaking tub to wash the salt off and soak for another 5 minutes.

Then exfoliate using the pumice stone, be sure to wet the stone and do not scrub too hard. Once this is done rinse your feet in clean water and pat dry and add moisturising lotion to your feet.



# An-Nisa

## WOMEN & KIDS FUNDAY

Boys under 10 years

**FREE ENTRY**

Massive variety of stalls and food on sale throughout the day!!!

**FUN SLIDE!**

**LAZER QUEST!**

**BOUNCY CASTLES!**

**Didi Cars Racing!**

**25 FT Climbing Wall!**

**Boom Blaster!**

Take part in 'Pray A Nasheed' on Radio IMWS  
**LOTS OF PRIZES TO GIVE AWAY!**

Buy a Wristband and ride the activities **ALL DAY!!!**

**75 Ft Assault course!**

**Bank Holiday Monday 30<sup>th</sup> May 2015**  
At **Al-Hikmah Centre**  
**10am-4pm**

*Rain or Shine  
Join Us for a fantastic day!*

**Volunteer? Book a stall?  
Or for information call:  
01924 500 555  
or email: an-nisa@imws.org.uk**

**Al-Hikmah Centre  
28 Track Road  
Batley. WF17 7AA**

**IMWS**

### IMWS Women's Committee:

## You Said We Did!

**IT'S BEEN** over two years since the Women's committee was set up and we have been busy organising events, talks and activities to meet the needs of the community.

**You said:**  
More structured activities for young girls to get involved in.

**We did!**  
We have helped to establish a new Girl Guide Brownie unit (7-9 yr olds) at the Centre and recently a Guides unit (10-14 yr olds), the only ones in our district to run on a weekend.

**You said:**  
More religious talks, bayaans which are practical, inspiring and relevant to women.

**We did!**  
All workshops have been delivered to a good standard with a focus on being inclusive, well organised and with good quality hand-outs. We have made good links with local learned

sisters, who have a wealth of knowledge and passion for their subject areas.

**You said:**  
More social gatherings and community events

**We did!**  
A trip to Manchester, for a delicious meal, was organised for females from the community. Working in partnership with the An-Nisa team to deliver the annual An-Nisa fun day.

**You said:**  
More varied activities to promote better health and well-being.

**We did!**  
All female daytrip to Kingswood activity centre (archery, abseiling, laser quest, team games).  
Ladies indoor cycling group established - with over 20 ladies now riding confidently.

**You said:**  
Better ways of finding out



what's going on at the Al-Hikmah.

**We did!**  
New twitter account @IMWS\_Women created with regular updates on events.

Regular feature of all activities in An-nisa/Paigaam magazine. All events on IMWS website (imws.org.uk) A mailing list which females can join to receive emails on new and upcoming events. The team is made of dedicated volunteers from the community. If you would like to get involved and make a difference or tell us how we can improve things please get in touch - 01924 500555, info@imws.org.uk or Twitter @IMWS\_Women

## Life

by Safeeyah Patel

A life ends a new life begins we smile, somewhere someone cries we have, some have nothing we eat, some have only dirty water to drink.

We dress, we impress, others only have rags a mansion, a flat, some have a box to live in education we get, some are forced to marry age 12 we greed for more than what we have, somewhere someone only has a few grains of rice, dried crops, deceased cattle, not even a roof to cover their heads. Next time STOP! THINK! We have everything we need!

## વાણી વ્યવહાર

-આબિદાબેન રાજપુરા

અલ્લાહતઆલાએ ઈન્સાનને બોલવાની ક્ષમતા આપી. તેને બીજા પ્રાણીઓ કરતાં અલગ બનાવ્યો. એ ખૂદાની મોટી નેઅમત છે. આપણે બોલીને આપણી લાગણી, વિચારો, અભિપ્રાયો રજૂ કરી શકીએ છીએ. કોઈપણ વ્યક્તિના વ્યક્તિત્વની ઝલક તેના ચહેરા ઉપરથી જોવા મળે છે. બીજી ઝલક તેની વાણી પરથી અને ત્રીજી ઝલક તેના કર્મ ઉપરથી જોવા મળે છે. વાણી જીભ ધ્વારા રજૂ થાય છે. પરંતુ રજૂઆત કરવાની રીત ઈન્સાનનાં વ્યક્તિત્વને છતું કરે છે. શબ્દોની સાથે હાવભાવ (Body Language) મહત્વનો ભાગ ભજવે છે.

લોકશાહીમાં વ્યક્તિને પોતાનો અભિપ્રાય આપવાની છૂટ છે. ધરમાં, સમાજમાં કે પોલીટીક્સમાં શબ્દોની મારામારીથી કોઈ પ્રશ્ન હલ થવાને બદલે વધારે ગૂંચવાય છે. કેમ કે એક બીજા ઉપર આક્ષેપો, પ્રહારો કરી, ભૂમ બરાડા પાડી, સામેવાળાને અપમાનિત કરી, નીચો પાડીને સમસ્યાનું હલ થવાને બદલે સમસ્યાને ગંભીર બનાવી દેવાય છે. ગુજરાતીમાં આ માટે બે કહેવતો બોધરૂપ છે. ક્યારે બોલવું જરૂરી છે તે માટે “બોલે તેના બોર વેચાય” અને ક્યારે ના બોલવામાં ભલાઈ છે તે માટે “ના બોલવામાં નવ ગુણ” ક્યારે બોલવું, ના બોલવું અને શું બોલવું તે વ્યક્તિ અને પરિસ્થિતિ ઉપર આધાર રાખે છે. સંજોગો સરખા હોય તો પણ ક્યારેક બોલવું ખૂબજ જરૂરી હોય અને ક્યારેક મૌન રાખવું બહેતર બને. આ નિર્ણય વ્યક્તિએ પોતાની બુદ્ધિથી જ લેવાનો હોય છે.

ઘણીવાર આપણે જીભને અંકુશમાં રાખી શકતા નથી. સામાજિક બાબતોમાં ગુસ્સાના આવેશમાં વ્યક્તિ અંદરની ભડાસ કાઢવા ના બોલવાનું બોલી જાય અને જો તે કૌટુંબિક ઝઘડો હોય તો તેના છાંટા દૂર દૂર સુધી ફેલાય છે. કહેવત છે કે “તલવારના ધા રૂંઝાય પણ વાણીના ધા રૂંઝાતા નથી.” થોડા ખરાબ શબ્દો સદીઓના સંબંધોને ખતમ કરી નાંખે છે. બોલવા પહેલાં તેના વર્તમાન અને ભવિષ્યના પરિણામોનો ખ્યાલ કરવો જરૂરી છે.

વાણી પર સંયમ એ સુખની ચાવી છે. ચોક્કસ સમયે વાત રજૂ થાય તો સારો પ્રભાવ પડે છે. એટલે કંઈ પણ કહેવું હોય તો અનુકૂળ સમયની રાહ જુઓ, ને સમયની તક પેદા કરો. અને તક મળે ત્યારે ચૂપ રહેવાને બદલે રજૂઆત કરો. નહીં તો ટ્રેઈન છૂટી ગયા જેવી દશા થાય. સામેની વ્યક્તિ ગુસ્સે થશે કે નારાજ થશે એમ માની જરૂરી વાત ન કરવી એ સમજદારી નથી.

અહીંના રોજંદા જીવનમાં આપણે “સોરી” “થેન્ક્યુ” અને “પ્લીઝ” જેવા શબ્દોનો અસરકારક રીતે ઉપયોગ કરીએ છીએ આ વાણીનું શિષ્ટ છે અને તે એક સારી રીતભાત ગણાય છે. ઈન્ડિયા જઈએ ત્યારે આવા શબ્દોનો અભાવવાળી વાતચીત, વર્તન આપણને તોછડી લાગે છે.

બાળકોને બાળપણથીજ બોલવાનો શિષ્ટાચાર શીખવવો જરૂરી છે. તે માટે મા-બાપે જ ઉદાહરણ બનવું પડે. ધરમાં સંબંધો અનુસાર એકબીજા સાથે કઈ રીતે વાત કરી માન આપવું, મહેમાનો સાથે કઈ રીતે વાર્તાલાપ કરવો, સ્કૂલ, મદ્રેસા, કોલેજમાં ટીચર સાથે કઈ રીતે બોલવું તે શિખવાડવાની જવાબદારી મા-બાપની છે. જિંદગીની દરેક ભૂમિકામાં વાતચીતની રીતભાત આનંદ કે મનદુઃખ લાવી શકે છે. કોઈ વહુ સંયુક્ત કુટુંબમાં રહેતી હોય અને તેણી બહાર જવા માગે તો “હું એક કલાક માટે બહાર જાઉં છું” એમ કહીને ઘરની બહાર નીકળી જાય તેના કરતા “મમ્મીજી જો ખાસ કામ જેવું ના હોય તો એકાદ કલાક મારી સહેલીને ત્યાં જઈ આવું? જરૂર પડે તો ફોન કરી મને બોલાવી લેજો.” એમ કહેતાં સાસુ ખુશીખુશી રજા આપશે. તેજ રીતે થાકેલો પતિ સાંજે કામ પરથી ઘરે આવે ત્યારે સ્મિત સાથે સારા શબ્દોથી આવકારી, ખેરિયત પૂછી “તમે ફેશ થઈ જાઓ ત્યાં સુધી હું જમવાની તૈયારી કરું.” એમ કહે તો પતિનો અડધો થાક ઉતરી જાય. ઘણીવાર પતિના આવવાની સાથે આખા દિવસની ફરિયાદો કરવાથી માહોલ બગડી જાય છે. કાબેલ ડોક્ટરો સારી વાતો કરીને દર્દીનું અડધું દુઃખ દૂર કરી દેતા હોય છે. કપરા સમયમાં આપણે કોઈનું દુઃખ લઈ શકતા નથી પણ શાંત્વન દિલાસાના શબ્દો ધ્વારા તેનું દુઃખ હળવું કરી શકીએ છીએ. એક વિધ્વાને સાચું જ કહ્યું છે કે, “આપણાં શબ્દોથી કોઈને દુઃખ ના થાય તે પહેલી તકેદારી પણ જો દુઃખ પહોંચ્યું તો તે મટાડવાની બીજી જવાબદારી અને ભવિષ્યમાં આવું ના થાય તેની કાળજી રાખવી એ ત્રીજી જવાબદારી.”

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**A chance to find out how to effectively protect your home and belongings from burglars and thieves**

**Thursday 26<sup>th</sup> May 2016**  
**7:00pm prompt**  
**Al-Hikmah Centre**  
28 Track Road, Batley, WF17 7AA

**CRIME PREVENTION EVENT**

**IMWS**  
WEST YORKSHIRE POLICE

For further information call 01924 500 555 or email info@imws.org.uk - www.imws.org.uk