

By Women  
For Women  
Dec 2016  
issue 38

## In this month's An-Nisa

We've got the winner of the IMWS Girls Group Art Competition. There's a winter face-pack and a warm-me up vegetable broth. Our monthly blog deals with baby and milk and don't forget the fabulous did you knows!

email: [an-nisa@imws.org.uk](mailto:an-nisa@imws.org.uk)  
if you would like to contribute



## Girls Group dazzle in art competition

**LAST MONTH** the IMWS Girls Group concluded their art competition in which 12 girls took part.

The competition, which took place over three Sunday afternoons, saw the girls using a range of materials and techniques to create some dazzling pieces of art.

Whereas some decided to work on their own, some girls decided to work together in pairs on their painting or drawing.

Pencil, glitter, paint, chalk pastels and more were all used in inventive and creative ways

The enthusiasm and creativity shown by each participant was incredibly high making for an intense competition.

But, as ever, there can only be one winner.

We are very pleased to announce the winner of the Girls Group Art Competition is: Tasnim Badat

From everyone here at IMWS, congratulations to Tasnim for the incredible drawing of the hand of peace.

Well done to all those who took part!



**WINNER: Tasnim Badat**

**Below: Aysha Patel**

**Right: : Khadija Dokrat**

**Bottom Left: Sabah Khan**



EXCLUSIVE  
to An-Nisa!

Recipes with a South Asian twist!

# Safeeyah's Kitchen

## Vegetable Stew

Now winter is here why not try this vegetable stew with an asian twist. You can pick up a vegetable stew pack from the fruit and veg section this pack will have one onion, 2 carrots, a celery stalk, 2 parsnips and 1 swede once you have this pack this is mainly what you will need don't forget to pick up some bread I like to eat my stew with baguettes with a garlic spread.

### Ingredients:

- 2 garlic cloves crushed
- 2 green chillies chopped
- 600ml vegetable stock
- 1 can of tomatoes
- 2 tsp of dhara powder
- 2 tsp chillie powder
- salt to taste
- handful of coriander
- Vegetable Stew Pack
- and bread to eat it with



the stew till the veg is soft.

You might want to add just a tad bit of water.

. Pour in the stock and canned tomatoes and bring to boil,

Add in the dhara, chillie powder and salt cover and simmer for 10 minutes.

Keep checking on

Once soft add in the coriander and serve warm with garlic buttered bread.



### Method:

. Heat the oil in a large pan and add the onions, garlic and green chillies and fry for 5 minutes on low heat then add in all the other vegetable and leave to fry for another 5 minutes so that they start to soften.

## DIY treatments for Winter!

**YOU HAVE** probably got the idea by now that as seasons change so does your skin and winter can be the worst weather for your skin. Especially when its frosty cold breezes hitting your face.

It's important to make sure that before making masks or any home made treatments you know how the ingredients will react to your skin.

I have chosen an oatmeal mask for you as it is one of the best masks for winters as it is nourishing

and hydrating. All you need is equal amounts of OATMEAL FLAKES, HONEY, and YOGHURT. Mix everything well and then spread this paste on your face.

Leave it on your face for 30 minutes and then rinse off with warm water. This face mask will make your face feel; refreshed. Do

it twice a week for better results.

I have also picked a moisturiser recipe to use during winter for those dry hands all you need is:

- 1 tsp cocoa butter
- 1 cup Aloe Vera gel
- 2 cups Grape-Seed oil or Almond Oil
- 1 tsp Vitamin E oil
- Few Drops of essential Oil



## Poets Podium

### A Winter Evening

By Safeeyah Patel

*Walking through the foggy streets.  
Cold rain drops touch the tip of my nose.*

*Little orange street lights floating in the air.*

*The glow of the moon light hidden behind the dark clouds.*

*Thick smoke coming out of the chimneys.*

*House lights shining through the windows.*

*Smell of warm bread makes my tummy rumble.*

*Hear my footsteps echo so loudly.*

*As I come to the end of the street,  
nearly home, I think to myself.*

*And Then.....*

*Darkness is all I see.*

*Start of the ginnel.*

*the naked trees,  
like witches fingers,  
long and thin.*

*Sound of water,  
rushing down the stream,  
with an extra drip,  
from the naked tree.*

*Glow of white light,  
in the distance I see,  
I hear something,  
Pause.....*

*I freeze.....*

*Only the owl,  
in the Willow Tree.*

*Few more steps,  
I hear something,*

*Pause*

*I freeze.....*

*Shuffle.....*

*Shuffle.....*

*Shuffle.....*

*Footsteps from behind,*

*I began to walk as fast as I could.*

*Shuffle..*

*Shuffle..*

*so near and loud,  
my heart begins to race,  
as I walk much faster.*

*The glow of white light,  
gets further away.*

*My legs slowing down,  
as my heart races to fear.*

*A hand touches me,  
With a slow turn.....*

*PAUSE.....*

*I FREEZE.....*

## Did You Know???

- Apples contain no fat, sodium or cholesterol and are a good source of fibre.
- Apple trees take four to five years to produce their first fruit.
- Apples ripen six to 10 times faster at room temperature than if they are refrigerated
- Apples harvested from an average tree can fill 20 boxes that weigh 42 pounds each
- Apples are a member of the rose family

## Brownies visit Batley Bulldogs

The 24th Batley Brownies and Guides, based at the Al-Hikmah centre, have now been successfully up and running for 1 year now! This is the only Girlguiding weekend unit that operates in Kirklees and runs every Sunday morning during term time. Both Brownies (girls aged 7-9 yrs) and Guides (girls aged 10-14 yrs) are managed by dedicated volunteer leaders and young leaders.

Last month the Brownies went to visit the local rugby club, the Batley Bulldogs. Although it was very cold in the morning, they were treated to a tour of the stadium, pitch and changing rooms. They also found out some really interesting facts about the club

and its history, learnt some rugby skills and developed good team working skills. Our host, Jon was really impressed with the way the Brownies behaved and said they were the best group he had ever had at the Stadium! The Brownies are hoping to go back and work with the club to gain their Sports badge and even watch a live rugby match when the new season starts!

The Guides are going to visit the Leeds German market by train which will help them to develop their confidence and independence when going out and about.

The groups are now looking to expand and cater for



younger girls, which include having a Rainbow group for 5-7 year olds. If you would like to see what girl guiding is all about or get involved in volunteering (young leaders 16-18 yrs), or volunteer as a unit helper please contact us on: [batley24thbrownies@outlook.com](mailto:batley24thbrownies@outlook.com)

To register your child to join the units please visit [www.girlguiding.org.uk](http://www.girlguiding.org.uk)

## There's a new blogger in town!

**WELL HERE** I am at home with my perfect little bundle of joy.

I'm being well looked after, don't have to lift a finger, told to rest and just look after myself and my baby. All I'm charge of is feeding my baby.

Well we all know babies are not fed on hot cups of tea or cans of coke are they!

My choice was always to breastfeed. I had a reason for this. I didn't fancy washing, sterilizing or making bottles and bottles of milk-having seen my sister go through this only a few months ago.

To be honest I could not think of a better way to start my child's life.

I felt happy and confident, no bottles or dummies to wash, no sterilizing units to buy, no checking temperature, no formula milk to buy, no smelly poo! It was available 24/7 at the correct temperature and no wastage. What I needed was lots of patience and a high pain threshold.

Did somebody forget to tell me how painful it was going to be!

The latching on was PAINFUL to put it bluntly! With my toes wiggling and praying I'd get my baby to latch on then bear the

pain for the first few seconds until she was feeding well. Now I could sit back and close my eyes.

That was the easy bit, it wasn't long before the engorged breasts became painful, the cracked nipples bled, an infection set into my breasts as my baby wasn't latching on correctly. (Thanks to a lovely midwife I was able to overcome these teething problems.)

Some days I'd be dripping like a tap with wet patches. They had a sixth sense and know my baby was hungry or thirsty and just switch on and hey presto!

With the breastfeeding came more dietary restrictions, no potatoes, lentils, cabbage, cauliflower.....the list was endless.

Contradicting advice from very nice Aunties, drink plenty of milk (bhurkhee-the milk made from badam and various other beneficial stuff in it, have flat coke, why are relaying just on breast milk keep habit of bottle as well.....ect ect.

My mind was thrown into confusion and

uncertainty! I'm a new mum, I doubted myself, was I doing the right thing?

Nevertheless I persevered, continued with my gut instinct and was at my happiest when feeding my baby my way.

I got quality time, a natural bonding and affection only a mother can have with her baby, which nobody could take away.

For me this was the right choice.

It isn't for everyone, each mother should be able to make the choice and do what is best for her and her child. Being a new mum is not easy, you life is suddenly controlled by this little being who needs to be looked after, who keeps you up during the night-2/3 sleep is what you get and you find yourself on auto pilot, your baby needs to be fed,

burped, changed, comforted, rocked and cradled, but in all honesty those were the best days of my life.

To be continued..... sleepless nights and minor ailments.....



*Mariya Riyaz*

Original Pakistani Lawn including Maria B and Asim Jofa,  
Kurti, Indian unstitched and semi-stitched suit material  
and gorgeous Abayas including Scarves from Dubai.

Follow us on Instagram and Facebook under "Mariya Riyaz"  
for news on new arrivals.  
Call us on 01924 452891 to visit us and view our range.  
Strictly ladies only

**Are you looking for a Marriage Partner?**

**AL-HIKMAH**  
**NIKAH SERVICE**  
*Al-Hikmah*

**Register Online via the website at**  
[www.imws.org.uk/al-hikmah-nikah-service/](http://www.imws.org.uk/al-hikmah-nikah-service/)  
from anywhere in the UK.

**Or collect a registration form from**  
the Al-Hikmah Centre at:  
28, Track Road, Batley, WF17 7AA

For more information or assistance call  
**01924 500 555**  
**07440 443 812**  
or email: [nikah@imws.org.uk](mailto:nikah@imws.org.uk)

*Confidential Muslim Match-Making Service*




# DiABETES UK

In Partnership with

## iMWS

Presents

### The Community Champions Event

Do you have a passion for community based health promotion work and motivating your community to be healthier?  
If so, then the Diabetes Community Champion volunteer role could be for you.  
Come along to our event to find out more.

**Date: Saturday 10th December 2016**  
**Time: 7pm**  
**Venue: Al-Hikmah Centre**  
28 Track Road, Batley, WF17 7AA

**For more information email: [info@imws.org.uk](mailto:info@imws.org.uk)**

# Al-Hikmah

*Where your special day becomes a cherished memory*

*Weddings  
Parties  
Functions  
Events*



**For booking or more details call:**  
**01924 500 555**  
**Or email: [info@imws.org.uk](mailto:info@imws.org.uk)**

FREE WiFi  
FREE Car Parking

Separate Halls for Men and Women with Independent access and each with its own Prayer Facilities  
Private Car Park with car park attendants - Easy access, great location - Accommodates 1500 guests - Open Network WiFi

