

## May 2024 Newsletter



## The Dudley women Do English Afternoon Tea: A Middle Eastern Marvel

It was an ordinary Friday 24th of May afternoon in Dudley, but for the Muslim ladies in Dudley, it was a day of delightful deviation from the norm. They had decided to infuse their English Afternoon Tea with a rich Middle Eastern twist. As the kids were in school the women gathered, hijabs fluttering like elegant banners, ready to embark on a culinary adventure that would make even the Queen reconsider her scone selection.

### Venue: Roseland House – A Regal Fusion Paradise

The venue was the magnificent Roseland House, an epitome of elegance, decorated to look perfect for queens. Usually graced with dainty teacups and cucumber sandwiches, the tables were now laden with a vibrant spread that told stories of lands far and wide.



### Tea with a Twist

The star of the show was, of course, the tea. But this wasn't just any tea. The ladies had sourced the finest tea leaves from Pakistan, known for their robust flavor and aromatic allure. The tea was brewed to perfection, served in ornate samovars that added a touch of regal elegance. The traditional English porcelain cups looked almost shy, as if they knew they were part of something extraordinary.

But tea was just the beginning. The women had also brought in the big guns: coffee from Saudi Arabia and coffee beans from Turkey. The Saudi coffee, or 'Gahwa', was a golden elixir, spiced with cardamom and saffron, served in tiny cups that packed a punch stronger than any Earl Grey. Meanwhile, the Turkish coffee, thick and rich, was served with a side of anticipation—every cup was an adventure, with grounds that foretold fortunes for those who dared to look.







As the ladies sipped and savored, the room buzzed with animated conversations. They shared stories of their heritage, laughed over the quirks of English weather, and debated the best methods for achieving the perfect biryani. Beyond the delicious food and drinks, these gatherings held a deeper significance. They provided a vital space for connection, laughter, and support—an essential boost for mental health. In a world that often feels rushed and isolated, these get-togethers offered a sanctuary where friendships were strengthened, and spirits were lifted.



By the end of the afternoon, it was clear: this fusion of traditions was a resounding success. The ladies left with full stomachs and fuller hearts, already planning their next culinary escapade. They had proven that you could take the women out of Dudley, but you couldn't take the Dudley out of the women.



As the grand doors of Roseland House closed on this delightful gathering, one thing was certain: Dudley would never see Afternoon Tea in quite the same way again. And somewhere, in a cozy corner of Buckingham Palace, perhaps even the King felt a curious craving for Gahwa and baklava.



# Dudley's Eco Day Extravaganza: Green Thumbs, Mindfulness, and popcorn.



On a sunny Friday 31st May, Dudley's youngest eco-warriors gathered for a day dedicated to sustainability, healthy eating, and fun at the local community center. The much-anticipated Eco Day promised an adventure filled with creativity, learning, and a sprinkle of laughter. The children arrived with eager smiles, ready to embark on an exciting journey toward a greener planet. Little did they know, they were in for a day that would make even the most seasoned gardeners green with envy.

## The Mini Eco Greenhouse Adventure

The first activity of the day was creating mini eco-greenhouses. Armed with recycled cups and an impressive amount of enthusiasm, the kids plunged their hands into peat-free compost soil. Under the guidance of local eco-experts, they planted coriander seeds, learning that plants need more than just water and sunlight—they need love, attention, and the occasional pep talk. One child, convinced he was planting a beanstalk, spent the next hour looking for magic beans. Spoiler alert: no giants were harmed in the making of this greenhouse.



Well done!!!





## Calming Meditation and Colouring Session

After the gardening session, the kids were led into a tranquil room for a calming meditation colouring session. The room, softly lit, provided a serene environment for the children to unwind. Or at least, that was the plan. While most children found their zen, one enthusiastic participant insisted on turning his colouring sheet into a pirate map, declaring himself the Captain of the Compost. It was a beautiful blend of mindfulness and mutiny.



## Moms' Tea and Breathing Break

While the kids were busy with their activities, the moms enjoyed a well-deserved break. Sipping on hot tea and practicing some deep breathing exercises, they found a moment of peace in their hectic lives. One mom was overheard saying, "I haven't had a hot cup of tea in years!" It was a much-needed respite, with the only sound being the occasional giggle from the kids' room, reassuring them that their little ones were having a great time.



## Healthy Snacks Galore

Snack time was a revelation. The children were delighted to find an array of healthy options. Fresh fruits, crunchy vegetables, wholesome dips, healthy sandwiches, and olive and feta salads replaced the usual suspects of chocolates and sweets.



## Popcorn and Mr. Bean: A Perfect Pair

The afternoon continued with a special treat—popcorn and a screening of everyone's favourite, Mr. Bean. The children settled in with bags of air-popped popcorn, giggling at Mr. Bean's hilarious antics. The room echoed with laughter, as the timeless comedy of Mr. Bean brought joy to both young and old. The highlight? When Mr. Bean tried to plant his own mini greenhouse and ended up with a sunflower the size of a small tree. The kids laughed so hard, one of them nearly spilled their popcorn—which, let's be honest, was more of a victory than a mishap.





## A Book to Take Home

As Eco Day drew to a close, each child received a free book to carry on their adventures at home. The books, carefully chosen to inspire a love for nature and sustainability, were a hit. One child, convinced his book was a guide to becoming the next David Attenborough, was last seen practicing his documentary voice in the car park. The kids were also reminded to look after their mini greenhouses, with the promise that updates on their coriander plants would be eagerly awaited. One girl asked if she could name her plant, and we look forward to the adventures of "Coriander Carl."



## A Theme of Sustainability and Healthy Living

Throughout the day, the themes of sustainability and healthy living were woven into every activity. From planting seeds in recycled cups to enjoying wholesome snacks, the children of Dudley embraced the principles of eco-friendly living. They left with not only their mini greenhouses and new books but also a deeper understanding of how small actions can contribute to a healthier planet. Or at least, they left with the understanding that plants are easier to manage than pirate ships.

## The Verdict

Dudley's Eco Day was a resounding success, leaving the children inspired and equipped to make a positive impact. The combination of hands-on activities, mindfulness, healthy eating, and classic comedy created a memorable experience for all. As the children waved goodbye, they carried with them the seeds of sustainability—both literally and figuratively—ready to nurture their plants and their planet. And somewhere in Dudley, a small boy dreams of the day he'll trade his carrot stick for a chocolate bar. Until then, he's got a coriander plant to water.



Until next time - what a lovely end to May 2024 - Love from Mehvish x