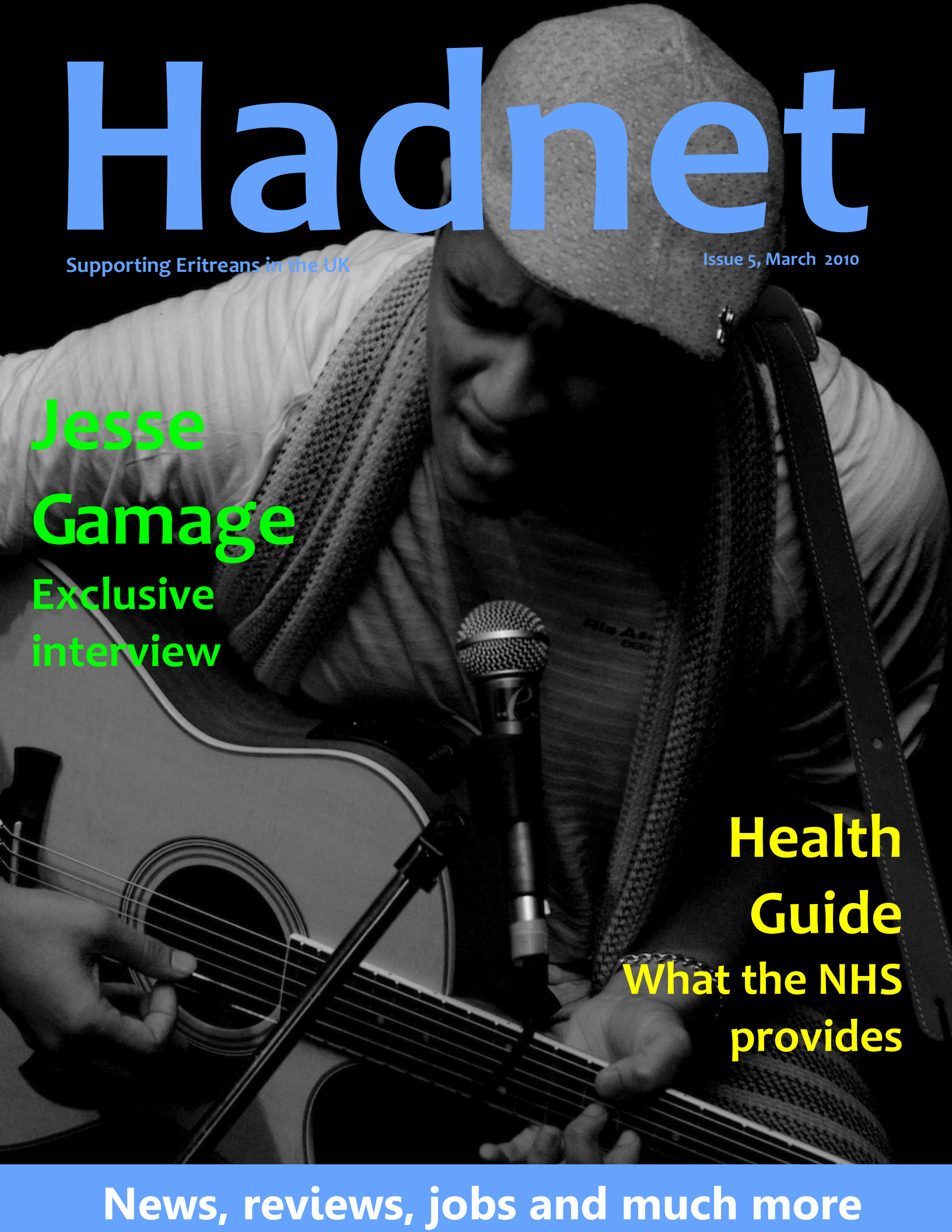


# Hadnet



Supporting Eritreans in the UK

Issue 5, March 2010

**Jesse  
Gamage**  
Exclusive  
interview

**Health  
Guide**  
What the NHS  
provides

News, reviews, jobs and much more

# Contents

Dear readers,

Welcome to the 5th edition of Hadnet. Last month you read about Issayas and his work experience—this month in *Jobs* find out about his first day at work.

Being sick in a new country can be scary. We've introduced the UK healthcare system, the NHS (National Health Service) on page 10 to make it a bit clearer.

We would still love your feedback and invite you to visit either of our website at [www.hadnet.wordpress.com](http://www.hadnet.wordpress.com). Email us anytime at [hadnetmag@googlemail.com](mailto:hadnetmag@googlemail.com) or join our facebook fan page, hadnetmag.

Enjoy!

Susie, the editor.

<b>News</b> International Women's Day and General Strike in Greece	3
<b>Interview</b> Singer songwriter Jesse Gamage shares his story with <i>Hadnet</i>	6
<b>NHS:</b> Your questions answered about health care in the UK	10
<b>Jobs</b> Issayas has his first day at work	14
<b>Easy read</b> Women's Day and global warming	16
<b>Culture</b> Democracy in the UK and	18
<b>Quiz</b>	22
<b>Reviews</b>	22
<b>Sudoku</b>	22

page 6



page 18



page 16



page 10



# Greek General Strike

**3**0,000 people have demonstrated in Athens in a strike against the country's plans to save money.

Schools were closed, public transport halted and flights grounded when public and private sector workers across the country went on strike for 24 hours.

This strike, the second in 2 weeks, is in protest against the government's plans to increase tax and cut pensions and public sector salaries to reduce the budget deficit.

The leader of Greece's biggest Union, GSEE said: "They are trying to make workers pay for this crisis."

Most of the protests were peaceful,

but there were some fights between young protesters and police. Even a group of policemen joined the protest because they will suffer from the pay cuts.

Greek Prime Minister, George Papandreou, says tough cuts are the only way to save Greece from economic crisis.



# International Women's Day

**E**very year, on March 8th, Women and men across the world join together for International Women's Day.

People celebrate the amazing achievements of women, but also highlight areas of inequality that still exist.

In 2008 and 2009, I was in Foro, Eritrea on March 8th. It was a national holiday and nearly the whole village attended celebrations.

Students performed dramas to encourage girls to go to school and to explain the dangers of female circumcision.

Women sang and danced and awards were given to girls who got involved in sports.

Back in Britain, there is universal primary education and girls outperform boys in school.

Female circumcision is

extremely rare. But the British still have a long way to go until equality.

Women earn 17% less than men. They work in lower paid jobs, and find it hard to progress into senior management. Only 20% of MPs are women. And women are still not fully valued for the unpaid care-giving role they play in the home.

Tackling gender inequalities has been recognised by national governments and international organisations as vital for lifting people out of poverty.

Increasing the status of women has a direct positive effect on families, better preparing children for the future.

Britain may have traveled a long way since women started campaigning for equal rights, but the journey isn't over yet.

## Key Words

to demonstrate	ምግላጽ
to strike	ምእዳም
to halt	ምቁራጽ
to ground	ባይታ ምዝባጥ
protest	ምቅጥም
to cut	ምቁራጽ
pension	ጥርታ
budget	ባጀት
deficit	ክሳራ
union	ማሕበር
crisis	ቅልጢባቢ
protester	ተቻጥሚ
to suffer	ምስቻይ
tough	ከቢድ
to highlight	ምልክት ምግባር/ ምስማር
circumcision	ምኸንሻብ
to outperform	ምብላጽ
to tackle	ምብዳህ/ ምስጋር
status	ኩነታት
vital	አገዳሲ/ ቀንዲ
to campaign	ዘመተ ምክድድ

# ትሕዝቶ

ዝኸበርኩም ኣንቡብቲ፤

እንጃዕ ናብ 5ይ ሕታም መጽሕፍት ሓድነት ኣብጽሓና። ዝሓለፈ ወርሒ ብዛዕባ ኢሳያስን ናይ ስራሕ ተመኩሩኡን ኣንቢብኩም ኔርኩም—ኣብዚ ወርሒ'ዚ ኣብ ዓምዲ ስራሕ ብዛዕባ ፈላሚት ናይ ስራሕ መዓልቲ ተመልከቲ።

ኣብ ሓድሽ ዓዲ ምሕማም ኣሰንባዲ ከኸዉን ይኸእል እዩ። ኣብ ገጽ 10 ን ሃገራዊ ኣገልግሎት ጥዕና ብርጣንያ ንምብራህ መጻተዊ ጽሑፍ ኣዳሊና ኣለና።

ሎሚ'ውን ከም ኩሉ ግዜ ርእይቶኹም ከንሰምዕ ኣናተጸበና ናብ መርብብ ሓበሬታና [www.hadnet.wordpress.com](http://www.hadnet.wordpress.com) ብምኻድ ሕታማት መጽሕፍት ሓድነት ከተንብቡ ንዕድም። ኣብ ዝኾነ ግዜ ናብ [hadnetmag@googlemail.com](mailto:hadnetmag@googlemail.com) ናይ ኢመይል መልእኽትኹም ከትሰዱልና ትኸእሉ ከምኡ'ውን ኣብ ናይ ፈይስቡክ መስኮትና [hadnet-mag](http://hadnet-mag) ብምባል ከትጽንቡና ንዕድም።

ተሓጎሱ!

ሱዚ, ኤዲተር።

ዜና ኣህጉራዊ መዓልቲ ደቂ ኣንስትዮን ሓፈሻዊ ኣድማ ግሪኽን 3

ቃለ መሕትት ደራፍን ደራሲ ደርፍታትን ጀሲ ጋማጄ ዛንትኡ ምስ ሓድነት ይካፈል 6

ሃገራዊ ኣገልግሎት ጥዕና ንክንክን ጥዕና ኣብ ብርጣንያ ዝምልከቱ ሕቶታትኩም ኣብዚ ይምለሱ 10

ስራሕ ፈላሚት ናይ ስራሕ መዓልቲ ናይ ኢሳያስ 14

ቀሊል ንባብ መዓልቲ ደቂ ኣንስትዮን ዓለማዊ ረስንን 16

ባህሊ ዴሞክራሲ ኣብ ብርጣንያ ግድል 22

ግምገማ 22

ሱዱኮ 22



# ሐፊሻዊ አድማ ግሪክ

አብ ኦፕቲሚስት አንጻር ናይታ ሃገር ወጥን ምዕቃብ ገንዘብ ዝዓለመ 3000 ሰባት ተቃውሞኦም አቕሪቦም።

አብያተ ትምህርቲ ተዓጽዮን፣ ህዝባዊ መጓጓዣ ደዉ ኢሉ ከምኡ ወን ድሕሪ ናይ ህዝባዊያንን ግልን ጽላታት ስራሕተኛታት ካብ ስራሕ ን 24 ሰዓታት ምሕላምም በረራታት ባይታ ዘቢጦም።

እዚ አድማ'ዚ ኣብ ወሽጢ ክልተ ሰሙን

ንካላይ ግዜ ዝካየድ ዘሎ ኮይኑ፣ አንጻር ናይ መንግስቲ ወጥን ንምጉዳል ክሳራ ባጀት ብምወሳኽ ቀረጽን ብምቁራጽ ጥሮታን ናይ ህዝባዊ ጽላት ደምዘን ዝዓለመ እዩ።

መራሒ ናይ ግሪክ ዝዓበየት ማሕበር ከምዚ ኢሉ፣ “ነዚ ኣጋጢሙ ዘሎ ክሳራ ብሰራሕተኛታት ክኸፍልዎ እዮም ዝምድቡ ዘለዉ።”

መብዛሕትኡ ኣካል ናይቲ ተቃዋሚ ሰላማዊ

እዩ ነይሩ፣ እንተኾነ ግን ኣብ መንጎ መንእሰያትን ፖሊስን ገለ ግጭት ተራእዩ ነይሩ። ብተወሳኺ ሓደ ጉጅለ ፖሊስ ወን ነቲ ተቃዋሚ ተሓዋሶም ነይሮም ምኽንያት ናይዚ ድማ ቦቲ ምቕራጽ ደምዘ ክጸለዉ ስለ ዝኾኑ እዩ።

ቀዳማይ ሚኒስተር ግሪክ፣ ጆርጅ ፓፓንድርዮስ ድማ ኣቲ እንቡ መንገዲ ንግሪክ ካብዚ ቐጠባዊ ክሳራ ዘድሕና ከቢድ ምቕራጽ ደምዘ እዩ ይብል።



# አህጉራዊ መዓልቲ ደቂ አንስትዮ

ዓመታዊ ኣብ መጋቢት 8፣ ኣብ መላእ ዓለም ደቂ ተባዕትዮን ደቂ አንስትዮን አህጉራዊ መዓልቲ ደቂ አንስትዮ ንምብዓል ይተአኻኸቡ።

ሰባት ነቲ ብደቂ አንስትዮ ዝተመዘገበ ኣደናቂ ዓወታት ይጽምቡሉ፣ ከምኡ ወን ክሳብ ሕጂ ንዘለዉ ዘይማዕርነት የስምሩሎም።

ኣብ መጋቢት 8, 2008ን 2009ን ኣብ ፎሮ፣ ኤርትራ ኔረ። ሃገራዊ በዓል እዩ፣ ዳርጋ ብሙልኡ ነባሪ እቲ ዓዲ ድማ ነቲ ጽንብል ተሳቲፍዎ።

ደቂ አንስትዮ ኣብ ትምህርቲ ክሳተፋ ዘተባብዕን ሓደጋታት ምኽንኻብ ዝገልጽ ድራማታ ብተምሃሮ ቀሪቡ። አንስቲ ደራፊንን ሳዕሲዐንን፣ ኣብ ስፖርት ንዝተሳተፉ ደቂ አንስትዮ ድማ ብልጫታት ተዓዲሉ።

ኣብ ብርጣንያ፣ መባእታዊ ትምህርቲ ንኹሉ ብነጻ ኣሎ፣ ኣብዚ ትምህርቲ'ዚ ድማ ደቂ አንስትዮ ካብ ደቂ ተባዕትዮ ዝበለጸ ወጽኢት የመዝግባ። ምኽንኻብ ደቂ አንስትዮ ኣዝዩ ዘይልሙድ

እዩ። እንተኾነ ግና ብርጣንያውያን ማዕርነት ደቂ አንስትዮ ንኸረጋግጹ ነዊሕ ጉዕዞ ተሪፍዎም ኣሎ።

ደቂ አንስትዮ ብ17% ትሕቲ ደቂ ተባዕትዮ ኣታዊ ይረኽባ። ትሕት ክፍሊት ኣብ ዘለዎ ስራሓት ይሰርሓ፣ ብተወሳኺ ናብ ዝለዓለ ምሕደራ ክሰጋገራ ከቢድ ኮይኑ ይረኽብኡ። 20% ካብ ጥራይ እየን ደቂ አንስትዮ። ደቂ አንስትዮ ኣብ ገዝኣን ዝገብርኡ ዘይክፈላሉ ክንክን ክሳብ ሕጂ ሙሉእ ብሙሉእ ኣብ ግምት ኣይአተወን ዘሎ።

ምብዳህ ጾታዊ ዘይምዕራይነት ንደቂ ሰባት ካብ ድኽነት ንምእላይ ቀንዲ ኣገዳሲ ነገር ምዃኑ ብዝተፈላለዩ ሃገራዊያን መንግስታትን አህጉራዊያን ወደባት ተለልዩ እዩ።

ደረጃ ጻል አንስተይቲ ምወሳኽ ኣብ ስድራቤታት እወታዊ ጽልዎ ኣለዎ፣ ንኡብነት መጻኢ ሂወት ቆልዑት ይመሓየሽ።

ደቂ አንስትዮ ንማዕርነት ዘመተ ከካይዳ ካብ ዝጅምራ፣ ብርጣንያ ነዊሕ ተጓዲዞ ትኸወን። ኣንተኾነ ግና እቲ ጉዕዞ ነፍ ኣይተወደኣን ዘሎ።

# Jesse Gamage

Determined and friendly singer/songwriter Jesse talks to *Hadnet* about going from a 9-5 finance job to following his passion as a musician

Jesse Gamage didn't pick up a guitar until high school, but now, aged 24, music is the most important thing in his life.

He had a tough start in life, growing up in South London—moving house about 20 times before he was out of his teens.

In school, he wasn't one of the kids who dreamed of being famous, or getting into music: "I didn't want to be a rock star or anything. I wanted to be an architect."

He enjoyed listening to music, but it wasn't until his 16th

birthday that he thought about making music himself: "My grandmother bought me a guitar for my 16th birthday. I actually wanted a saxophone but it was too expensive."

Jesse showed characteristic determination in his approach to the guitar: "I got a 20 minute lesson each week at school, but I was otherwise self taught. I wouldn't stop playing—I played til my fingers bled at times."

"It was rough growing up. Then music found me. I know it's a bit of a cliché, but music saved my life. I could have got lost, but

music found me."

More to follow his mother's wishes than his own, Jesse finished school and went to university: "I studied philosophy and film—but I didn't get into it so much."

The best part about being at university was getting involved in the music scene: "I went to my first open mic nights." He also started to write his own songs.

Jesse had already realised that university was not what made him happy: "I had a chat with my Nan. She asked if I was



happy and I said no. She said, ‘You want to do music, don’t you?’”

Deciding to pursue music, Jesse quite university and returned to London. He started covering the open mike circuit to get his music heard: “The first open mic night I did, the talent was ridiculous, but I pushed myself to do it and I got a good reception.”

At the beginning, Jesse was pretty nervous before gigs: “I could never tell how it was going to go. I would be shaking.”

As much as he loved the music, it wasn’t bringing enough money in, so Jesse had to find a job: “There was urgency in my situation. I needed a house and money.”

A friend in Oxford—a part time business student—had a house with a spare room. A departure from music, Jesse got a job in finance: “I’ve actually got a decent business mind. I started working and just fell into a routine. I couldn’t call myself a musician at that time. I did open mikes and a few sets, but that’s all.”

It was a 9-5 routine job that Jesse hated: “It was a good job and I respect people doing it, but I felt trapped. I couldn’t sleep well and I was having weird dreams.”

Jesse was unhappy, but it took a push to help him make up his mind to quit his job and go back to music: “I was at a gig and happened to be near the stage door. The door opened and I felt the euphoria from the stage and the audience. Within a week, I had quit my job.”

It was a huge decision: “I took a calculated risk. It was a scary thing. I didn’t value the size of the decision then. If I messed up, there was no back up. I’ve got no family with money.

“But I’d met people who wanted my music. They were

compelled and interested which gave me confidence.”

“Nothing was certain, but I didn’t want to wake up at 50 and think ‘what if...?’”

Jesse moved back to South London to get his music going, but also to be near his Nan and little brother: “My Nan is my guardian angel. My brother lives with her. He looks up to me and we’re very close.

Jesse is a mature 24 taking responsibility for being a role model to his brother: “What I’m doing now is important. I have to teach him right from wrong and how to make decisions.

“People say I have an old soul. I think it’s evident in the way I write music. I’ve had to grow up quicker than most. I don’t waste time blaming anyone or second guessing. It’s just the cards I was dealt.”

Being a musician doesn’t pay as well as a career in finance, and Jesse works in a nightclub to supplement his income: “It’s not a lot of money, but at least I can sleep at night!”

Jesse’s musical influences are varied, from D’Angelo to Otis Reading, but he has his own clear style and his lyrics are easy to identify with: “My songs are from my experiences and perceptions—my truths. I think there’s beauty in simplicity—no need to exaggerate.

“One song, 3 meals a day, I wrote when I was feeling disheartened by my situation. I didn’t have much, but at least I had three meals a day. It’s about keeping perspective.”

Jesse doesn’t dream of being an X-factor star or achieving fame—he just wants his music to reach people who can get something from it: “I want to get my music to people who it can mean something to—to

give a wake up call.”

Jesse does gigs regularly around London now, the stage fright gone: “I don’t know when it happened, but I lost my inhibitions. I’m most honest, comfortable and vulnerable when I’m on stage.”

He’s recording an album at the moment with Soulem productions. Usually a solo singer, he’s also starting to work with a band: “It’s a three piece band. It had to be similar people and get on well—and to be equally passionate.

“It’s very different. I write with the band in mind and can concentrate on vocals more.”

Jesse may not have had the easiest upbringing, but his determination and friendliness have allowed him to follow his passion: “I was not encouraged and it took a long time to get all my family’s support. Don’t lose faith in yourself. Find your passion and don’t let people tell you can’t do it.”

**You can listen to Jesse’s songs at [www.myspace.com/jesseamage](http://www.myspace.com/jesseamage) and find out about his upcoming gigs on his Facebook page. The album should be released sometime in the summer.**

**Key Words**

tough	ከቢድ
famous	ህቡብ
to get into	ምስታፍ
self-taught	ንኑብሱ ባዕሉ ዝመሃረ
rough	ሓርፋፍ
cliché	ንምስላ ልዓሊ ዓቕን ምጥቃም
open mic	አፕን ማይክ
reception	አቀባብላ
weird	ንቡር ዘይኮነ
euphoria	ልዕሊ መጠን ሓንስ
to mess up	ጌጋ ምፍጻም
to compel	ምድፍፋሊ/ ምእማን
mature	እኹል/በጽሒ
old soul	እኩል/ በጽሒ
to second guess	ምቅዋም/ አንጻር ምኻድ
to supplement	ምዉሳኽ
wake up call	ናይ መዘኻኸሪ ደወል

# ጀሲ ጋማጀ

ጽዑትን ሕዉስን ደራፍን/ደራሲ ደርፍታትን ጀሲ ከመይ ኢሉ ካብ ናይ ሙሉእ መዓልቲ ስራሕ ፋይናንስ ናብቲ ዘፍቅሮ ዓዉዲ ምያ ሙዚቀኛ ከምዝተመልሰ ምስ ሓድነት ዕላል ኣካይዱ ኣሎ

ጀሲ ጋማጀ ከሳብ ናይ ካልኣይ ደረጃ ትምህርቱ ዝወድእ ጊታር ምጽዋት ኣይጀመረን ነይሩ። እንተኾነ ግና ሕጂ ወዲ 24 ዓመት ምስ ኮነ ሙዚቃ ኣብ ሂወቱ ከም ሓደ ኣገዳሲ ነገር እዩ። ከብድ ዝበለ ኣጀማምራ ሂወት እዩ ነይርዎ፣ ኣብ ደቡብ ሎንደን ምዕባይን— ኣብ ግዜ ቁልዕነቱ ከሳብ 20 ግዜ ገዛ ምቕያርን። ኣብ ትምህርቲ ከም ካልኣት ቆልዑ ህቡብ

ናይ ምዃን ወይ'ውን ኣብ ሙዚቃ ዓለም ከኣቱ ሕልሚ ኣይነበርን፣ “ናይ ሙዚቃ ኮኹብ ወይ'ውን ካልእ ከኸዉን ይደሊ ኣይነበርኩን። ጀምቲራ ከኸዉን እዩ ዝደሊ ነይረ።” ሙዚቃ ምስማዕ ይፈቱ፣ እንተኾነ ግን ከሳብ ጽንብል መበል 16 ዕለት ልደቱ ሙዚቃ ባዕሉ ከዳሉ ሓሲቡ ኣይፈልጥን እዩ፣ “ኣብ መበል 16 ዕለት ልደተይ፣ ዓባይ ጊታር ዝሊኣትለይ። ኣነኹ ሳክስፎን እዩ ዝደሊ ነይረ እንተኾነ ኣዝዩ

ከቡር ነይሩ።” ጀሲ ጊታር ንክመሃር ፍሉይ ዝኾነ ኣቀራርባ እዩ ነይርዎ፣ “ኣብ ትምህርቲ ሰሙናዊ ን20 ደቓይቕ ዚኣክል ይመሃራ ኣይረ፣ ካብዚ ወጻኢ ግና ባዕለይ እዩ ተማሂረ። ጊታር ምጽዋት ከቐርጽ ይኸእል ኣይነበኩን— ሓደ ሓደ ግዜ የእዳወይ ከሳብ ዝደሚ ይጻወታ ነይረ።” “ግዜ ቁልዕነቲይ ከብድ ዝበለ እዩ ነይሩ። ደሓር ሙዚቃ ረኺቡኒ። ቐሩብ ተደጋጋሚ



RAVI CHANDARANA





# UK Health Guide

The National Health Service (NHS) provides health care in the UK. What services do they offer? Do people have to pay? *Hadnet* answers your questions about accessing healthcare.

## What services are provided by the NHS?

### Emergencies

If someone is very seriously ill or injured, it is an emergency.

Call 999 and ask for an ambulance or go to the Accident and Emergency (A&E) department of a hospital.

For example:

- 🚑 someone is unconscious
- 🚑 persistent, severe chest pain
- 🚑 difficulty bleeding
- 🚑 severe pain
- 🚑 heavy bleeding

### Walk in centres

There are a variety of walk in centres offering services without an appointment. They treat minor conditions such as infections, rashes, stomach upsets, bruises, cuts, burns and emergency contraception. There are also walk-in clinics specifically for sexual health, which are completely confidential.

### General Practitioners (GPs)

This is for non emergency health care. Before going to a GP, you will have to register. Go to a nearby GP and ask to register. You will have to show some documents showing your status in the UK. If you have problems registering with a GP, call your local Primary Care Trust (PCT) for help. You can find your local PCT contact details at [www.nhs.uk/ServiceDirectories/Pages/ServiceSearchAdditional.aspx?SearchType=PCT&ServiceType=Trust](http://www.nhs.uk/ServiceDirectories/Pages/ServiceSearchAdditional.aspx?SearchType=PCT&ServiceType=Trust).

### NHS Direct

This is a number you can call for health advice. Call

0845 4647. You will be asked some questions, such as your address. Then you can describe your problem and get advice. After describing the health problem, you will be directed to a GP or hospital if necessary. This is a really good service if you are sick or injured but don't know what to do, or where to go.

### Dental care

Many of the dentists in the UK are private. To find an NHS dentist, contact your local PCT or look online [www.nhs.uk/servicedirectories/Pages/ServiceSearch.aspx](http://www.nhs.uk/servicedirectories/Pages/ServiceSearch.aspx) . Dentists will charge a fee unless you are exempt.

### Opticians

As with dentists, there is a fee. Find your nearest optician online or contact your PCT.

### Living in Wales?

Find your local services at [www.wales.nhs.uk](http://www.wales.nhs.uk).



# Who can use the NHS?

These people can use the NHS free and discounted services:

- 🏠 Permanent legal residents of the UK
- 🏠 Asylum seekers
- 🏠 People refused asylum who are appealing the decision
- 🏠 People with discretionary leave to remain
- 🏠 Refugees and people given humanitarian protection status.
- 🏠 People who have lawfully been living in the UK for 12 months as permanent residents (for example, someone on a spousal or civil partner visa)

These people will have to pay for all NHS treatment except services in the 'Free for all' section:

- 🏠 Failed asylum seekers waiting to leave the UK will not have to pay for any treatment started before their application failed. They will have to pay for any new treatment
- 🏠 People who have been living in the UK for less than 12 months
- 🏠 People in the UK illegally

People who need emergency treatment, including maternity care, will be treated before they are asked to pay. Private healthcare is extremely expensive if not on the NHS. If you can't use free NHS services, you should get private health insurance. This will involve paying a monthly or weekly fee. If you are then sick, the health insurance company will pay some or all of your healthcare, depending on your policy.

## What is the NHS?

The NHS is the National Health Service. Every British citizen can use the services provided by the NHS. Some services are free and others involve a fee. Free services are:

- 🏠 Hospital care
- 🏠 GP care
- 🏠 NHS direct phone support
- 🏠 Health care provided by walk in clinics including all family planning clinics

Most adults pay for the following, but it is cheaper than private healthcare:

- 🏠 dental care
- 🏠 opticians
- 🏠 prescriptions
- 🏠 transport to and from hospital for NHS treatment

But some people don't have to pay at all:

- 🏠 children (under 18)
- 🏠 people entitled to welfare benefits
- 🏠 asylum seekers who have received a HC2 certificate

## Free for all

Some services are available to everyone without charge:

- ◆ The initial test for HIV and counseling if the result is positive
- ◆ Treatment in Accident and Emergency. But, this only covers treatment in the Accident and Emergency department. Once you are admitted as an in-patient or treated as an outpatient, there will be charges unless you are exempt.
- ◆ Treatment for some communicable diseases such as TB (although there may be a charge for prescriptions)
- ◆ Compulsory mental health treatment
- ◆ Flu immunizations for people at high risk (with respiratory disease, chronic heart disease, diabetes and immunosuppression)
- ◆ Family planning services such as contraception and testing for STDs are free to all



# መምርሒ ጥዕና ኣብ ብርጣንያ

ሃገራዊ ኣገልግሎት ጥዕና (NHS) ኣብ ብርጣንያ ኣገልግሎት ናይ ጥዕና ይህብ። እንታይ ኣገልግሎታት ይቐርቡ? ሰባት ክኸፍሉ ኣለዎም ዲዩ? ብዛዕባ ክንረኽቦ ንኸእል ክንክን ጥዕና ዝምልከቱ ሕቶታት እምበኣር ሓድነት ትምልሰልና።

## ብNHS እንታይ ኣገልግሎታት እዩ ዝወሃብ?

### ህጹጽ ረድኤት

ዝኾነ ሰብ ብጽኑኦ እንተሓሚሙ ወይ ማህሰይቲ እንተወሪድዎ፣ እዚ ህጹጽ እዩ።

ናብ 999 ብምድዋል ኣምቡላንስ ሕተት ወይ ድማ ናብ ናይ ሓደጋን ህጹጽ ረድኤትን (A&E) ደጋርትመንት ናይቲ ሆስፒታል ኪድ።

ንኣብነት፣

- ዝኾነ ሰብ ሃለዎቱ ምስ ዘጥፍእ
- ቀጻሊ፣ ከቢድ ቃንዛ ኣፍልቢ
- ኣሽጋሪ መድመይቲ
- ከቢድ ቃንዛ
- ከቢድ መድመይቲ

### ኣብ ዝኾነ ግዜ ናብ ማእከላት ጥዕና ኪድ

ዝተፈላለዩ ማእከል ጥዕና ብዘይ ዝኾነ ቆጶራ ኣብ ዝመጸኻዮ ግዜ ኣገልግሎት ዝህባ ኣለዎ። ደሓን ንዝኾኑ ኩነታት ከም ቁስሊ፣ ዕንፍፍር፣ ቅርጻት፣ ፣ ጥባሕ፣ መንደድትን ህጹጽ መከላኸሊ ጥንሲን። ከምኡ'ውን ኣብ ዝኾነ ግዜ ብዘይ ቆጶራ ብፍላይ ንጾታዊ ጥዕና ዝምለከት ክትረኣየለን ትኸእል ክለኒካት ሙሉእ ብሙሉእ ምስጢራውያን ኣለዎ።

### ተረኛ ሓኪም (GPs)

እዚ ህጹጽ ንዘይኮነ ክንክን ጥዕና እዩ። ናብ GP ቅድሚ ምኻድካ፣ ክትምዝገብ ኣለካ። ኣብ ጥቓኻ ናብ ዘሎ GP ብምኻድ ንክትምዝገብ ሕተት። ኣብ ብርጣንያ ብኸመይ ከም ትነብር ዝሕብሩ ሰነዳት ክተርኢ ኢኻ። ምስ GP ክትምዝገብ ዝኾነ ጸገም እንተ ኣጓኒፉካ፣ ናብ ናይ ከባቢኻ ፕራይመሪ ኬር ትራስት (PCT) ብምድዋል ሓገዝ ሕተት። መራኽቢ ኣድራሻ ናይ ከባቢኻ PCT ኣብ [www.nhs.uk/ServiceDirectories/Pages/ServiceSearchAdditional.aspx?SearchType=PCT&ServiceType=Trust](http://www.nhs.uk/ServiceDirectories/Pages/ServiceSearchAdditional.aspx?SearchType=PCT&ServiceType=Trust) ክርክብ ይከኣል።

### NHS ዲረክት

እዚ ዝሰዕብ ቁጽሪ ጥዕናዊ ምኽሪ ንክትረከብ ትድዉሊሉ እዩ። ናብ

0845 4647 ደዉል. ገለ ገለ ሕቶታታት ንኣብነት ኣድራሻኻ ክትሕተት ኢኻ። ቀጻልካ ጸገምካ ብምግላጽ ምኽሪ ክትረከብ ይከኣል። እቲ ናይ ጥዕና ጸገም ድሕሪ ምግላጽካ፣ ናብቲ ተረኛ ሓኪም ወይ'ውን ኣድላዩ እንተኾይኑ ናብ ሆስፒታል ክትምራሕ ኢኻ። እዚ ኣብ ትሓመሉ ወይ ትህሰየሉ ግዜ እሞ'ኸኣ እንታይ ከም ትገብር ወይ ናባይ ከም ትኸይድ ኣብ ዘይትፈልጠሉ ግዜ ኣዝዩ ጽቡቕ ኣገልግሎት እዩ።

### ክንክን ስኒ

ዝበዝሑ ሓካይም ስኒ ኣብ ብርጣንያ ናይ ግሊ እዮም። ናይ NHS ሓኪም ስኒ ንምርካብ ንናይ ከባቢኻ PCT ተወከስ ወይ'ውን ኣብ ብኣንላይን ኣብ [www.nhs.uk/servicedirectories/Pages/ServiceSearch.aspx](http://www.nhs.uk/servicedirectories/Pages/ServiceSearch.aspx) ተመልከት። ሓካይም ስኒ ካብ ምኽፋል ነጻ እንተዘይኮንካ ክኸፍሉኻ እዮም።

### ሓኪም ዓይኒ

እዚ እም'ውን ከም ሓኪም ስኒ የኸፍሉ እዮም። እብ ከባቢኻ ንዘሎ ሓኪም ዓይኒ ብኣንላይን ርኽብ ወይ'ውን ን PCT ተወከስ።

### ኣብ ዌልስ ዲኻ/ኪ ትቅመጥ?

ናይ ከባቢኻ ኣገልግሎታት ኣብ [www.wales.nhs.uk](http://www.wales.nhs.uk) ርኽብ።



# ንNHS መን ከጥቀመሉ ይኸእል?

እዞም ዝሰዕሱ ሰባት ናይ ነጻን ምጥቃል ዋጋ ዝተገብሩ ኣገልግሎታት NHS ከጥቀሙ ይኸእሉ።

- ቆቆ ቀዋሚ ሕጋዊ ነገራ ብርጣንያ
- ቆቆ ሓተትቲ ዑቕባ
- ቆቆ ናይ ዑቕባ ሕቶኦም ዝተነጸገ ለም ነቲ ወሳኔ ይግባይ ኣብ ምባል ዘለዉ ሰባት
- ቆቆ ኣብ ብርጣንያ ክጸርሑ ፍቓድ ዘለዎም ሰባት
- ቆቆ ስደተኛታትን ዑቕባ ሰብኣዊ መሰል ዝተቀረጸም ሰባትን
- ቆቆ ኣብ ብርጣንያ ብህጋዊ መንገዲ ን12 ኣዋርሕ ከም ቀወምቲ ነበርቲ ክነበሩ ዝጸንሑ ሰባት (ንኣብነት፡ ዝኾነ ብመርዓ ዝኣተወ ሰብ)

እዞም ዝሰዕሱ ሰባት ድማ ንብNHS ዝወሃብ

ኣገልግሎት ብዘይካ ነቲ ንኹሉ ነጻ ዝኾነ ንኸልእ ክኸፍሉ ይግደዱ።

- ቆቆ ናይ ዑቕባ ሕቶኦም ዝተነጸገ ሰባት እም ካብ ብርጣንያ ክወጹ ዝጸበዩ ዘለዉ፡ ንዝኾነ ይኹን ሕክምና ሕቶኦም ቐድሚ ምንጻጉ ዝጀመርዎ ኣይከፍሉሉን እዮም። ንዝኾነ ይኹን ሓድሽ ሕክምና ግና ክኸፍሉሉ ይግደዱ።
- ቆቆ ኣብ ብርጣንያ ንትሕቲ 12 ኣዋርሕ ክነበሩ ዝጸንሑ ሰባት።
- ቆቆ ብዘይጋዊ መንገዲ ኣብ ብርጣንያ ዘለዉ ሰባት

ህጹጽ ሓገዝ

ዘድልዮም ሰባት ከምኡ'ውን ክንክን ኣደ፡ ክኸፍሉ ቐድሚ ምሕታቶም ሕክምና ይግበረሎም። ናይ ግሊ ሕክምና ኣብ NHS እንተዘይኮይኑ ኣዝዩ ክቡር ኣዩ። ነጻ ኣገልግሎት NHS ክትረከብ እንተዘይከኣልካ፡ ግላዊ መድሕን ጥዕና ክትኣቱ ኣለካ። እዚ ድማ ወርሓዊ ወይ ሰሙናዊ ክፍሊት የጠቓልል። ብድሕሪ'ዚ እንተሓሚምካ፡ እቲ ናይ ጥዕና መድሕን ካምጋኒ ብመሰረት ስምምዕካ ንብመጠኡ ወይ'ድማ ክፋል ናይቲ ዝግበረልካ ኣገልግሎት ይኸፍሎ።

## ንኹሉ ሰብ ብነጻ

- ገለ ገለ ኣገልግሎታት ንኹሉ ሰብ ብነጻ ኣለዉ።
- ◆ መርመራ HIVን ከምኡ'ውን እቲ መርመራ እወንታ እንተኾይኑ ንዝወሃብ ምኽሪ
  - ◆ ኣብ ግዜ ሓዲጋን ህጹጽ ኩነታትን ዝወሃብ ሕክምና። እንተኾነ ግና እዚ ኣብ ናይ ሓዲጋን ሕጻጽ ኩነታትን ደጋርትመንት ዝወሃብ ኣገልግሎት ጥራይ የጠቓልል። ሓንሳብ ከም ናይ ወሽጢ ሕሙም ወይ'ውን ተመላላሲ ሕሙም ፍቓድ ምስ ተቀረጸካ ግና፡ ካብ ክፍሊት ነጻ እንተዘይኮንካ ክትከፍል ትግደድ።
  - ◆ ንተመሓላለፍቲ ሕማማት ዝወሃብ ሕክምና፡ ንኣብነት TB (ንዝእዘዘልካ መድሃኒት ዝኸፈል ዋጋ ግና ክህሉ ይኸእል እዩ)
  - ◆ ናይ ግድን ኣገዳሲ ሕክምና ናይ ኣእምሮ
  - ◆ ክታቦት ናይ ኢንፍልዌንሻል ንኣብ ልዑል ሓዲጋ ዘለዉ ሰባት (ሕማም ምስትንፋስ፡ ሕዳር ሕማም ልቢ፡ ሽኮርያን ድኽመት ናይ ስርዓተ ምክልኻል ዘለዎም ሰባት)
  - ◆ ኣገልግሎት ወጥን ስድራ ቤት፡ ከም መከላኸሊ ጥንስን መርመራ ንብስጋዊ ርክብ ዝመሓላለፉ ሕማማትን ንኹሉ ሰብ ነጻ እዮም

## NHS ኣንታይ'ዩ?

NHS ሃገራዊ ኣገልግሎት ጥዕና እዩ። ዝኾነ ብርጣንያዊ ብNHS ዝወሃቡ ኣገልግሎታት ክጥቀሙም ይኸእሉ። ገለ ኣገልግሎታት ብነጻ እዮም ካልኣት ድማክፍሊት ይሓቱ። ኣቶም ናይ ነጻ ኣገልግሎታት እዞም ዝሰዕሱ እዮም።

- ቆቆ ክንክን ሆስፒታል
- ቆቆ ክንክን GP
- ቆቆ ደገፍ ብተሌፎን ናይ NHS direct
- ቆቆ ብክሊኒካት ዝወሃብ ክንክን ጥዕና ከምኡ'ውን ብክሊኒካ ወጥን ስድራ ስድራ ቤት

ዝበዝሑ ክንዲ ሰብ ዝኣኸሉ ሰባት ነዞም ዝሰዕሱ ይኸፍሉሎም። እንተኾነ'ውን ካብ ናይ ግሊ ሕክምና ዝሓሰረ እዩ።

- ቆቆ ክንክን ስኒ
- ቆቆ ሕክምና ዓይኒ
- ቆቆ ብደክተር ዝተኣዘዙልካ መድሃኒታት
- ቆቆ ሕክምና NHS ክትረከብ ካብን ናብን ሆስፒታል ክትመላለስ ተጥፍኦ ናይ መጻዓዝያ ወጻኢታት

እንተኾነ ግና ገለ ሰባት ጠቕላላ ዘይከፍሉ ኣለዉ።

- ቆቆ ቆልዑት (ትሕቲ 18 ዓመት)
- ቆቆ ካብ መንግስቲ ፋይናንሳዊ ሓገዝ ኣብ ምርካብ ዘለዉ ሰባት
- ቆቆ ሓተትቲ ዑቕባ HC2 ሰርቲፊኬት ዘለዎም



# First day at work

Last month, we heard the story of Issayas who had just done two weeks work experience in a parasitology lab. This month, he got his first job in the UK. *Hadnet* finds out how he did it and the story of his first day.

**T**oday, University of Asmara Chemistry Graduate, Issayas, had his first day at work in the UK.

He arrived in Britain with a lot of skills and experience on his CV—high school and college chemistry teaching, a chemistry degree, shop work and satellite dish installation.

Armed with a solid CV, Issayas thought he would be able to find a job: “I knew it would be hard to because of the recession. But I thought it would be relatively easy to find a job in my field because of my degree.”

But, things were not as Issayas expected: “The reality was opposite to my expectations. Not only was it difficult in my field, I couldn’t find any kind of work. I realised even my degree wasn’t recognised by everyone.”

“Determined to find work, I applied as a sales assistant, catering assistant, factory worker, shop worker, and similar.

“I have some experience in these areas so I thought they were good jobs to apply for.

“But I got nothing—no one came back to me from the hundreds of jobs.”

Issayas decided that applying for jobs wasn’t enough: “When no one paid attention to my CV I realised my it was not good enough for the UK. I decided to develop it.

“The first thing I did was to

start volunteering to gain skills and build UK references. Then I found work experience in a parasitology lab.”

“These things built my confidence, skills and opened up chances. I had UK references and more to put on my CV.

“I also joined a lot of job agencies to help me search.”

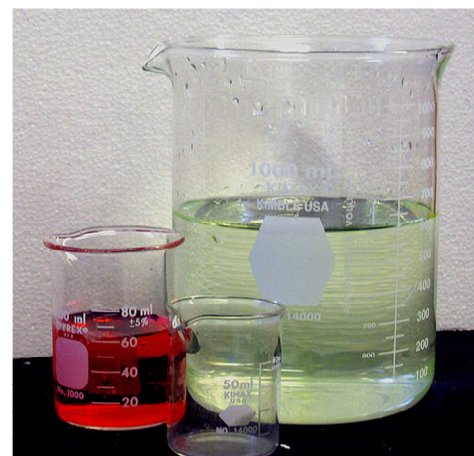
After 3 months of looking, Issayas got the phone call he was waiting for: “Someone from a recruitment agency called me and said there was a temporary position available for a lab technician. They told me the employer was really interested in me. Was I available to start the following Monday?”

Issayas’ first reaction was excited but tentative: “I was nervous and all of a sudden I thought my brain was empty. I thought I knew nothing to do the job. I didn’t sleep much the night before.

“At least I wasn’t nervous about getting along with people though because the work experience and volunteering had boosted my confidence.”

Issayas managed to calm his nerves: “I kept thinking positively. I told my mind that I could do it. And asked whenever I had a question.”

Successfully controlling his nerves, Issayas’ first day was a success: “My fears weren’t justified. They show you all the procedures you have to follow.



When you are shown how to do something, it builds your confidence.

“I also knew the science behind what they were doing so my head wasn’t empty really!”

Issayas quickly learned about his new role: “Health and safety issues were explained to me. I had an induction with my boss, which introduced me to the team and the lab. I was then given my first task to prepare samples.”

For Issayas, getting any job was great, but working in his field was a dream come true: “I’ve always wanted to work in a lab, practicing chemistry rather than teaching theory.”

He has some advice for other Eritreans who are seeking work: “Don’t give up. You might even apply to hundreds and hundreds of jobs and get nothing. And if an employer doesn’t get back to you, don’t hesitate to contact them and ask why.

“Besides this, take every chance that comes your way, whether its training, work experience or volunteering.”

“Sign up with as many job agencies as you can find and never lie on your CV.”

**Issayas got this job by posting his CV on [monster.co.uk](http://monster.co.uk). He volunteers with BTCV and Alzheimer’s Society. He found two week’s work experience through friends and family. Let us know how you found your job at [hadnetmag@googlemail.com](mailto:hadnetmag@googlemail.com)**



This page is for English practice. It has some news from this month in simple English.

# Faster global warming

Scientists think global warming is happening quickly. Two research teams measured past records. We know that natural gas makes temperatures rise.

But the scientists found something new. Rising temperatures cause more greenhouse gases to be released from forests. This makes the temperature rise more quickly.

## What is global warming?

Global warming is the rise in the temperature on earth.

The earth is warmed by the sun. The sun's rays go through the earth's atmosphere. Then, they are reflected back into space.

The atmosphere has layers of gases.

Some of the gases are called greenhouse gases. Most greenhouse gases are natural. They are a blanket for the earth.

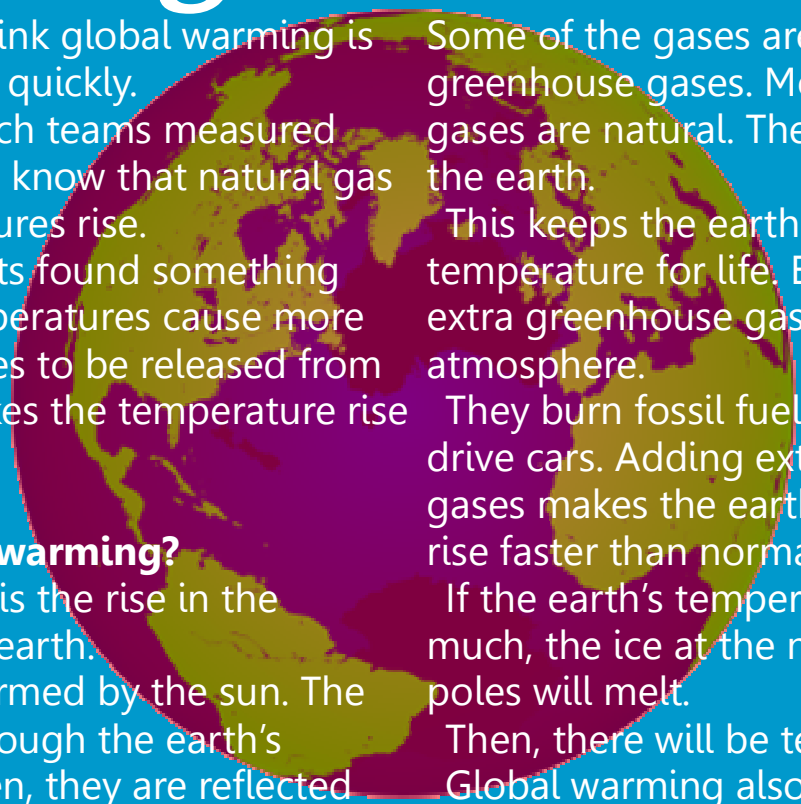
This keeps the earth the right temperature for life. But, humans add extra greenhouse gases to the atmosphere.

They burn fossil fuels for power, and drive cars. Adding extra greenhouse gases makes the earth's temperature rise faster than normal.

If the earth's temperature rises too much, the ice at the north and south poles will melt.

Then, there will be terrible floods.

Global warming also affects the weather. This can make it difficult to grow crops.



# ቅልጡፍ ዓለማዊ ረስኒ

ተመራመርቲ ስነ ፍልጠት ዓለማዊ ረስኒ ብቅልጡፍ የጋጥም አሎ ይብሉ። ክልተ ናይ ምርምር ጉጅላታት ድማ ዝሓለፈ መዛግብቲ ዓቂን። ከም ንፊልጦ ባህርያዊ ጋዝ መቐት ይወስኹ። እንተኾነ እቶም ተመራመርቲ ስነ ፍልጠት ሓደ ሓድሽ ነገር ረኺቦም። ምወሳኽ መቐት ጠንቂ ናይ ምዝርጋሕ ግሪን ሃውስ ጋዛት ካብ ጫካታት እዩ። እዚ ድማ ንዋዒ ብቅልጡፍ ከም ዝወስኽ ይገብር።

## ዓለማዊ ረስኒ እንታይ እዩ?

ዓለማዊ ረስኒ መጠን መቐት ናይዛ ንነብረላ ዓለም ኩብ ኩብል ከሎ ማለት እዩ። መሬት ብጸሓይ ትመወቕ። ጨራ ናይ ጸሓይ ብኣትሞስፊር አቢሉ ናብ መሬት ይስንጥቕ። ብድሕሪዚ ተንጸባሪቕ ናብ ህዋ ይምለስ። ኣትሞስፊር ቀጸላታት ናይ ጋዛት አለዎ። ገለ ካብዞም ጋዛት እዚ እቶም ድማ ግሪንሃውስ ጋዛት ይባላሉ። ዝበዝሑ ግሪንሃውስ ጋዛት ባህርያዊያን እዮም። ንመሬት ድማ ከም ኮቦርታ ኮይኖም የገልግልዎ። እዚ ድማ ንመሬት ንሂወታወያን ምቹእ ዝኾነ ዋዒ ከም ዝህልዎ ይገብር። እንተኾነን ደቂ ሰባት ናብ ኣትሞስፊር ዝይዩ ዝኾኑ

ግሪንሃውስ ጋሳት ይወስኹ። ምንጪ ሓይሊ ንምርካብ ነዳዲ የንድዩን መካያን ይጥቀሙን። ዝያዳ ግሪን ሃውስ ጋዛት ናብ ኣትሞስፊር ምወሳኽ ዋዒ ናይ መሬት ካብቲ ንቡር ብዝቐልጠፈ ከም ዝወስኽ ይገብር። መቐት ናይ መሬት ብብዝሒ እንተወሰኹ፣ ኣብ ሰጻናውን ደቡባውን ጫፋት ናይ መሬት ዘለዉ በረድ ይመኩ። ከም ወጽኢቱ ድማ ኣስቃቂ ዝኾነ ዕልቕልቕ መሬት ይርእ። ዓለማዊ ረስኒ ንኩነታት ኣየርዉን ይጸልዎ እዩ። እዚ ድማ ንምዕባይ ዘራእቲ ኣሸጋጋይ ይገብር።



# Women's Day Celebrations

**O**n March 8th, people in many countries celebrated International Women's Day (IWD).

IWD celebrates economic, social and political achievements of women.

The first IWD was in 1911. In a conference in 1910 in Copenhagen, there was agreement to celebrate women once a year.

In 1911 more than one million women attended IWD events in Austria, Denmark, Germany and Switzerland. Now IWD is celebrated in many countries.

In Eritrea, China, Russia and other countries, IWD is a national holiday.

Write to Hadnet to tell us your IWD stories.



Women in New York 1912 campaign for women to get the vote

## ጽንብላት መዓልቲ ደቂ ኣንስትዮ

**ከ**ብ 8 መጋቢት፣ ኣብ ቡዙሓት ሃገራት ሰባት ንኣህጉራዊ መዓልቲ ደቂ ኣንስትዮ ጸንቢሎም።

ኣህጉራዊ መዓልቲ ደቂ ኣንስትዮ፣ ንቁጠባዊ፣ ማሕበራዊን ፖለቲካዊን ዓወታት ደቂ ኣንስትዮ ይጽንብል።

ኣህጉራዊ መዓልቲ ደቂ ኣንስትዮ ንመጀመርታ

ግዜ ኣብ 1911 ተኸቢሩ። ኣብ 1910 ኣብ ኮፐንሃገን ኣብ ዝተኸየደ ዋዕላ፣ ዕመታዊ ንደቂ ኣንስትዮ ንምዝንባል ኣብ ስምምዕ ተበጺሑ።

ኣብ 1911 ኣብ ኣዉስትራልያ፣ ዴንማርክ፣ ጀርመንን ስዊዘርላንድን ኣብ ዝተኸየዱ ኣጋጣሚታት ኣህጉራዊ መዓልቲ ደቂ ኣንስትዮ ልዕሊ ሓዲ ሚልዮን ደቂ ኣንስትዮ ተሳቲፈን።

ኣብዚ እዋን'ዚ ኣህጉራዊ መዓልቲ ደቂ ኣንስትዮ ኣብ ቡዙሓት ሃገራት ይኸበር።

ኣብ ኤርትራ፣ ቻይና፣ ፋሽያን ካልኣት ሃገራትን፣ ኣህጉራዊ መዓልቲ ደቂ ኣንስትዮ ሃገራዊ በዓል እዩ።

ናይ ኣህጉራዊ መዓልቲ ደቂ ኣንስትዮ ዛንታታትኩም ናብ ሓድነት ጽሓፉልና።

### Key Words

to celebrate	ምጽንባል
(celebrated)	(ተጸንቢሉ)
economic	ቁጠባዊ
social	ማሕበራዊ
political	ፖለቲካዊ
achievements	ዓወት
conference	ዋዕላ
agreement	ስምምዕ
to attend	ምስታፍ/ምክፋል
(attended)	(ተሳቲፉ/ፋ ወይ ድማ ተኸፊሉ/ላ)
events	ኣጋጣሚታት
national holiday	ሃገራዊ በዓል
global warming	ዓለማዊ ረስኒ
atmosphere	ኣትሞስፊር
temperature	ሙቕት
to rise	ምወሳኽ
(rising)	(ይወስኽ ኣሎ)
to rise	ምወሳኽ
(rise)	(ይወስኽ)
to happen	ምግጣም
(happening)	(የጋጥም ኣሎ)
research	መጽናዕቲ
team	ጋንታ/ ጉጅለ
gas	ጋዝ
natural gas	ባህርያዊ ጋዝ
greenhouse gas	ግሪን ሃውስ ጋዝ
to release	ምዝርጋስ
(released)	(ተዘርጊሑ)
ray	ጨራ
to reflect	ምንጽብራቕ
(reflected)	(ተንጸባሪቐ)
space	ጠፈር
layers	ቀጸላታት
to burn	ምንዳድ
(burn)	(ይነድድ)
to add	ምወሳኽ
(adding)	(ይወስኽ ኣሎ)
faster	ብቐልጠፍ
ice	በረድ
pole	ጫፍ
to melt	ምምኻኽ
(melt)	(መኸኸ)
terrible	ብጣዕሚ ሕማቕ
floods	ዕልቕልቕ
weather	ኩነታት ኣየር

# UK Democracy

A democracy usually involves free elections of leaders and parties to represent the people. Democracies need freedom of speech and a free media. This means people can say what they want, even in newspapers, on the radio and on TV, as long as it doesn't break the law. Can you think of times when freedom of speech shouldn't be allowed?

The UK has a parliamentary democracy. Parliament in the UK is the place where laws are made. When someone wins the general election in a constituency, he or she becomes a member of parliament.

An area of the UK. Each area can elect one MP.

The United Kingdom has a **democracy**. How does it work? The UK is divided into 646 **constituencies**. Every 4-5 years people vote for a **Member of Parliament** (MP) in a **General Election**. In each constituency, the MP with the most votes gets a **seat** in parliament. Most MPs belong to a **political party**. The political party with the most **elected** MPs **forms the government**.

In the UK, a national election. MPs are chosen in every constituency.

A seat in parliament means a legal right to be a member of parliament. When the government suggests a new law, each member of parliament can debate that law and vote yes or no.

Political parties are groups that share ideas about how to run a country. The biggest political parties in the UK are the Labour Party, The Conservative Party and the Liberal Democrats. MPs belonging to the same party usually vote together to pass new laws. This means the leader's party can usually pass new laws.

Forming the government means the party leader becomes Prime Minister and members of the party form the cabinet. The Prime Minister chooses MPs to be cabinet ministers. Cabinet ministers run government departments such as the Ministry of Education and the Ministry of Health. Also in the Cabinet are the Deputy Prime Minister, the Chancellor of the Exchequer, the foreign secretary and the home secretary.

Chosen by the people. Each person registered to vote can vote for an MP. The votes are counted. The person with the most votes is elected as an MP.

Even the word democracy has no agreed definition. So, explaining the democracy of one country in detail is impossible in a small space. This is a brief introduction to the UK's democratic system. We'll add a little detail each month on the culture page and you can write in with any questions.

**Democracy means.....**



Every adult can vote in regular, free and fair elections. This is usually done through a secret ballot.



There is freedom of speech and expression with minimal limitations. Freedom of speech means you can say anything you want. However, in every country there are some limitations on this. For example, you can't say anything that incites violence or that is slanderous. Your speech also should not put others in danger, for example, shouting, "Fire!" in a crowded place.



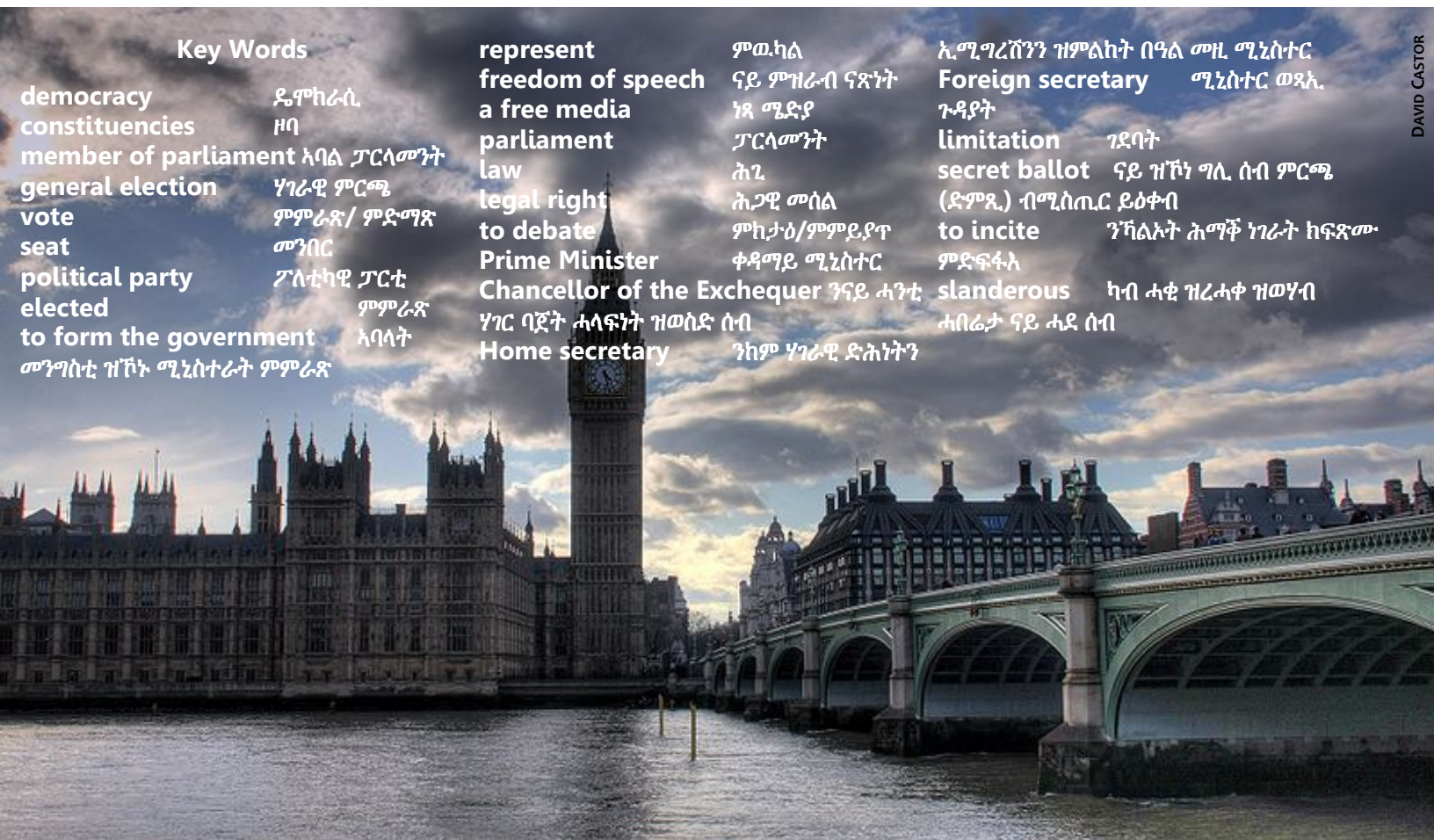
There is a free media, under the same limitations of freedom of speech.

**Key Words**

democracy ዴሞክራሲ  
 constituencies ዞባ  
 member of parliament አባል ፓርላመንት  
 general election ሃገራዊ ምርጫ  
 vote ምምራጽ / ምድማጽ  
 seat መንበር  
 political party ፖለቲካዊ ፓርቲ  
 elected ምምራጽ  
 to form the government አባላት መንግስቲ ዝኾኑ ሚኒስትራት ምምራጽ

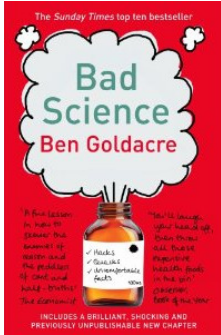
represent ምወካል  
 freedom of speech ናይ ምዝራብ ናጽነት  
 a free media ነጻ ሜድያ  
 parliament ፓርላመንት  
 law ሕጊ  
 legal right ሕጋዊ መሰል  
 to debate ምክታዕ/ምምይያጥ  
 Prime Minister ቀዳማይ ሚኒስትር  
 Chancellor of the Exchequer ንናይ ሓንቲ ሃገር ባጀት ሓላፍነት ዝወስድ ሰብ  
 Home secretary ንክም ሃገራዊ ድሕነትን

ኢሚግራሽንን ዝምልከት በዓል መዚ ሚኒስትር  
 Foreign secretary ሚኒስትር ወጻኢ ጉዳያት  
 limitation ገደባት  
 secret ballot ናይ ዝኾነ ግሊ ሰብ ምርጫ (ድምጺ) ብሚስጢር ይዕቀብ  
 to incite ንኻልኣት ሕማቕ ነገራት ክፍጽሙ ምድፍፋኣ  
 slanderous ካብ ሓቂ ዝረሓቀ ዝወሃብ ሓበሬታ ናይ ሓደ ሰብ



# Reviews

How to use the scientific method in every day life, and a 3D cinema experience



## Books

### **BAD SCIENCE**

#### **Author**

Ben Goldacre

#### **Published**

2008

science in a funny and easy to read way.

I strongly recommended this book to help you challenge yourself and others when you are given health advice, and to have a lot of fun at the same time.



**D**o you remember the scientific method from school? Ben Goldacre reminds us about the importance of applying scientific rigour to information we are given.

He explores lies and misleading health information given to us by newspapers, television and alternative medicine practitioners. He teaches how to apply science to false claims. He talks about double blinding, statistical analysis and other key elements of

## Film

### **ALICE IN WONDERLAND 3D**



#### **Director**

Tim Burton

**T**his film is based on the famous book, written by Lewis Carroll.

This is a fantasy film full of strange characters and odd jokes.

Alice is being pressured

into a marriage with someone she doesn't like very much.

She sees a rabbit wearing a hat and follows it down a hole into Wonderland.

She is told she must save this other world by killing a beast called the Jabberwocky.

In 3D, the film is exciting and all the fantasy characters come to life.

I found it very funny, but not many other people in the audience were laughing. It's a good fun film, but I recommend the 3D over the 2D version.



## Quiz

Try to answer the questions from the information in this issue. Answers next month.

1. Who can access NHS free services?
2. When is International Women's Day celebrated?
3. How many constituencies are there?
4. What does MP stand for?

## Sudoku

Enter numbers from 1-9 into the blank spaces. Every row and column must contain one of each number, as must every 3x3 square. There is no need to guess. You can find the answer using logic.

	4			2		1	9
			3	5	1		8
3	1			9	4	7	
	9	4					7
2						8	9
		9	5	2			4
4	2		1	6	9		
1	6		8				7