

Hadnet

A woman and two children are smiling and posing for a photo. They have their faces painted with the colors of the South African flag: green, white, blue, red, and yellow. The woman is wearing a green t-shirt and blue jeans. The children are wearing a yellow tank top and a black t-shirt with a South African flag design. In the background, a large South African flag is visible, and the scene is set on a rocky beach with the ocean and a clear blue sky.

Supporting Eritreans in the UK

Issue 7, August 2010

**Exclusive
interview
With Hayelom**

**Write your
CV**

Plus citizenship guide, news and your letters

Contents

Dear readers,

With the Fifa World Cup finished and the football season starting, we thought a guide to football vocabulary might come in useful (p.21).

Research has found that refugees can be likely to develop mental health illness, which can be hard to identify and know where to seek help. On page 10 Hadnet explores symptoms, treatment and ways to maintain good mental health.

If you're still job hunting, or are looking for a change, try building a skills-based CV to best sell your strengths to employers (p.14).

Our correspondent Viviana explores an Eritrean eating culture (p.20) and our young readers in Streatham, London, introduce themselves (p.16).

We also bring you up to date on the oil spills of the last few months and sports news.

We would still love your feedback and invite you to visit either of our website www.hadnetmagazine.co.uk. Email us anytime at hadnetmag@googlemail.com or join our facebook fan page, hadnetmag.

Enjoy!

Susie, the editor.

With thanks to Issayas Bereket, Hayelom Mussie and Viviana Amanuel for their help and translation.

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Oil spill disasters

Two major oil spills over the last three months highlight the ecological threat of oil.

China had the country's worst ever oil spill, covering 420km².

A fire at a state-owned oil depot caused crude oil to leak into the sea for several days.

Without protective or specialist equipment, Chinese fishermen and other volunteers have been working day and night to clear up the oil spill.

China says the oil slick has not reached international waters, largely due to the efforts of the fishermen.

In America, off the coast of Louisiana, was the nation's worst

ever off shore oil spill.

An explosion on 20 April on the *Deep Water Horizon* oil rig killed 11 workers and started a large oil spill.

Since then, BP, the company responsible for the spill, has been trying to stop oil pouring into the water.

Up to 700 million litres so far have spilled into the Gulf of Mexico, affecting 70km of coastline. As well as the human lives lost, wildlife and livelihoods have been damaged.

A cap has now been put on the well, and the cleanup is underway.

Environmental campaigners are using these disasters to highlight



the danger in our dependence on oil.

19 Medals for Brits

Mo Farah made history when he became the first ever British person to win the 10,000m gold at the European Championships.

Mo Farah came to the UK when he was 8-years-old from Somalia. His father brought him here to escape the civil war.

His PE teacher spotted his running talent and entered him

into his first competitions.

Fellow Brit and friend of Farah, Chris Thompson came in second.

Britain won 19 medals in total, the most in 72 years, including 6 golds, 7 silvers and 6 bronzes.

Other gold medals were for men's triple jump, men's 110m hurdles, women's heptathlon, men's 5000m and men's 400m



Key Words

oil	ዘይቲ
to spill	ምፍሳስ፣ ምኽፋወ
ecological	አከባቢያዊ
to leak	ምንዛዕ
threat	አፍራሒ
protective	ተኸለኻለ
specialist	በዓል ሞያ
oil slick	አብ ማይ ጸምበለል ዝበለ ዘይቲ
explosion	ነትጉ፡ ምፍንጃር
to pour	ምፍሳስ
coastline	ገምገም ባሕሪ
campaigner	ተጣባቂ
to depend	ምምርኳስ፣ ጽግዕተኛ ምኽን
livelihood	መነባብር
wildlife	ናይ በረኽ ሂወታዊያን
to damage	ምህሳይ፣ ምዕናው
oil rig	መሳርሒ ናይ ኩዕታ ዘይቲ
to make history	ታሪኽ ምስራሕ
to spot	ምልላይ
talent	ክእለት
medal	መዳልያ
hurdles	መሰናኸል
heptathlon	ሸወዓተ ንጥራታት ዝሓቕራ ወ.ድ.ድር

ዝኸበርኩም ኣንብብቲ፤

ምስ ምዝዛም ግጥማት ዋንጫ ዓለምን ምጅማር ሓድሽ ወቕቲ ግጥማት ፕሪመር ሊግን፤ ሓበሬታ ብዛዕባ ቃላት ኩዕሶ እግሪ ጠቓሚ ኮይኑ ይስምዓና (ገጽ 21)።

መጽናዕትታት ከም ዝረኹብዎ፤ ስደተኛታት ከቢድን ንኸተለልዩ ኣጸጋምን ዝኸነ ናይ ኣእምሮ ሕማም ከማዕብሉ ልዑል ተኸእሎ ኣሎ። ኣብ ገጽ 10 እምበኣር ንምልክታት፤ ፈወሳን ጽብቕ ጥዕና ናይ ኣእምሮ ክህልወካ ዝሕግዙ ኣገባባት ኣመልኪታ ሓድነት ሓበሬታ ትህበና። ስራሕ ኣብ ምድላይ ወይ'ውን ለውጢ ናይ ስራሕ ኣብ ምርካብ ንኣትርክቡ ሰባት፤ ናይ ስራሕ ወረቐትኩም ኣብ ሞያኹም ዘተኮረ ገይርኩም ብምጽሓፍ ኣስራሕቲ ብተሓማማንነት ከም ዝቐጽርኩም ግበሩ (ገጽ 14)። ወኪልና ኣብ ኤርትራ ቪ.ቪያና ኣማኑኤል ንሓደ ካብቲ ቡዙሕ ዝኸነ ባህላዊ መግቢን ኣገባብ ኣበላልዕኩን ኣመልኪታ ጽሑፋትልና ኣላ (ገጽ 20)። ከምኡ'ውን ህጻናት ኣንብብቲ መጽሕፍት ሓድነት ካብ ስትሪትሃም፤ ለንደን ምስ ነብሶም ብደብዳብ የላልዩና (ገጽ 16)። ከምኡ'ውን ምስ ናይ ዝሓለፈ ሓደጅት ኣዋርሕ ምልሓኹ ዘይቲን ዜናታት ስፖርትን ዝምልከት ጽሑፍ ሰፊሩ ይርከብ።

ሕጂ'ውን ከም ኩሉ ግዜ ርእይቶኹም፤ ደብዳቤታትኩምን ሕቶታትኩምን ክንቐበል ድሉዋት ምዃንና እንዳሓበርና ኣብ መርብብ ሓበሬታና www.hadnetmagazine.com ክትበጽሑና ንዕድም። ኣብ ዝኸነ ግዜ ድማ ናብ hadnetmag@googlemail.com ኣመይል ልኣኹልና ወይ'ውን ኣብ ናይ ፊይስቡክ ገጻትና hadnetmag ተጸንበሩና።

ተሓጎሱ!

ሱዚ, ኤዲተር

ንዝገበሩለይ ሓገዝን ምትርጓምን ንኢሳይስ በረኸት (ካብ ዓባይ ብርጣንያ)፤ ሓየሎም ሙሴን (ካብ ኣሜሪካ)ን ቪ.ቪያና ኣማኑኤል (ካብ ኤርትራ) ልዑል ምስጋናይ ይብጸሓዮም።

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አብቲ ብሃገር ዝወሃን መኻዘን ናይ ዘይቲ ዘጋጠመ ባርዕ ሓዊ፣ ንቡዙሕ መዓልታት ዘይቲ ናብ ባሕሪ ከም ዝፈሰስ ገይሩ።

ቻይናውያን ገፈፍቲ ዓሳን ካልአት ወለንተኛታትን ብዘይ ዝኾነ መከላኸሊ ወይ'ውን ሞያዊ መሳርሒ ነቲ ዘጋጠመ ምፍሳስ ዘይቲ ንምጽራይ ለይትን መዓልትን ክሰርሑ ቀንዮም።

ከም ወጽኢት ጸዕሪ ናይዞም ገፈፍቲ ዓሳ ድማ፣ እቲ ዘይቲ ኣብ አህጉራዊ ማያት ከም ዘይበጽሐ ሓቢራ።

አብ አመሪካ ድማ፣ ወጻኢ ካብ ገማግም ባሕሪ ልዊዚያና፣ ናይታ ሃገር ዝኸፍአ ምልሓኹ ዘይቲ ተራእዮ።

አብ ትሕቲ ማያት ብ20 ሚያዝያ ዘጋጠመ

ምፍንጃር 11 ሰራሕተኛታት ከሞቱ ከለዉ ኣዝዩ ቡዙሕ ዝኾነ ምልሓኹ ዘይቲ'ውን ኣኸቲሉ።

ካብዚ ግዜ'ዚ ጀሚሩ ድማ BP (ናይ ብርጣንያ ትካል)፣ ናይቲ ምልሓኹ ተሓታቲ ዝኾነ ትካል፣ ነዚ ምልሓኹ ንምቕራጽ ጸዕርታት ክገብር ጸኒሑ።

ክሳብ ሕጂ ድማ ክሳብ 700 ሚልዮን ሊትሮ ዝበጽሕ ዘይቲ ናብ ገማግም መክሲኮ ፈሰሱ። ከም ተወሳኺ ናይቲ ኣብ ሂወት ደቂ ሰባት ዘስዓቦ ክሳብ፣ እንስሳ ዘገዳምን መነባብሮ ደቂ ሰባት'ውን መጉዳእቲ ወሪድዎ እዩ።

አብቲ ዓላ ኣብዚ ግዜ'ዚ መኻደን ተነቢሩሉ ይርከብ፣ እቲ ናይ ምጽራይ መስርሕ'ውን ተጻፊቶ ይርከብ። ተጣብቕቲ ናይ አከባቢ ድማ ነዚ ዕንወት'ዚ



ከም ኣብነት ብምወሳድ ኣብ ዘይቲ ናይ ዘለና ምርኮሳ ሓዲገኛነት የብርሀ።

19 መዳልያታ ንብርጣንያውያን ኣትሊታታት

ሞ ፋራሕ ኣብ ታሪኽ ዓባይ ብርጣንያ ናይ መጀመርታ ተዓዋቲ ወርቂ መዳልያ ኣብ ናይ 10,000 ሜትሮ ዉድድር ቻምፕዮንሺፕስ ኤዉሮጳ ብምዃን ታርኽ ሰሪሑ።

ሞ ፋራሕ ውዲ 8 ዓመት ከሎ አዩ ካብ ሶማሊያ ናብ ብርጣንያ ምጺኡ። ኣቡኡ ካብቲ ዝነበረ ሕድሕዳዊ ኩናት ንከድሕኖ አዩ ናብዚ አምጺኦ።

ናይ አካላዊ ምንቅስቃስ መምህሩ ነቲ ዘለዎ ናይ ጉያ ክእለቱ ብምዕዛብ ናብ ናይ መጀመርታ ዉድድራቱ ከም ዚኣቱ ገይሩ። ዓርኪ ፋራሕ ዝኾነ ብርጣንያዊ ክሪስ ቶምሰን ድማ ካልኣይ ብምዃን ተዓዊቱ።

ብርጣንያ ድሕሪ 72 ዓመታት ዝበዝሐ መዳልያታት ማለት 19 መዳልያታት ካብዚአም 6 ወርቂ፣ 7 ብሩርን 6 ነሓስን ተዓዊታ።

ብዘይካ ናይ ፋራሕ እተን ዝተረፉ

ወርቂ መዳልያታት እቲ ዝተረፈ ወርቂ መዳልያታት ኣብ ዝላ 3 ግዜ፣ መሰናኸል 110ሜ ደቂ ተባዕትዮ፣

ዉድድር 7 ንጥፊታት ደቂ ኣንስትዮ፣ 5000ሜ ደቂ ተባዕትዮን ናይ 400ሜ መሰናኸል ደቂ ተባዕትዮን'ዩ።



Hayelom in the USA

Hayelom moved to Dallas, Texas, USA last month. He tells *Hadnet* about his first impressions



Hayelom in Ugansa before moving to the States

Born and raised in Asmara, Hayelom studied his Elementary and Junior classes in *Mai Tesfa* school.

After completing his secondary level in Red Sea secondary school, he joined the University of Asmara in 2002. He did five years study in Agricultural engineering in 2008. He left Eritrea in 2009 and arrived in Dallas, USA in July 2010. Here's Hayelom's first impressions of Dallas;

Where are you now? And what does it look like?

I'm in East Dallas now, it's a big city which is bordered with Mexico. At the moment the weather is hot. A long time ago this place was a desert with no trees around, but now there are many trees planted by people.

What is your first impression of Dallas?

My first impression is about the trees. When I was in Eritrea I used to think about America as if it is green everywhere. So, when I see it being here, my impression is about the way people made this place into a green area.

What do you like about it?

The thing I like the most about this place is wherever you go (in offices) people are friendly and very helpful. They have excellent customer service. The other thing is, I used to think as if the Eritreans here never see each other due to work and other things, but there is a

very good Eritrean community here. A lot of people came to visit me when I first came here.

What do you not like about it?

The one thing I find hard here is it is not east to make friends. Even though there is a big Eritrean community here, I haven't managed to find some one of similar age to me. Apart from that I found everything nice.

Do you miss Eritrea? Why?

Sure! Definitely I miss it. I miss Asmara more than everything. I miss the social life we had in Asmara and Asmara's weather is not easy to find. I miss the weather a lot.

What are you doing at the moment? And what are your future plans?

At the moment I'm collecting all the documents I need to live and work here. I'm learning to drive as well, driving is a very important thing here especially when it is too hot or too cold. My first plan was to start education.

I passed a test called English for other language speakers (ESOL) and was allowed to join Richland community college, but I cant afford to study at the minute as I came here a little bit late and missed the Federal Fininicial Aid deadline. As a result my study plans are postponed to next year. But in short my plan is to work this year and work and study from next year and after that like most people I want get married and settle down.

If there is anything you would like to say to the readers?

What I say to the readers is very short. As human beings we grow up, get old and die, so the best time to make your life better is when you are young. So, I would like to say to the youth that they have to learn or work hard at this age in order to have a better life. More that anything I would like to say we have to learn and practice the good and useful norms of the society we are in so as to be respected by them.



Key Words

to raise	ምዕባይ
impression	ተምሳጥ
to border	ምድቀብ
desert	ምድረ ቦዳ
community	ማሕበረ ኮም
to make friends	የዕሩኽ ምምስራት
to miss	ምንፋቕ
to afford	ናይ ምኽፋል ዓቕሚ ምሕላፊ
financial aid	ናይ ገንዘብ ሓገዝ
to postpone	ምስግጋር/ምንዋሕ
in short	ብሓጺሩ
to settle down	ምርግጋኡ
norms	ስነ ምግባር
to respect	ምምዛዝ

ሐዮሎም ኣብ ኣሜሪካ

ሐዮሎም ሙሴ ኣብ ዝሓለፈ ወርሒ ናብ ዳላስ ኣሜሪካ ኣትዮ። ንመጽሔት ሓድነት ድማ ናይ መጀመርታ ተስጥኡ ይነግር



Hayelom in Ugansa before moving to the States

ሐ የሎም ኣብ ኣስመራ ተወሊዱ ዓብዮ። ናይ መባእታን ማእከላይን ደረጃ ትምህርቱ ኣብ ቤት ትምህርቲ ማይ ተስፋ ድሕሪ ምክትታል ናይ ክልኣይ ደረጃ ትምህርቱ ድማ ኣብ ቤት ትምህርቲ ቀይሕ ባሕሪ ዛዚሙ። ኣብ 2002 ድማ ኣብ ዩኒቨርሲቲ ኣስመራ ተጸቢሩ። ናይ 5 ዓመት ትምህርቱ ብዓወዲ ምህንድስና ሕርሻ ድሕሪ ምዝዛም ብ2008 ተመሪቐ። ካብ ኤርትራ ብ2009 ድሕሪ ምወጻእ ድማ ኣብ ወርሒ 7 2010 ዳላስ ኣትዮ። ምስኡ ዝገበርናዮ ዕላል እምበኣር ቀጺሉ ይስዕብ።

ኣባይ ቦታ ኣለኻ? ዘለኻዮ ቦታኽ ከመይ ይመስል?

ዘለኽዎ ቦታ ምብራቕ ዳላስ ይበሃል። ዓቢ ከተማ እዩ። ብሓፈሽኡ ኣብ ጎላጉል ዝተደኮነ ቦታ እዩ። ምስ ሜክሲኮ ድማ ይዳውብ። ኩነታት ኣየሩ ኣብዚ ግዜ እዚ ሃሩር እዩ ዘሎ። ቕድሚ ነዊሕ ዓመታት ኣብዚ ከባቢ ኣግራብ ከም ዘይነበሩ እዩ ዝገነር። ኣብዚ ግዜ ግና ሱብ ዝተኸሎም ኣግራብ ይርከቡ።

ቀንዲ ዝመሰጠካ ነገር ናይ ዳላስ እንታይ'ዩ?

ቀንዲ ዝመሰጠኡ ነገር ናይዚ ኣግራብ እዩ። ኣብ ኤርትራ ከለኹ ብዛዕባ ኣሜሪካ ክሓሰብ ከለኹ ኩሉ ቦታ ለምለም እዩ ዝመስለኒ ነይሩ። ኣብዚ መጺኦ ምስ ረኣኽዎ ግና እቲ ቕንዲ ዝመሰጠኒ ደቂ ሰባት ነዚ ኣብ ሓደ ግዜ ምድረበዳ ዝነበረ ኣብዚ ግዜ ኣግራብ ብምትካል ናብ ለምለም ክቕይርዎ ብምኽኣሎም'ዩ።

ዝፈተኸዮ ነገር ከ እንታይ አሎ?

ዝፈተኸዮ ነገር ከኣ በቃ ኣብ ዝኸድካዮ ቤት ጽሕፈታት ብሕማቕ ዝቐበለካ ሰብ የለን። ብጣዕሚ ጽቡቕ ኣቀባብላ ኣለዎም። ካልእ ድማ ኣብ ኤርትራ ከለና ኣብዚ ዓዲ ዘለዉ የሕዋትና ጻዕቂ ስራሕ ስለ ዘለዎም ዝራኸቡ ኣይመስለናን ነይሩ፤ እነተኹን ግና ኣብዚ ዓዲ ዘለኸዎ ጽቡቕ ናይ ማሕበረሰብ ኤርትራውያን ርክብ ኣሎ። መጀመርታ ምስ ኣተኹ ቡዙሓት ፈተውቲ ክበጽሑኒ ኢሎም ናብ ዝገና መጽዮም።

ዝጸላእካዮ ወይ ደስ ዘይበለካ ነገር እንታይ አሎ?

ዝጸላእኩዎ ነገር ኣብዚ ቦታ የዕሩኽ ክትገብር ክብድ ይብል እዩ። እዚ ማለት ወላኳ ኤርትራውያን ኣብዚ እንተሃለዉ፣ ምስ ዕድመይ ዝመዛዘን ሰብ ክረክብ ግና ኣሸጊሩኒ ኣሎ። እዚ እንተዘይኮይኑ ኣምላኽ ይመስገን ካልእ ኩሉ ጽቡቕ ረኺቡዮ።

ኤርትራ ትናፍቕዶ? ስለምንታይ?

እወ! ብርግጽ ይናፍቕ እምበር። ልዕሊ ኩሉ ንኣስመራ ይናፍቕ። እቲ ዘናፍቅኒ ድማ እቲ ማሕበራዊ ናብራ ዝነበረና እዩ። ካልእ ከም ተወሳኺ ኩነታት ኣየር ናይ ኣስመራ ብቐሊሉ ተረካቢ ኣይኮነን። ልዕሊ ኩሉ ነቲ ኩነታት ኣየር፣ እዩ ዝናፍቕ።

ኣብዚ ግዜ ዓይኒ እም እንታይ ኣብ ምግባር ትርከብ ኣለኻ? ናይ መጻኢ መደባትኻ ኸ?

ኣብዚ ግዜ በቃ ኣብዚ ዓዲ ክነብርን ክሰርሕን ዘኸእሉኒ ሰነዳት ኣብ ምእካብ እየ ዝርከብ። ምምራሕ መኪና ይመሃር ኣለኹ፣ ኣብዚ መኪና ምምራሕ ሓደ ካብቶም ኣገደስቲ ነገራት እዩ፣ ብፍላይ ኣዝዩ ሃሩር ወይ ኣዝዩ ቁሪ ኣብ ዝኸነሉ እዋን። ናይ ቀረባ መጻኢ መደባይ ትምህርቲ ክጅምር ኣዩ ነይሩ፣ ነዚ ንምግባር ድማ ቐንቐ እንግሊዝ ንናይ ካልኣት ቋንቋ ተዛረብቲ ዝበሃል ፈተና ወሲደ ድሕሪ ምሕላፍ ኣብ ሪፖርት ኮሙኒቲ ዝበሃል ኮለጅ ትምህርቲ ክጅምር ሓሲብኳ እንተነበርኩ ነቲ ዝድለ ክፍሊታት ግና እኹል ዓቕሚ ስለ ዘይብለይ ናይ ትምህርቲ ሓሳብ ናብ ዝመጽእ ዓመት ኣሲጋጊሪዮ ኣለኹ። ብሓጺሩ እቲ መደባይ ግና እዚ ዝመጽእ ዓመት ክሰርሕ ድሕሪኡ ድማ እንዳሰራሕኩ ከመሃር እዩ። ናይ ነዊሕ መደባይ ድማ ከምቲ መብዛሕትኡ ሰብ ዝገብር ዘይርካ ዘይርካ ናብኡ ስለ ዝኸነ ሓዳር ገይረ ክረጋጋእ ትምህርቲ እዩ።



ኣብ መወዳእታ ንኣንብብቲ ክትብሎ ትደሊ ነገር እንተሎ?

ኣነ ንኣንብብቲ ክብሎ ዝደሊ ነገር ሓጺር እዩ። ከም ኩሉ ሰብ ንወለድ ንዓቢ ንኣርግ፣ ስለዚ እቲ ንመሃረሉን ሂወትና ነጠጥሓሉን ግዜ ኣብ ግዜ ንእስነትና እዩ፣ ስለዚ ንመንእሰያት የሕዋተይ ኣብ ግዜ ንእስነቶም ተማሂሮም ወይ ሰሪሖም ነብሶም ከማዕብሉ ይላቡ። ልዕሊ ዝኸነ ነገር ድማ ነቲ ኣገዳስን ጠቓምን ዝበሃል ናይቲ ዘለኸዮ ሕብረተሰብ ባህሊን ስነስርዓትን ተማሂርና ነቲ ሕብረተሰብ መሲልና በቲ ሕብረተሰብ ተናኢድና ክንሓልፍ ክንጽዕር ኣለና ይብል።

Feeling down

Research shows that the move to the UK can cause mental health problems for asylum seekers and refugees, including depression. *Hadnet* investigates.

A report by mental health charity Mind found that the UK's asylum seeker process, detention centres and aspects of UK life are actively worsening the mental health of refugees and asylum seekers.

A lack of support and resources for refugees and asylum seekers worsens pre-existing mental health conditions and triggers new ones.

Diverse Minds manager Marcel

Vige said: "Every year thousands of people arrive in the UK seeking sanctuary, often fleeing conflict and persecution having experienced torture, violence or imprisonment.

"It's not surprising that many will have developed mental health problems as a result of their traumatic experiences but what is surprising is that many more will develop mental health problems once on UK soil.

"We found that refugees and asylum seekers routinely face isolation, poverty and destitution, which can have a devastating impact on their mental wellbeing.

"Accessing services is hugely difficult for a wide range of reasons, from language barriers to the stigma surrounding mental health...A vast number are not getting much needed help.

Recognising depression

Feeling unhappy is normal reaction to situations that are upsetting, stressful or difficult. But depression is an illness—an intense feeling of persistent sadness. It is not possible to give a definitive list of symptoms, but the NHS recommends you seek help if you

have 5 or more of the following symptoms:

Psychological symptoms

- ⊖ Feeling hopeless or helpless
- ⊖ low self-esteem
- ⊖ tearfulness
- ⊖ feelings of guilt
- ⊖ feeling irritable or intolerant of others
- ⊖ lack of motivation,
- ⊖ difficulty in making decisions

- ⊖ lack of enjoyment
- ⊖ suicidal thoughts
- ⊖ feeling anxious or worried
- ⊖ reduced interest or ability to enjoy activities or hobbies
- ⊖ reduced sex drive

Physical Symptoms

- ⊖ Slowed movement or

speech

- ⊖ change in appetite or weight
- ⊖ constipation
- ⊖ unexplained aches or pains
- ⊖ lack of energy
- ⊖ changes to the menstrual cycle
- ⊖ disturbed sleep patterns

Social Symptoms

- ⊖ not performing well at work
- ⊖ avoiding contact with others
- ⊖ reduced hobbies and interests
- ⊖ difficulties in family and home life
- ⊖ self harm, including cutting, drinking too much, eating too much or too little, abusing drugs (including prescription drugs)
- ⊖ Over eating or under eating
- ⊖ suicide attempts





Hadnet spoke with an occupational health therapist specialising in mental health, to find out about reducing the risk of depression, where to seek help and the range of treatment available.

Reduce the risk

To reduce the risk of suffering from depression, there are some actions you can take.

- ☺ Exercise regularly: go for a walk or a run every day. Find a friend or group of friends to go with you.
- ☺ Start a hobby. Creative hobbies are good for lifting your mood and provide a helpful distraction.
- ☺ Go out where there are other people. Spend time with other people as much as possible.
- ☺ If you're short on money, visiting the local library is free
- ☺ Take time to relax every day. Take a bath, read a book, or watch telly.
- ☺ Eat good healthy food. A lot of sugar or snacks contribute to mood swings.
- ☺ Ask for help if you need it, from friends, family, or your doctor.
- ☺ Don't drink too much alcohol
- ☺ Keep in touch with family and friends as much as possible

Treatment

Treatment for mild depression can include an exercise scheme or joining a self help group. When mild depression continues or there is moderate depression, sometimes anti-depressant medication is recommended.

Also, 'talking treatments' are used. 'Talking treatments' include cognitive behavioural therapy or counseling. Cognitive behavioural therapy teaches you to behave in a way that challenges negative thoughts.

Counseling gives you a chance to think about your problems and find ways of dealing with them.

For more long term or serious depression, you can be referred to a mental health team. This can include 'talking treatments' as mentioned above, help from nurses in managing symptoms and dealing with distressing behaviour and occupational therapy.

Occupational therapy aims to maintain and develop people's skills to maintain their independence. This is tailored to the individual and can include different activities. For example, help accessing local community facilities (gyms, college, work) or practicing homemaking skills.

Seeking help

People with depression cannot 'simply pull themselves together' and therefore it is important to seek help"

The first contact is your GP. GP's can provide initial advice and support.

Some people may be referred to the Community Mental Health Team. A Care Co-coordinator would arrange care with a range of professionals.

If there is a serious crisis, go to the Accident and Emergency Department at hospital for immediate treatment.

For a confidential chat, call the Mind information helpline. Mind is a mental health charity. Call 0845 7660613 Monday-Friday, 9am-5pm.

The charity Rethink also offers support for people with mental health illnesses and their family and carers. Call 0845 4560455, Monday to Friday, 10am-2pm for information about support in your area

ዘጨንቅ ሓሳብ ክወረካ ከሎ

መጽናዕትታ ከም ዘመልክትዎ ናብ ዓዲእንግሊዝ ዝመጹ ሓተትቲ ዑቕባን ስደተኛታትን ጭንቀት ዝርከቦ ናይ ኣእምሮ ጸገማት የስዕቡሎም ከም ዘሎ መጽሕፍት ሓድነት ትድህስስ።

ብናይ ኣእምሮ ጥዕና ግብረ ሰናይ ማሕበር ዝወጸ ጸብጸብ ከም ዘመልክቶ እቲ ናይ ዑቕባ ምሕታት መስርሕ ቤት ማእሰርቲ ከምኡውን ናብራ ዓዲ እንግሊዝ ነቲ ኣእምሮኣዊ ጥዕና ናይቶም ሓተትቲ ዑቕባን ስደተኛታትን የጋድዶ ምህላዉ የመልክት።

ዝወሃብ ደገፍ ብዘይምህላዉ ነቲ ዝጸንሐ ኣእምሮኣዊ ጸገማት የጋድዶን ሓድሽቲ ከምዝውስኩን ይገብሮ።

ማናጅር ማርሰል ቪጅ “ኣብ ነፍሲ

ወከፍ ዓመት በኣሽሓት ዝቁጸሩ ሰባት ናብ ዓዲ እንግሊዝ ዑቕባ ደሊዮም ይኣትዉ። መብዛሕትኦም ድማ ካብ ግርጭትን መቅጻዕትን ዝሃደሙ ኮይኖም ብከቢድ መግረፍቲ፣ ዕግርግር ወይ ማእሰርቲ ዝሓለፉ ኣዮም።

ብቲ ዘሕለፍዎ ጭንቁ ኣእምሮኣዊ ጸገማት ክህልዎም ናይ ግድን እዩ። ኣቲ ዘገርም ግና መብዛሕትኦም ኣብ መሬት ዓባይ ብርታንያ ምስ መጹ ስነኣእምሮኣዊ ጸገማት የማዕብሉ

ሙካኖም እዩ።

“እቶም ሓተትቲ ዑቕባን ስደተኛታትን ቀጻሊ ተነጽሎ ፣ ድኽነትን በይንካ ሙኻንን ኣብ ስነኣእምሮኣዊ ጥዕናኦም ኣዕናዊ ተራ ኣለዎም።

“ኣገልግሎት ክረክቡ ብዙሕ ይሸገሩ እዮም ፣ ኣዚ ድማ ብሰንኪ ዘለዎም ጸገማት ማለት ካብ ሕጽረት ቋንቋ ጀሚርካ ዘለዎም ስነ ኣእምሮኣዊ ጸገማት፣ እቲ ዝደልይዎ ሓገዛት

ጸቕጢ ምልላይ

ዘይምሕጻስ ንረበሽቲ ኣጨነቕትን ኣጸገምትን ዝኮኑ ኩነታት እንገቦ ንቡር ግብረ መልሲ እዩ። እንተኮነ ግና ጸቕጢ ማለት ብቀጻሊ ጓሂ ዝመጽእ ሕማም እዩ።

ስለዚ ዝተወሰኑ ምልክታት ክትዘርዝር ኣይከኣል እዩ። ኣንተኮነ ግና NHS ከምዝብሎ ካብዞም ቀጻሎም ዘልዉ ሓሙሽተ ወይ ካብኡ ንላዕሊ ምልክታት ኣንተሊዮሙካ ቀልጢፍካ ሓገዝ ክተሓትት ኣሎካ።



- ስነ-ኣእምሮኣዊ ምልክታት**
- ተስፋ ምቁራጽን ወይ ድማ ሓጋዚ ዘይብልካ ሙኻን ክስመዓካ ከሎ
 - ትሑት ነብስ ርድኢት
 - ብኸይት ብሰንኪ ቀጻሊ ጓሂ
 - ገበነኛ ኮይኑ ክስመዓካ ወይ ድማ ነብስ ወቀሳ
 - ሓራቅ ወይውን ንካልኣት ዘይምጽዋር
 - ሓብ ምስኣን
 - ውሳኔ ኣብ ምውሳድ ምሽጋር
 - ዘይምዝንጋዕ
 - ነብስ ቅትለት ዘተባብዑ ሓሳባት
 - ጭንቅ ወይ ሰንፈላል ሙካን
 - ጥሑት ግዳስ ወይ ክእለት ኣብ ትፈትዎም ንጥፈታት ጸታዊ ስምዒት ምጥፋእ
- ኣካላዊ ምልክታት**
- ዝሕቱል ምንቅስቃስ ወይ ኣዘራርባ
 - ለውጢ ኣብ ክብደትካን

- ሸውሃትካን**
- ድርቀት
 - ዘይተለለዩ ሳሓ ወይ ቃንዝ
 - ሓይሊ ምስኣን
 - ለውጢ ኣብ ዑደት ጽግዖት ድቃስ ምስኣን
- ማሕበራዊ ምልክታት**
- ኣብ ስራሕካ ኣድማዒ ዘይሙካን
 - ምስ ሰባት ዘይምዝራብ
 - ትፈትዎም ንጥፈታት ዘይምዝውታር
 - ጸገማት ኣብ ስድራኻን ዝኸኸን
 - ነብስካ ምጉዳእ ነኡብነት ነብስካ ምሕራይ፣ ልዕሊ ዓቕምካ ምስታይ፣ ወሑድ ወይ ብዙሕ ምብላዕ፣ መድሃኒታት ብዘይግቡኡ ምጥቃም (ዋላ ብኣኪም ዝተኣዘዙ መድሃኒታት)
 - ልዕሊ ዓቕምካ ወይ ትሕቲ ዓቕምካ ምብላዕ
 - ፈተነ ነብስ ቅትለት



መጸሐፊት ሓድነት ንከኢላታት ስነ ኣእምሮኣዊ ሕማማት ኣብ ምጉዳል ጸቕጢ፡ ሓገዛት ኣበይ ከምዝርከብን ዝወሃብ መጠን ፍወሳ ኣመልኪታ ኣዘራሪባቶም ኣላ።

ምጉዳል ጠንቂ

ጠንቂ ጭንቀት ንምጉዳል ገለገለ

ስጉምታት ምውሳድ ይከኣል እዩ።

- ምንቅስቃስ ኣካላት ምዝውታር፡ ብኣጋር ምንቅስቃስ ወይ ድማ ጉዳ መዓልታዊ ምዝውታር። ምሳኻ ዝኸይድ ዓርኪ ወይ ኣዕፍኽ ምርካብ
- ትፈትዎ ንጥፈት ምጅማር፡ ፈጠራ-ወያን ዝኾኑ ልምድታት ኩነታት ኣእምሮካ ኣብ ምዕባይን ኣንፈትካ ከትመሓይሽን ሓጋዚ እዩ
- ናብ ካልኦት ሰባት ዘለዎ ቦታ ምካድ፡ ብዝተኻእለካ መጠን ጊዜካ ምስ ካልኦት ሰባት ኣሕልፎ። ሕጽረት ገንዘብ ኣንተሊዩካ

ናብ ቤተ ንባብ ኪድ ብነጻ ኣዩ

- መዓልታዊ ንነብስካ ተዘናገዓሉ ጊዜ መድብ፡ ነብስካ ተሓጸብ፡ መጽሓፍ ኣንብብወይ ድማ ቲቪ ምረኣይ ኣዘውትር
- ጥዕና ዝህቡ መግብታት ኣዘውትር፡ ብዙሕ ሽኩራዊ መግቢ ወይ ውን መስተ ንኩነተ ኣእምሮኻ ጸብቅ ኣይኮነን
- ሓገዝ ኣብ ትደልዩሉ ጊዜ ሓገዝ ሕተት፡ ኣዚ ድማ ካብ ኣኣሩክ ፡ስድራቤት፡ ወይ ዶክተር ከከውን ይክእል። ዓቕኑ ዘሓለፎ መስተ ኣይትስተ
- ዓቕኑ ዘሓለፎ መስተ ኣይትስተ
- ብዝተኻእለካ መጠን ምስ ስድራቤትካ ዘሎካ ርክብ ኣይተጃርጽ

ፍወሳ

ፍወሳ ንስነኣእምሮኣዊ ጸገም ዘለዎም ሰባት ምንቅስቃስ ኣካላት ምዝውታር ወይውን ኣብ ጉጅለ ብምትሕግጋዝ ምጽንባር እዩ።

ስነኣእምሮኣዊ ጸገምም ኣንተቀጸሉ ወይውን ምእከላይ ዝኮነ ጭንቀት ኣንተሃልዩ ገለገለ ጊዜ ጸረ-ጸቕጢ መድሃኒታት ምውሳድ ሓጋዚ ኣዩ።

ፍወሳ ብዝርርብ ውን ጠቀምቲ ኣዩም። ፍወሳ ብዝርርብ ኣተሓሳስባኻ ንመዕባይ ወይውን ብምኽሪ ትሕከመሉ ኣገባብ ሕክምና ኣዩ።

እዚ ሕክምና ኣሉታዊ ሓሳባት ከተጥፍእ ይሕግዘካ።

ምክሪ ድማ ብዛዕባ ጸገማትካ ከትሓስብን መፍትሒ ከተናድየሎምን ዕድል ይህበካ።

ነዊሕ ጊዜ ዝወሰደ ወይውን ሓደገኛ ኩነታት ኣንተኮይኑ ናብ ጉጅለ ስነ-ኣእምሮኣዊ ጥዕና ከትስደድ ይከኣል እዩ። ኣዚ ድማ ፍወሳ ብዝርርብ ከምቲ ላዕሊ ዝተጠቐሰ፡ ሓገዛት ካብ ነርሳት ምልክታት ኣብ ምፍቀስን ኣጨነቕቲ ባህርያት ኣብ መሓዝን ናይ ክእለታት(ስራሕ) ፍወሳን ዘጠቃለለ ኣዩ።

ናይ ክእለታት(ስራሕ) ፍወሳ ነብሶም ከኢሎም ዝኸድሉ ከእለታቶም ዘዕቅቡሉን ኣገባብ ንምምዕባል ዘዓለመ ኣዩ።

ኣዚ ውልቀ ሰብ ዘዓለመ ኮይኑ ዝተፈለለዩ ንጥፈታት ከጠቃልል ይክእል ኣዩ። ነኡብነት ውሽጣዊ ወሃብቲ ማሕበራዊ ኣገልግሎት ንምርካብ (ጂምናዝዮም ማእከል፣ ኮለጅ፣ ሰራሕ) ወይ ድማ ናይ ሰራሕ ዝክእለታት ንምልምማድ ይሕግዙ።

ሓገዝ ምንዳይ

"ጭንቀት ዘልዎም ሰባት ብቐሊሉ ነብሶም ኸልዕሉ ኣይክእሉን እዮም። ስለዚ ሓገዝ ከሓቱ ኣለዎም።

ኣቲ መጀምርታ ክህልወካ ዘለዎ ርክብ ምስ GP እዩ። GP ናይ መጀመርታ ምኽርን ሓገዝን ከበርክቲ ይኸእሉ ኣዮም። ገለ ገለ ሰባት ናብ ናይ ሕብረተሰብ ስነኣእምሮኣዊ ጥዕና ክሰድዎም ይከኢሉ ኣዮም።

ኣቲ ኣወሃሃዲ ምስ ዝተፈለለዩ ከኢላታት ጥዕና ክንክን ከገብር ይክእል እዩ።

ኣዝዩ ሓደገኛ ኩነታት ኣንተኮይኑ ግና ናብ ክፍሊ ህጹጽ ረድኤትን ሓደጋን ኣብ ሆስፒታል ብምኻድ ቅልጡፍ ሕክምና ክግበር ይከኣል።

ንምስጢራዊ ዝርርብ ናብ ማይንድ መምሰር ሓበረታ ደውሉ። ማይንድ ናይ ግብረ ሰናይ ማሕበር ስነኣእምሮኣዊ ጥዕና እዩ። 0845 7660613 ካብ ስነ-ይ-ዓርቢ፣ 9ቅ.ቀ-5ድ.ቀ ደውሉ።

ካልእ Rethink ዘባህለ ናይ ግብረ ሰናይ ማሕበርወን ንስነኣእምሮኣዊ ጸገም ዘለዎም ሰባት ሓገዛት ይህብ ኣዩ። 0845 4560455 ስነ-ይ-ዓርቢ 10ቅ.ቀ-2ድ.ቀ ንኣበረታ ብዛዕባ ኣብ ከባቢኩም ደውሉ።

Target your CV



Hadnet explains how to build a targeted curriculum vitae (CV), highlighting your strengths to any potential employer

Targeted CVs focus on your transferable skills and achievements, rather than job titles, education and companies, so are great for people new to the UK jobs market.

Building a targeted CV

1. What skills are required in the job you are applying for? Look at the job and person specification. If there is no specification, look for key skill words in the recruitment advertisement. List the skills.

2. List examples of when you have demonstrated each skill. This could be from your work, education, volunteering, hobbies or home life. Be sure to include how the example resulted in success.

- ☒ I am a good teacher and have taught English.
- ☑ 5 years experience teaching English with 100% positive feedback from students and 90% pass rates in national exams.

3. Chose 3-6 skills you think are most important for the job. Under the title 'Skills' on your CV, list each skill with your best examples of when you've demonstrated the skill.

4. After the skills section, include 'Career' listing any employment you've had to date in reverse chronological order. You don't need to include any detail here, just date, job title

and employer. Relevant details will be in the skills section of the CV.

- ☒ I worked at Red Sea High School from 2000-2002 teaching English, marking and running homework club.
- ☑ 2000-2002 English Teacher Red Sea High School, Asmara

5. Next, is a qualifications and training section. List, in reverse chronological order, any training or qualifications you have received. Include workshops you have attended as well as formal education. Again, you don't need much detail, just the date, the course title, and the result (if applicable).

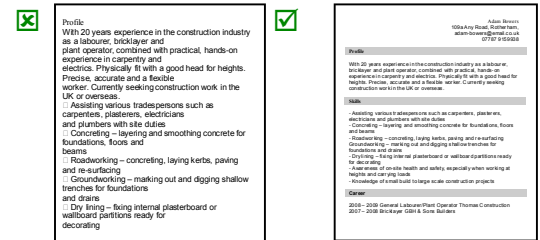
6. Some people include an interests section at the end of the CV. In this section, include your hobbies and interests. Don't just list hobbies, but give a little information about each.

- ☒ Hiking, playing football, and cycling.
- ☑ I play football for my local team, and enjoy other outdoor activities, such as cycling and hiking.

7. At the beginning of your CV, before the skills section, include a profile. This profile is 3 or 4 sentences highlighting your strongest points. You are using this section to persuade an employer to read the rest of your CV so make sure it sells your best strengths for the job.

8. Put your name as the title of the CV. Add your address and contact details at the end. It is not necessary to include your nationality, age or marital status.

9. Make your CV look good. Use the same font throughout. Put titles in bold. Leave spaces between each section. Search for example CVs on the internet, and copy a layout you like. It should be one or two pages long.



10. Read your CV and check for spelling, grammar or other mistakes. Many employers will discard any CV with mistakes. Ask a friend to proof read your CV for you.

If you have any questions about preparing a CV, you can write to us:
hadnetmag@googlemail.com.

There is also a helpline available from Next Step. Call a Next Step advisor for free, 8am-10pm, 7 days a week on 0800 100 900 for confidential and impartial advice.

ዕውታ ወረቆት ስራሕ ምድላዉ



ሓድነት ብዛዕባ ከመይ ጌርካ ዕውታ ወረቆት ስራሕ ተዳሉ ዝምልከት መግለጺ ትህብ፤ ዘለካ ሓያል ጎንታት ንከስርሓካ ዝኸእል ሰብ ብምብራህ

አ ተኩሮ ዝሓዘለ ናይ ስራሕ ወረቆት፣ ኣብ ከንዲ ኣብ ኣስማት ናይ ስራሕ፣ ትምህርትን ካምፓኒታት ኣብቲ ዘለካ ተዳጻጺ ብቐዓትን ዘመዝገብካዮ ዓወታትን የተኩር፣ ስለ ዝኾነ ድማ ኣብ ናይ ብርጣንያ ናይ ስራሕ ዕዳጋ ሓደስቲ ንዝኾኑ ሰባት ኣዝዩ ኣድማዒ እዩ።

ናብ ሓደ ነገር ዘተኮረ ናይ ስራሕ ወረቆት ምህናጽ

1. ናብቲ ተመልከተሉ ዘለኻ ስራሕ እንታይ ዓይነት ክእለታት እዮም ተደልዮም ዘለዉ? ኣብቲ ናይ ስራሕን ስራሕተኛን መግለጺ ተመልከት። ዝኾነ መግለጺ እንተዘየለ ኣብቲ መወዳወዒ ተገሊጾም ዘለዉ ቀንዲ ክእለታት ተመልከት። ነዚ እም ድማ ዘርዝርም።

2. ንንጹህ ወከፍ ክእለት ዝምልከት ዝገበካዮ ነገር ዝገልጽ ኣብነት ዘርዝር። እዚ ድማ ካብ ስራሕካ፣ ትምህርትካ፣ ወልንታዊ ስራሕ፣ ካልእ ዘለካ ተገዳስነት ናይ ዝኾነ ሂወትን ክኸው ይኸእል። እቲ ትጠቐሶ ዘለኻ ኣብነት ብኸመይ ከም ዘወወተካ ምጥቕላል ኣይትረስዕ።

እነ ንፋዕ መምህር እዩ፣ እንግሊዝኛን ምህረ ነይረ

ናይ 5 ዓመት ተመኩሮ ኣብ ምምሃር እንግሊዝ ምስ 100% እውንታዊ መልሰ ዕንጋለ ካብ ተምሃሮን 90% ሕሉፍ ኣብ ሃገራዊ መርመራን

3. ካብ 3-6 ነቲ ስራሕ ኣዝዮም ኣገደስቲ ትብሎም ክእለታት ምረጽ። ኣብ ትሕቲ ክእለታት ዝብል ኣርእስቲ ናይ ስራሕ ወረቆትካ፣ ክእለታካ ሓደ ብሓደ ምስ ኣብነቱ ዘርዝር።

4. ብድሕሪ እቲ ክእለታት ዝብል ክፋል፣ ዘለካ ናይ ስራሕ ተመኩሮታት ካብቲ ናይ ህሉው ወይ ቀረባ ግዜ ክሳብ እቲ ናይ ቅድሚኡ ነዊሕ እዮን ብተርታ ዘርዝር። ኣብዚ ብዘይካ ዕለት፣ ናይ ስራህ ስምን ኣስራሒም ካልእ ብዕምቐት ምግለጽ ኣየድልዮካን እዩ። እገደስቲ ዓመቕ ሓበሬታ ኣብቲ ናይ ክእለታት ዝብል ክፍሊ ናይ ስራሕ ወረቆትካ እዩ ዝግለጽ።

I ኣብ ቀይሕ ባሕሪ ካልኣይ ደረጃ ካብ 2000-2002 ብምእራምን ናይ ዕዮ ገዛ ክለብ ብምእላይን ከም ናይ እንግሊዝ መምህር ሰራሕ

2000-2002 መምህር ናይ እንግሊዝ ቀይሕ ባሕሪ ካልኣይ ደረጃ፣ ኣስመራ

5. ዝቐጽል ናይ ብቐዓትን ስልጠናታትን ዝምልከት ክፋል እዩ። ዘለካ ብቐዓትን ዝወሰድካዮ ስልጠናታትን ካብቲ ህሉው ወይ ናይ ቀረባ ግዜ ጀሚርካ ክሳብቲ ናይ ቐድሚኡ ነዊሕ ግዜ ዘርዝር። ዝኾነ ዝወሰድካዮ ስልጠና ይኹን ትምህርቲ ኣጠቓልል። ኣብዚኹም እንደገና ዓመቕ ሓበሬታ ኣየድልን እዩ፣ ዕለት ኣርእስቲ ስልጠናን ወጽኢትን (እንተሎ) ጥራይ ኣኻሊ እዩ።

6. ገለ ሰባት ኣብ መወዳእታ ክፋል ናይ ስራሕ ወረቆቶም ዝርዝር ዝግደሱሉ ዓወድታት የጠቓልሉ። ኣብዚ ክፍሊ'ዚ ኣብ ትርጕ ግዜካ ተካይዶም ንጥፊታትን ትግደሱሎም ዓወድታትን ጥቐስ። ምዝርዛር ጥራይ ዘይኮነ ቁሩብ ሓበሬታ ብዛዕብኡ'ውን ሃብ።

ጉዕዞ እግሪ፣ ጸወታ ኩዕሶ እግሪን ብሸክለታ ምዝዋርን

I ኣብ ናይ ከባቢይ ጋንታ ኩዕሶ እግሪ ይጸወት፣ ካልእ ናይ ግዳም ንጥፊታት ከም ጉዕዞ እግሪን ብሸክለታ ምዝዋርን'ውን ይፈቱ።

7. ኣብ መጀመርታ ክፋል ናይ ስራሕ ወረቆትካ፣ ቐድሚኡ እቲ ናይ ክእለታት ዝብል ክፋል፣ ካብ 3 ወይ 4 ሙሉእ ሓሳባት ዘይበዝሕ መግለጺ ብዛዕባ ሓያል ጎንታትካ ኣጠቓልል። እዚ ክፋል እዚ ብምንባብ ኣስራሕቲ ብመልኡ ትሕዝቶ ናይ ስራሕ ወረቆትካ ከንብቡ ከም ዝደልዩ ትገብረሉ ክፋል እዩ፣ ስለዝኾነ ድማ ነቲ ሓያል ጎንታትካ ብግቡእ ከም ዝገልጽ ኣረጋግጽ።

8. ስምካ ከም ኣርእስቲ ናይቲ ናይ ስራሕ ወረቆትካ ጌርካ ጽሓፎ። ኣድራሻኻ ድማ ኣብ መወዳእታ ጽሓፎ። ዜግነትካ፣ ዕድመኻ ወይ'ውን ኩነታት መርዓኻ ምጥቕላል ኣድላይ ኣይኮነን።

9. ናይ ስራሕ ወረቆትካ ጽቡቕ ትርጉም ከም ዝህልዎ ግበር። ሓደ ዓይነት ኣጽሓቕቶ ተጠቀም። ኣርእስቲ ብባዕድ ዝበሃል ኣገባብ ጽሓፎም። ኣብ መንጎ ነፍሲ ወከፍ ክፍሊ ቦታ ግደፍ። ኣበት ክኸውን ዝኸእል ኣጽሓቕቶ ናይ ስራሕ ወረቆት ኣብ ኢንተርኔት ድለ፣ ዝመረጽካዮ ኣገባብ

ብምቐዳሕ ድማ ተጠቀም። ሓደ ወይ ክልተ ገጻት ዝምንግሑ ድማ ክኸውን ኣለዎ።

Profile

With 20 years experience in the construction industry as a labourer, bricklayer and plant operator, combined with practical, hands-on experience in carpentry and electric. Physically fit with a good head for heights. Precise, accurate and a flexible worker. Currently seeking construction work in the UK or overseas.

Skills

- Assisting various tradespersons such as carpenters, plasterers, electricians and plumbers with site duties
- Concreting - laying and smoothing concrete for foundations, floors and beams
- Robbing - concreting, laying kerbs, paving and re-surfacing
- Groundworking - making out and digging shallow trenches for foundations and drains
- Dry lining - fixing internal plasterboard or wallboard partitions ready for decorating

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2000 - 2002 General Labour/Plant Oper at Thomas Construction

2001 - 2000 Bricklayer with Stone Builders

10. ናይ ስራሕ ወረቆትካ ኣንብብ፣ ናይ ቃላት ይኹን ናይ ግሲ ጌጋታት ከም ዘይብሉ ኣረጋግጽ። ቡዙሓት ኣስራሕቲ ጌጋ ዘለዎ ናይ ስራሕ ወረቆት ኣይቅቡሉን እዮም። ንብጻጉካ ደጊግም ከንብቡልካ ተወከሶም።

Key Words

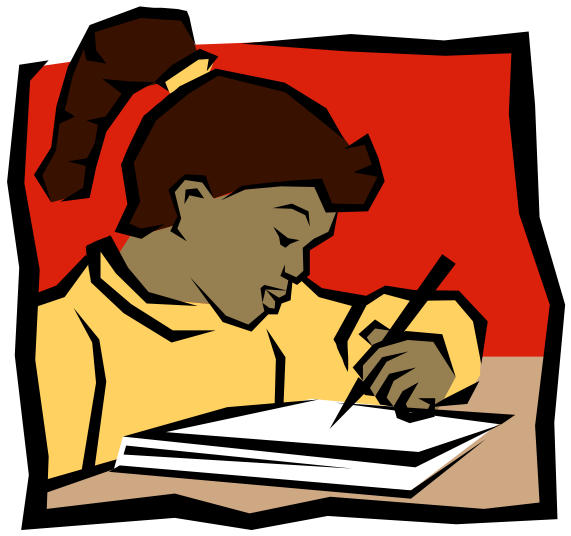
CV ናይ ስራሕ ወረቆት
to target ምዕላም፣ ዕላማ ምግባር
to highlight ምብራህ
person specification መግለጺ ናይ ሰብ
job specification መግለጺ ናይ ስራሕ
chronological ብመስርዕ፣ ብተርታ
font ቕዱ ፊደል
layout ለይ ኣወት
to proof read ንምርግጋጽ ደጊግካ ምንባብ

ዝኾነ ሕቶ ብዛዕባ ከመይ ጌርካ ናይ ስራሕ ወረቆት ተዳሉ ዝብል እንተለኩም ናብ had-netmag@googlemail.com ኣመይል ጽሓፉልና።

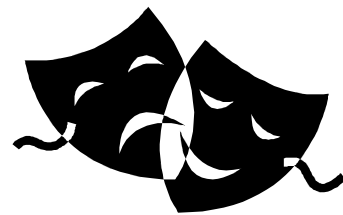
ከምኡ'ውን ካብ ነጻት ስቴፕ ሓገዝ ክትረከብ ይከኣል እዩ። ንናይ ነጻት ስቴፕ ኣማካሪ ንምርካብ ብነጻ ናብ 0800 100 900 ካብ ሰኑይ ክሳብ ሰንበት ካብ ሰዓት 8ቅ.ቐ-10ድ.ቐ ደውሉ።

Your letters

The Eritrean students from Streatham Homework Club, London, introduce themselves in letters to *Hadnet*



Hello. My name is Hermon and I am 13 years old and I was born in Eritrea and I go to secondary school. I like learning English, Drama, Geography and Maths and when I grow up I want to be a newspaper writer because you get a lot of money and I like helping my family. And I like England because you learn a lot of stuff.



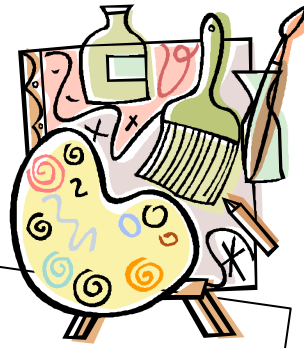
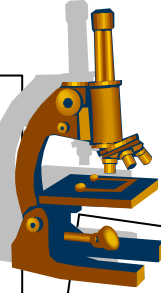
Hi! my name is Betty. I am 11 years old and I go to primary school and I am moving on to a secondary school, a girls school. My Mum is Eritrean and my Dad is Ethiopian and Eritrean but I am an British citizen. I live in Lambeth SW London. I love POP music and raps. I also love talking slang to my friends and I don't know that much Tigrinya. I <3 Manchester united so much. I also <3 London and my Y6 Teacher Miss McCahill she is the best teacher ever. Sorry, but better than all the teachers in Eritrea (maybe). I also love Cristiano Ronaldo. When I am older I want to sing and be

RICH!!!

Hiya! I'm Shanet. I'm 12 years old and I study in year 7 at Secondary School. I live in West Norwood, London- I really like it here. I'm from Eritrea but was born here. I love both places! I love meeting new people and socializing. I love music, performing and making others have fun. I love all my friends and family. Thank you! xxx

Write to Hadnet with your questions, suggestions or just introduce yourself. Email hadnetmag@googlemail.com

Hi my name is Danayt. I was born in Eritrea. I am 12 years old and am in year 7 at secondary school. I have been in England for 6 months. I like music. When I grow up I want to be either an actor or a doctor. At school I like Science. At school I have friends and their names are Yodit, Lidia, Mabite and Jessica. They're funny girls, that's why they are my friends. I like to go to Eritrean parties or festivals I miss my country but I like England too but it's ok. I love my country and England.



Hello my name is Aden (meaning Garden of Eden). I am 12 years old and am in year 7. I like art, design technology, cooking and creative stuff. In the future I would like lawyer. My parents are from Eritrea but I was born in London. I am a British Citizen. I HATE HISTORY AND RE. I like going to parties. I like to shop till I drop. I used to be a vegetarian and now I'm not because I was playing a tasting game and then my cousin gave me KFC and I liked it so that was my New Year's resolution.

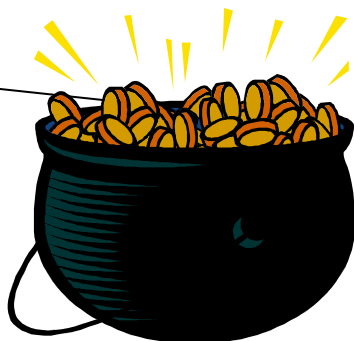
God bless me!
Aden xxxxxoxox

Hi my name is Heran. I am 11 years old and I have been in England 3 years. I like going to school and at the weekends I like reading and watching TV. When I grow up, I'd like to be actor.



Hi my name is Lulia, I am 12 years old and I was born on the 1st of January. My name means diamond and pearl. They called me this because I was their New Year gift. I am from Eritrea and I like to go to Eritrean parties and festivals. When I grow up I want to be rich and very successful. I like to talk a lot, meet my friends and watch TV. I love my family and friends because they go threw thick and thin with me.

YAY ME!!



Hello my name is Hanibal. I am 12 years old and I am in year 7. I have been in England for 6 years and I was born in Eritrea. As well as that I like to play football and my favourite football team is Manchester united.



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

Oil leak

Oil **leaked** into the sea in America and China. **Oil leaks** cause a lot of problems for the environment and people's jobs.

Bad for animals

Oil **sticks** to animal **feathers** and **furs**. Fish, seabirds, seals, whales, otters, dolphins and small sea organisms are **harmed**. Many animals die.

Bad for people

Many people live on the **coast**. Their **livelihoods** come from fishing or tourism. An oil leak damages fishing because many fish die or are

poisoned. The oil damages the **beaches** so tourists don't want to visit.

What can we do?

Use less oil! The less oil we use, the better for the environment. How? Here are some tips.

- ☹ buy foods without packaging
- ☹ **recycle** your rubbish
- ☹ use less electricity
- ☹ use a bike instead of a car

These will save money and the environment.

ዝለሐኸ ነዳዲ

ከብ ዝሓለፈ ኣዋርሕ ኣብ ወሰናስን ባሕርታት ኣመሪካን ቻይናን ዘይቲ ፊሲሱ ነይሩ። እዚ ድማ ኣብ ኣከባብን ስራሕ ናይ ሰባትን ብዙሕ ጸገማት የስዕብ።

ኣደገኛ ንእንሰሳታት

ነዳዲ ናብ ጸጉርን መንፈርፈርን እንሰሳታት ይለግብ። ዓሳታት፡ ረጋቢት ባሕር፡ ዓሳ ነባሪ፡ ዶልፊናት ከምኡውን ነኣሸቱ ኣብ ባሕር ዝነበሩ ኣንሰሳታትን ድማ ይጉድኡ። ብዙሓት እንሰሳታት ድማ ይሞቱ።

ኣደገኛ ንደቂ ሰባት

ብዙሓት ሰባት ኣብ ገማግም ባሕር

ይነበሩ። መነባብረኦም ድማ ኣብ ምግፋፍ ዓሳን ቱሪዝምን እዩ። ብሰንኪ እቲ ዝፈሰሰ ነዳዲ ድማ ብዙሓት ዓሳታት ክመቱ ወይ ድማ ክምረዙ እዩም እዚ ከኣ ንምግፋፍ ዓሳታታት ክሃስዩ ኢዩ። እቲ ዝፈሰሰ ነዳዲ ነቲ ገምግም ባሕር ስለ ዘበላሸዎ በጻሕቲ ናብቲ ቦታ ክመጹ ኣይደልዩን።

ኣንታይ ክንገብር ንኸእል?

ዝወሓደ ነዳዲ ንጠቀም። ዝወሓደ ነዳዲ ኣንተጠቂምና ነቲ ኣከባቢ ዘሓሸ እዩ። ብኸመይ? ገለ ሓገዝቲ ነጥብታት ተዘርዚሮም ኣለዉ።

- ☹ መግቢ ብዘይ መጠቕለሊ ምግዛእ
- ☹ ጎሓፍ ደጊምካ ምምስራሕ
- ☹ ውሑድ ሓይሊ ኤለክትሪክ ምጥቃም
- ☹ ካብ መኪና ብሸግለታ ምጥቃም

እዚ ድማ ገንዘብን ኣከባብን ይዕቀብ።



World Cup Result

Spain **won** the World 2010 Cup. They **beat** Holland 1-0. It was the first World Cup **held** in Africa.

The most **successful** African team was Ghana. Ghana **reached** the quarter finals. They **drew** 1-1 with Uruguay then **lost** on penalties.

Spain are the 8th team to win the Fifa World Cup.

World Cup facts

- 18449 **volunteers** helped at the World Cup
- Xavi **delivered** the most **passes** in the **tournament**—669.

- There were 261 **fouls**. 19 were by Japan's Keisuke Honda.
- There were 145 **goals**. That is the lowest since the World Cup had 64 games.
- David James was the oldest player. He was 39 years and 330 days old.
- New Zealand was the only team not to **lose** a game.
- 14 Yellow and red cards were given



ውጽኢት ዋንጫ ዓለም

ዋንጫ ዓለም 2010 ስፕይን ተዓዋታ። ንሆላንድ 1-0 ስዲራታ። አዚ ንመጀምርታ ጊዜ ኣብ አፍሪቃ ዝተኻየደ ዋንጫ ዓለም ነበረ።

ካብ ኩለን ሃገራት አፍሪቃ እታ ዝያዳ ዓወት ዘመዝገበት ጋንታ ጋና ነይራ። ጋና ርብዒ ፍጻመ በጺሐ ነይራ። ንሳቶም ምስ ኡራጓይ 1-1 ብምፍልላይ ጸኒሖም ግና ብፍጹም ቅላዕ ተሳዒሮም።

ስፔይን ሻምነይቲ ተዕዋቲት ዋንጫ ዓለም ኮይና ኣለ።

ገለ ሓቅታት ዋንጫ ዓለም

18449 ወለንተኛታት ኣብ ዋንጫ ዓለም ሓገዞም ኣበርኪቶም ዣቪ ኣብቲ ዉድድር ኣበዝሐ ኮዓሳሱ ኣመሓላሊፉ-669

261 በደላት ተፈጺሞም ካብዚአም 19 ብ ጃፓናዊ ከሱክ ሆንዳ ነሮም

145 ጎላት ተምዘገቡም። እዚ ድማ ዋንጫ ዓለም 64 ጸወታት ሓቕፉ ክካየድ ካብ ዝጅምር ካብ ዝተኣየዱ ጸወታት ዝወሓደ ዝተመዘገቡ ነይሩ።

ደቪድ ጀምስ ኣቲ ዘዓበየ ተጻዋታይ ኔሩ። ንሱ ድማ ወዲ 39 ዓመትን 330 መዓልታትን ኔሩ።

ነውዚላንድ እታ እንኮ ጋንታ ስዕረት ዘየመዘገበት ኮይና ትርኩብ።

ኣብ ፍጻመ ጸወታ 14 ቢጫን ቀይሕን ካርድታት ተራኢዮም

Key Words

to leak	ምንዛዕ
to stick	ምጥባቕ
oil	ዘይቲ
feathers	ክንቲቲ
fur	ጸምራ/ ጸጉሪ እንስሳ
to harm	ምህሳይ/ ምጉዳእ
coast	ገምገም ባሕሪ
livelihood	መነብር
to poison	ምምራዝ/ ምስማም
to recycle	ምምስራሕ/ ደጊምካ ምስራሕ
to win	ምስዓር/ ምዕዋት
to beat	ምህራም/ ምቕጥቃጥ
to hold	ምሓዝ
successful	ዕዉት
to draw	ማዕረ/ ሓባ
volunteers	ወለንታዊያን
to deliver	ምብጻሕ
pass	ሓለፈ/ ምሕላፍ
tournament	ዉድድር/ ግጥም
foul	በደል
goal	ሸቶ
to lose	ተሳዒሩ/ ምስዓር
final	ናይ መወዳእታ

ጥሕሎ



ጥሕሎ ኣብ ዘባ ደቡብ ብፍላይ ድማ ከባቢ ደቡባዊ ምብራቕ ዝውቱር መግቡ እዩ፣ ጥሕሎ ከም ኣብ ማእከል ዝርከባ ዓድታት ንጋሻ ወይውን ኣብ ኣገዳሲ በዓላት ከም መርዓ ካልእን ልክዕ ከም ጸብሒ ደርሆ ብኸብሪ ተጠሚቱ ይቅረበልካ። ካብ ቀደም ዝጸንሐ ናይ ገዛእ ርእሱ ክብሪ ስለዘለዎ፣ ኣብዚ ልዕል ኢልና ዝጠቐስናዮ ከባቢ ድማ ከም ኣብ ማእከል ጥሕሎ ብኸብሪ ንጋሻ ኣብ መርዓ ዝቐርብ ናይ ክብሪ መግቢ እዩ። እዚ ማለት ግን ካልእ ግዜውን ኣይብላዕን ማለት ኣይኮነን። ጥሕሎ ካብ ተኸሊ ስገም'ዩ ዝሰራሕ፣ ልክዕ ከም ጥሕኒ ተጣሒኑ ምስ ተዳለወ፣ ብልቡጥ ማይ ጨውን ዘይትን ወይ ጠስሚ ብዘለዎ ማይ ምስ ተዳወሰ ኣመና ከይለምለመ ልክዕ ከም ኣበላልዓ

ቦሶ ዝጭበጥ ምስ ኮነ ትገድፎ፣ ሻቡ እንተሎካ ኣብ ጻሕሊ ጦቕ ዝበለ ቋንጣ ስጋ እንተዘይብልካ ድማ ብጸብሒ ስልሲ ጌርካ እናጠማዕካ ይብላዕ። ንኩነታት ኣበላልዓ ጥሕሎ ብዝምልከት ድማ ኣብ ማእከል ቅርጫት (ዓቢ ሰፍኢ መሰል መቀረቢ መኣዲ) እታ ጻሕሊ ጸብሒ ቋንጣ ድያ ወይ ስልሲ ኣብ ማእከል እቲ ቅርጫት ኮፍ ምስ ኣበልካያ ብዙርያ ከም ናይ መኣዲ ኣገባብ ከቢብካ ካብቲ ብልቡጥ ማይ ጨው ጠስሚ ወይ ዘይቲ ዝተዳለወ ልክዕ ከም ቦሶ ዝኾነ ጥሕኒ እና ኣክብብካ ትበልዕ (ኣብ ከም መርዓ ካልእ ኣገዳሲ በዓላት ምስ ዝኸውን ግን፣ ብመደብ እና ኣኸበባ ኣብቲ ቅርጫት ዘቐብላኻ ኣዋልድ ኣለዎ። ንስካ እና ጠማዕካ ምብላዕ ጥራይ ይኸውን ስራሕካ። ጥሕሎ ኣዝዩ ተፈታዊን

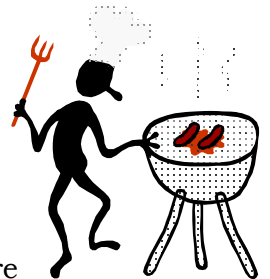
ክቡርን መግቢ ሃገርና እዩ ብፍላይ ድማ ኣብ ብሄረ ትግርኛ ኣብ ዘባ ደቡብ እዩ፣ እዚ መግቢ ኣብዚ ግዜ'ዚ ዳርጋ እና ጠፈኦ ይመጽ ኣሎ።

Key Words

BBQ	ናይ ፍሓም ዳፉር
pastime	ንምዝንጋዕ ትገብርም ንጥፈታት
bunrt	ነደደ/ነዲዲ
charcoal	ፍሓም
grill	ዳፉር
origin	መበቐል
ዝውቱር	common
ጋሻ	guest
ልቡጥ	warm
ማእከል	centre/middle
ዙርያ	circle

The UK summer BBQ

Despite the rain and cold of the UK summer, the BBQ remains a tradition. *Hadnet* explores the popular pastime



BBQs are a popular summer pastime in the UK, often involving sitting in the cold eating slightly burnt burgers.

What is a BBQ?

BBQ or barbeque or Barbie

involves cooking meat on charcoal grill outside. It's popular to cook hamburgers and sausages and to eat them in bread rolls. Ribs and chicken drumsticks are also popular.

What's the origin

Probably the Caribbean where Indians used gratings of wood over a slow fire to cook meat.

Fun fact

The biggest BBQ party was in New Orleans in 1997. About 18,000 people attended a surprise 50th birthday BBQ.



Football words

With the World Cup just finished and the football season about to start, join in the chat with essential footie vocabulary

The players

ተኸላኸልቲ Defenders: Toure (Arsenal), Ferdinand (Man U)

ናይ ማእከል ሜዳ ተጻወትቲ Midfielders: Gerrard (Liverpool), Ronaldo (Man U),

አጥቃዕቲ Strikers: Rooney (Man U), Drogba (Chelsea)

ሓለጢ ልዳት Goalkeepers/goalies/keepers: Reina (Liverpool), James (Portsmouth)

The actions

ምእታው/ምብዳህ to tackle: “A nice, clean tackle.”

በደል ብፍጻም to foul: “He kicked him in the head—a terrible foul!”

ሸቶ ምምዝጋብ to score: “Rooney scored!”

ምክልኻል to defend: “Liverpool have to defend better—they’re giving away so many chances.”

ምቕላዕ to kick: “He kicked it too far to the left.”

ካብ ከባቢ ሸቶ ምእላይ to clear: “The goalkeeper cleared the ball.”

ካብ ሸቶ ምድሓን to save: “He saved it! A fantastic keeper.”

ኩርናዕ ምቕላዕ to take a corner: “Giggs is taking the corner.”

ናይ ኢድ ዳርባ ምድርባይ to take a throw in: “Clichy is stepping up to take the throw in.”

መጠምቕቓ ምሃብ to book: “That was a late tackle. He’s been booked.”

ካብ ሜዳ ምስገግ to send off: “He’s been sent off for a

dangerous foul.”

The phrases

What a goal!

A cracking goal!

Right in the top corner/back of the net!

Right through the goalies legs!

What a terrible foul! He should be off for that.

It was beautifully set up.

He’s taken the ball past 3 players.

An excellent save!

Ref speak

Red card ቀይሕ ካርድ

Yellow card ብጫ ካርድ

Offside ካብ መስመር

Penalty ፍጹም ቅላዕ

Free kick ቅላዕ መቐጻዕቲ

Obstruction ምክልኻል

Time wasting ግዜ ምብኻን

Excessive ካብ መጠን

ንላዕሊ

Foul በደል

Football firsts

⚽ First game

3000 years ago in China, a game was played for military training, kicking a ball between two posts.

⚽ First ball

Made of animal skins and stuffed with hair or feathers.

⚽ First player sent off in a world cup

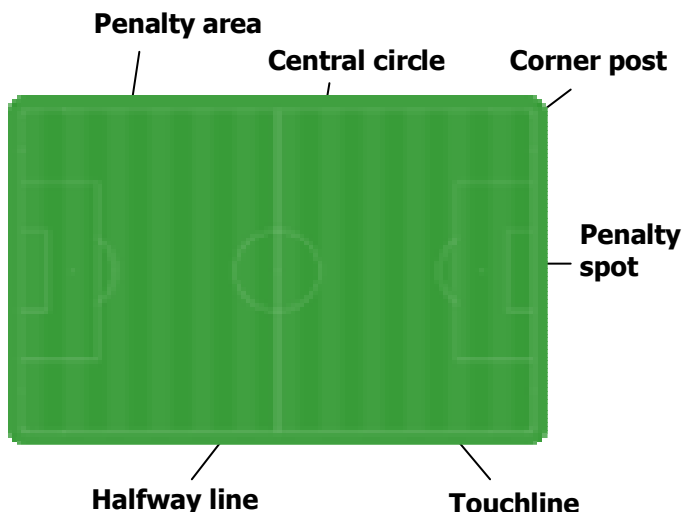
Peru’s captain, Mario de Las Casas in 1930.

⚽ First Premiership goal

Brian Deane for Sheffield United against Manchester United in 1992.

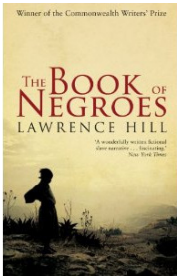
⚽ First player to score a hatrick in the premiership

Eric Cantona for Leeds United against Tottenham in 1992



Reviews

A historical fiction about the slave trade, spanning nearly 100 years, and a good action film



Books
THE BOOK OF NEGROES

Author
Lawrence Hill

The Book of Negroes tells the story of Aminata, a young girl abducted from village in Mali in 1755 and sold into slavery.

It follows the story through her lifetime, on the slave ship to America, then to Nova Scotia, back to Africa, and finally to London.

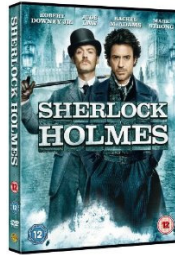
It's a fictional story, so the characters are not real. But a lot of research has been done to get the

historical details right. The conditions on the slave ships and status of slave workers is based on historical descriptions.

Some of the characters don't seem realistic, but apart from that, it is a good read and an interesting account of the slave trade.

★★★★☆

Film
SHERLOCK HOLMES



Sherlock Holmes is based on a series of famous books.

★★★★☆

Sherlock, the main character, can read a lot of information about people just by looking at them.

He uses this skill to solve crimes to help the police, who are always portrayed as stupid. In the film, Sherlock and his assistant Watson try to solve a string of brutal murders.

It has some great action scenes and a decent story, but may be confusing if you know nothing about Sherlock Holmes beforehand.

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