



# Communi-tea Notebook

Book of notes and ideas

The background of the page features large, abstract, organic shapes in a vibrant orange and a bright pink/magenta color, which overlap and curve across the top and right portions of the frame.

This notebook has been commissioned by Coventry Biennial 2021: HYPER POSSIBLE, in partnership with Coventry Refugee and Migrant Centre and Warwickshire County Council's Syrian Vulnerable Persons Resettlement Scheme. Shared initially at In The City, Saturday 25 September 2021 as a part of Coventry Welcomes.



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Credits

**This notebook is a gift to you.**

**It was made through conversations over cups of tea.**

**We have left space for you to join the conversation, with your thoughts, ideas and responses. Inside you will find some of the things we have learned, some of the activities we have done together and some of the things we have shared. It's your notebook to use how you like.**



During the Spring / Summer of 2021 a series of conversations with participants from Coventry Refugee and Migrant Centre and Warwickshire County Council's Syrian Vulnerable Persons Resettlement Scheme, have slowly created this notebook. Together we have made tea, created maps of our local amenities, talked with a careers advisor, connected our memories of smell, and explored our cooking methods and ingredients. We have talked about our families, shared our experiences and helped one another to understand the world around us a little bit better.

With love

Noura, Reem, S, S, Amelia, Helen

Do you like cooking?

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What flavour birthday cake would you make?

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What does your favourite chocolate taste like?

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### INGREDIENTS:

MALTED BISCUITS  
INSTANT COFFEE  
DOUBLE CREAM  
MILK POWDER  
VANILLA  
CREAM CHEESE (OPTIONAL)  
CHOCOLATE MELTED



# Noura's Lazy Cake

## Method:

1. Dip the plain biscuits in a bowl of water and coffee, then arrange the biscuits in layers in the dish.
2. Put a box of cream, half a cup of powdered milk, half a cup of liquid milk, a spoonful of vanilla and a spoon of cream cheese into a mixer and combine.
3. Add in four spoons of cocoa powder or Nutella chocolate (or any chocolate you like).
4. Mix the ingredients and pour over the biscuits, then leave in the fridge for an hour and decorate as desired

A recipe passed from my grandmother, to my mother and now me.

**Draw your cake here**

# Reem's Easy Cake

## INGREDIENTS:

4 EGGS  
2 CUPS OF FLOUR  
1 TSP VANILLA  
½ CUP SUNFLOWER OIL  
1 CUP MUSCOVADO SUGAR  
1 TSP BAKING POWDER  
1 CUP YOGHURT

## Method:

Whisk the eggs slowly, then combine all the other ingredients.

Bake in the oven on a medium heat.

Enjoy with tea or coffee.

In Syria 15 years ago you couldn't buy sweet things from the shop. So my mother would make a big tray bake.

**Draw your cake here**



#### INGREDIENTS:

A POT OF TEA

A FRUIT OR PLAIN SCONE

JAM

CLOTTED CREAM

## An English Cream Tea

An English Cream Tea originates from the south of England in Cornwall and Devon.



People argue about whether the jam is put on the scone first followed by the cream, or the cream is put on first followed by the jam. Do you think it makes a difference?





# Write your own recipe



Method:

Cooking temperature:

Cooking time:

**Drawing of your food**



Do you have a favourite drink of tea?

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Have you tried a herbal tea?

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Chamomile tea helps with sleep and relaxation. It can help reduce inflammation and reducing cold symptoms.

Lavender tea is good for calmness and can help aid sleep. Lavender is good for skin health.

Lemon tea is refreshing and helps boost hydration. Lemon can help with digestion if enjoyed as your first drink of the day. Lemon contains Vit. C.

Ginger is refreshing and energising. Ginger helps with nausea. It is closely related to turmeric, cardamom and glangal.

Making and drinking herbal tea can be a soothing process.

Ingredients can be purchased at wholefood shops.

You will need:

- An ingredient or ingredients of your choice.

- A paper tea bag or a tea strainer.

- Hot water.

- A cup.

- Time for yourself or to share with a friend.

Place your herbs in either a tea bag or tea pot.

Pour boiling water on to the ingredients.

Let the mixture sit for 5 minutes, or longer for a fuller flavour.

Remove the tea bag, or pour mixture through a tea strainer into your cup.

Enjoy!



What are your favourite smells and why do you like them?

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Does it remind you of a place or a person? Does it comfort you?

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What does lavender remind you of?

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What does chamomile remind you of?

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What does mint remind you of?

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What would you use ginger for?

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How would you use lemon in your cooking?

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# Mint

Mint has a strong smell and can be grown very easily.

What can you do with mint?

- Plant it in your garden to repel insects and cats!
- Chewing mint leaves freshens breath.
- Finely chopped mint can be added to basic sauces to add flavour.
- Grown indoors in a pot it can keep the room smelling fresh.
- Make a refreshing cup of mint tea.



# Lavender

There are different types of lavender plants.

Some are deep purple and others are light purple. Lavender can be grown in pots but must not be in direct sunlight.

Bees like lavender.

What can you do with lavender?

The flowers can be cut and left to dry and be placed inside fabric to place with your clothes.

Crushed lavender flowers can be used to make lavender tea.

Dried bunches of lavender can be used to decorate your home.

Lavender powder can be used

- as an insect repellent.
- as a dry shampoo.
- in baking.
- as a talcum powder.





## Where is my nearest doctor?

Type your postcode in a search engine to find a list of doctor's near you. Or if you need support ask a support worker, friend or neighbour to do this for you.

## How do I register with a doctor?

You will need to collect a 'new patient registration form' called a GMS1 form, from your local doctor's practice.

Or you can download the form at:

[www.gov.uk/government/publications/gms1](http://www.gov.uk/government/publications/gms1)

Write down the name, address and telephone number of your doctor's practice.

A doctor's practice is often called a G.P practice, and people often refer to the doctor as the G.P.  
G.P stands for general practitioner.

# NHS





## **Where is my nearest dentist?**

Dentists don't have catchment areas meaning you can use any dentist that is convenient to your home, work, travel etc.

Sometimes you will find a dentist by walking past one, make a note of their phone number and call them to see if they are accepting patients.

You can search for a local NHS dentist by visiting <https://www.nhs.uk/service-search/find-a-dentist>

There may be a waiting list to join your local dentist.

## **How do I register with a dentist?**

When you find a dentist you will be asked to complete a registration form. This is so the practice can add you to their patient database. It does not however guarantee you will be offered an appointment. If you are struggling to find a dentist call NHS England's Customer Contact Centre on 0300 311 2233. [www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/](http://www.nhs.uk/nhs-services/dentists/how-to-find-an-nhs-dentist/)



## **What do I do if I need to see a dentist urgently?**

Your local dentist may offer emergency appointments, call them first. They will be able to advise you if they can help. You can call 111. They will connect you to an emergency dentist.





## Do I have to pay for dental treatment?

Many dentists in the UK are private, that means you do have to pay for treatment. You might be entitled to NHS treatment. Depending on what support you are entitled to your treatment might be free. Otherwise treatments on the NHS range from £23.80-£282.80 depending on the work you need.

You can find more information at  
[www.nhs.uk/nhs-services/dentists/dental-costs/  
understanding-nhs-dental-charges/](http://www.nhs.uk/nhs-services/dentists/dental-costs/understanding-nhs-dental-charges/)

# Useful Places



Where is my closest park?

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Where should I get my food from?

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What if they don't sell the food I want in my nearest shop?

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Where is my nearest cafe or restaurant?

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Where is my closest opticians?

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How do I find my closest vaccination centre?

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How far away is my local post office?

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What does a post office provide?

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Is the train station in walking distance?

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Where is my local community centre?

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What happens in my local community centre?

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Where is my nearest leisure centre?

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What might I do in a leisure centre?

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Where is my nearest library?

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What shops are local to you?

Write a list of all the shops that are near you, or that you go to regularly?



**Draw a map here showing what shops and services are closest to you.**

Draw your house in the centre of the page. Then either draw or write the shops/services that are closest to you, and where they are in relation to your house. Think about whether there is a bus-stop near you. What is in walking distance? What is closer to your house, and what is further away?

## What is an apprenticeship?

An apprenticeship is a job where you work and learn at the same time. As an employee you will be paid, have a contract and benefits such as holiday leave. The learning you undertake on the apprenticeship will mean you have new skills and qualifications for your career path. Depending on your chosen apprenticeship it can take one to six years and can give you qualifications that are equivalent to a GCSE up to degree level.

## How do I qualify?

- You need to be:
- Over the age of 16
- Not in full time education
- Live in England

Some apprenticeships may need you to have a GCSE in English or Math, and some apprenticeships will give you in-work support to achieve this.

You can undertake an apprenticeship if you want to change careers, or if you are just starting out in your new work life. Apprenticeships are available in lots of different career paths from agriculture and engineering to health and care. Visit [www.apprenticeships.gov.uk](http://www.apprenticeships.gov.uk) for more information.

## What apprenticeship would you like to do and why?

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## What will it be like to study art in the future?

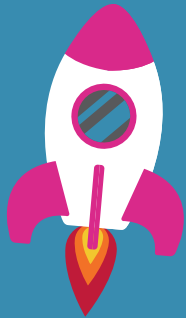
Think about what you might use to make art, what you might make, and where you will share your art.

Is it different to how we make and study art now?

What does a future with art look like?

What does a future without art look like?

A large grid of dots for writing, consisting of 20 rows and 30 columns of small grey dots.





Childcare can involve working with children of all ages, from babies and toddlers to older preschool children. You might start your career as a nursery assistant without any qualifications, but training will allow you to progress and become a qualified nursery worker. From there, you might be able to progress into supervisory and managerial roles.

You will need to undertake a disclosure and barring service (DBS) check, this checks for a criminal record and to see if you pose harm to others.

Gaining experience in a volunteering capacity can be really useful, such as with local sports clubs or play schemes.

## **Nursery Worker**

(Also relevant for Nursery Assistant, Early Years Educator, Preschool Assistant, Playgroup Assistant, Childcare Worker)

Working with children up to 5 years to develop and learn in a safe and supportive setting

You can get into this job through:

- a college course
- an apprenticeship
- working towards this role
- volunteering
- applying directly





## College Courses

You can take a college course before looking for work in a nursery. Courses include;

- Level 2 Certificate in Childcare and Education
- Level 3 Diploma in Early Years Education and Care  
- Early Years Educator
- T Level in Education and Childcare

## Entry Requirements

- 2 or more GCSEs at grades 9 to 3 (A\* to D), or equivalent, for a level 2 course
- 4 or 5 GCSEs at grades 9 to 4 (A\* to C), or equivalent, for a level 3 course
- 4 or 5 GCSEs at grades 9 to 4 (A\* to C), or equivalent, including English and maths for a T level

You might also consider becoming a Teaching Assistant who play an important role in supporting learning activities in schools and nurseries. This is a similar pathway to a Nursery Worker.

## How do I become a dentist?

To qualify as a dentist you must complete five years training for a degree at university. You will spend much of the five years learning practical skills as well as attending academic lectures and seminars. You will get experience of a range of hospital and community clinics where you will treat patients under close supervision.

### Dentistry pathway

Five GCSEs (A-C), including English, maths and science subjects

Three A levels, usually at grades ranging from AAA to ABB, including chemistry and biology

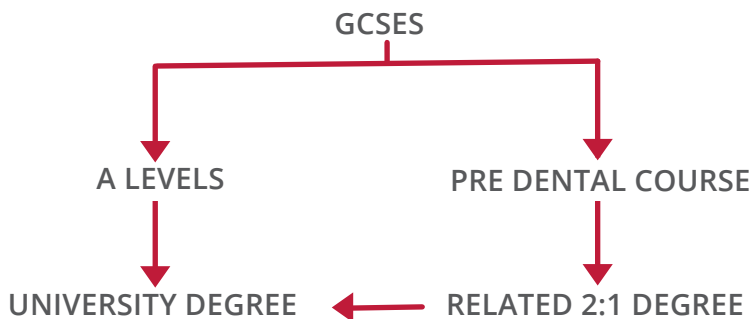
Some dental schools offer a one-year pre-dental course for those who don't have the required A-levels or equivalent.

If you have a 2:1 or higher degree, that included biology or chemistry, you may be able to do an accelerated four-year dental course.

## University Dentistry Course

### Some facts

- There is intense competition for places at dental schools
- You could be asked to take the University Clinical Aptitude Test (UCAT) or BioMedical Admissions Test (BMAT) They test the skills you'll need on the course.
- Pre-entry dentistry experience isn't essential, but a few weeks of related work experience and work shadowing will indicate your motivation for the work.
- It's a good idea to become a student member of the British Dental Association (BDA). You'll get access to its journal, student magazine, dental library and e-books. It also provides a support service and careers and interview advice



How do I become a dentist?



Your local college will have a careers advice or careers guidance department. This is where you can find out information about the career that you are interested in. Or you can find out more about your career options.

Although the careers guidance department is aimed at the college's current and potential students, it is open to anyone wanting to find out more about options for themselves or their children/dependents.

They can help you decide which course is right for you, provide tips for job searching, information about applying to University, explaining the UCAS process, and explain about student finance, and much more.

- Where is my local college?
- What are their contact details?

**A list of things I would like to ask:**

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## What isolation feels like to me

During the coronavirus pandemic, we have all had to adapt to different routines. This might include seeing friends and family less, being stuck inside more, not attending work or education as much as normal. How does this make you feel?

You can draw or write about your feelings.

A large grid of dots for drawing or writing.



## Seasonal Affective Disorder (SAD)

**What is it:** A type of depression that changes with the seasons, by following a pattern. For example, noticing yourself becoming unhappy in the winter and feeling positive in the spring and summer.

**What causes it:** It's not totally understood why it happens, but it is thought to be associated with the lack of sunlight during winter. This affects a part of the brain called the hypothalamus, from working properly.

**What can I do:** If you think you have Seasonal Affective Disorder at any point in the year, please contact your GP, they can offer you different options. There are also some things you can do at home. You can try to get as much natural light as possible, by going outside or sitting near a window. You can also buy light boxes that simulate natural light and can be placed near you.

**What makes me feel better?**

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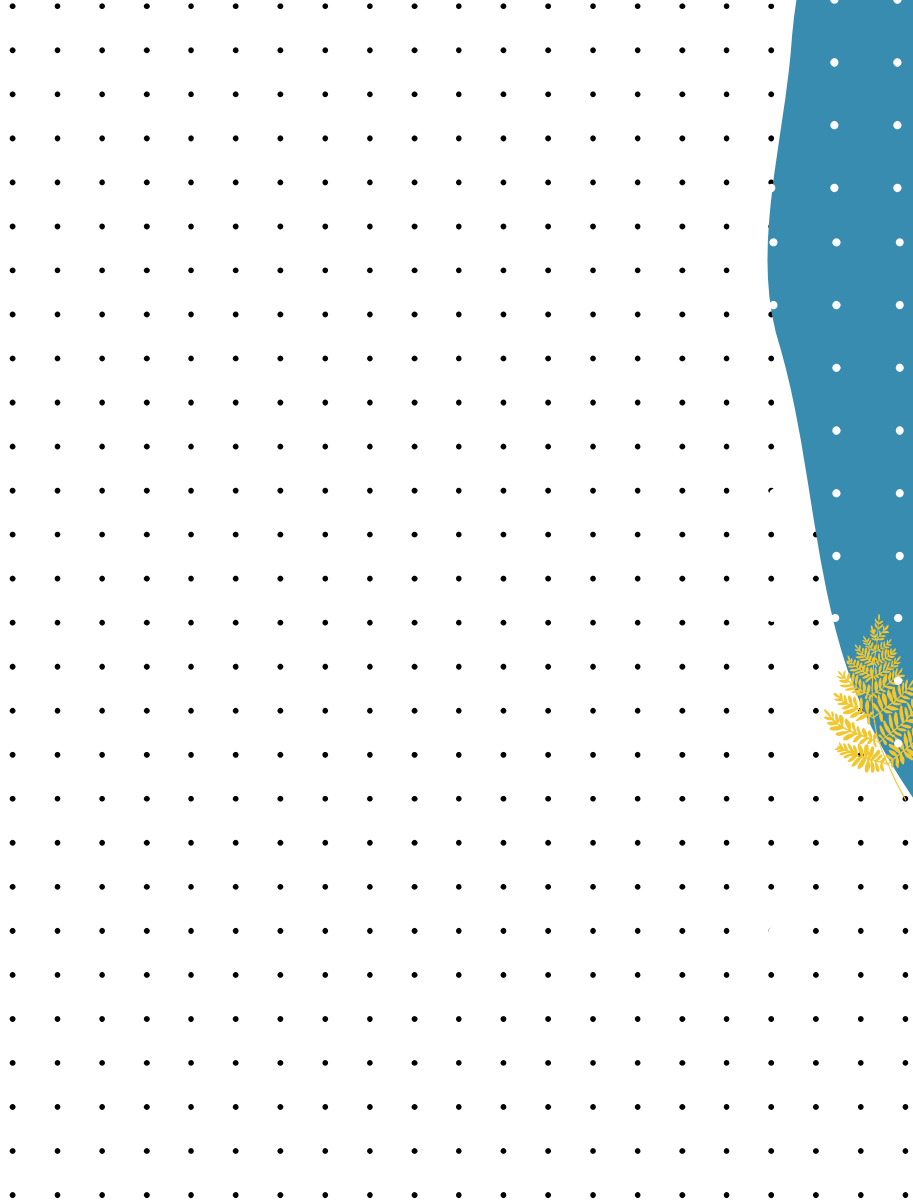
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# Seasonal Affective Disorder

How different seasons make me feel

Draw or write your responses below

A large grid of dots for drawing or writing. The grid consists of 20 columns and 20 rows of small black dots, providing a space for the user to draw or write their responses.

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Noura Saleh Al Homsy, Reem Mattar

### Thank you to

Alka Droch, Anneka French, Catherine Prior, Hyam Ashraf, Laura Dore,  
Maryam Bahoudashi, Tara Johnston-Comerford, Ryan Hughes

