

Blin Language and Culture-Women's project (BLC-WP) (ብሊን ዝ-በዲስ ዓይነት ፊል አገልግሎት)

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BLIN LANGUAGE AND CULTURE IN UK women's project

Some of the projects aims and benefits among others are to expand people's knowledge and skills. There fore we will invite speakers to talk to us about:

- HIV/Aids (ኤ.ቻ.ስ) diabetes (ዶ.ክ-ር.ሮ) Blood pressure (ክቻሙት ደም)
- Drug information and advice
- First aid
- Healthy issue, **KEEP FIT** and exercise classes, for different age groups.
- Eating well, and balanced nutrition.
- Stress management
- Meeting some other ethnic minority group and learn from them.
- Courses in English, computer skills, and childcare, fostering etc.
- Promote and participate in celebrating Eritrean festivals and Cultural shows, and drama for adult's and children, to learn and teach young generation about Eritrean (Blin) values, culture, language and arts.