

CONVERSATION & AFTERNOON TEA WITH SAMINA AZAM

MARCH 2021- ISSUE 7



AFTERNOON TEA

Those of you who know me, will know one of my favourite past times is enjoying afternoon tea.

The artistry, tradition, venue and food but most of all the company. This is my virtual version of having a catch up with a friend over tea & cake.

Enjoy my conversation with

Riffat Mian-Hashim
Homemaker & Carer



WELCOME TO OUR SEVENTH EDITION FEATURING - RIFFAT MIAN-HASHIM

Hi Riffat, how are you doing and what are you up to at the moment?

At the moment I am just getting back into the school routine for my 17 year old son especially as he has so many school commitments. Along with this I visit my 88 year old dad every other day as I help care for him so on bright, sunny days I find a scenic spot by the Thames (Runnymede, Eton riverside) with a flask of coffee and a little treat - apple crumble muffin the other day and then put on some poetry/ songs in Persian and Urdu for my dad to listen to. It's lovely to see his reaction and know that the memories of these poems have stayed with him.

I'm also still volunteering with the Royal voluntary service on their check in and chat



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I N S P I R E D B Y P A S S I O N

cont'd

app and am phoning 2-3 people each day just for a natter! As a Yorkshire lass I am happy to have a chat about everything and nothing! It is sad to realise how many people have no contact with anyone from one week to the next.

I hope these charity initiatives continue beyond the pandemic. I will be happy to continue.

Who are you watching/listening to?

I am watching Your Honour with Brian Cranston. He is at his best in this tense gripping series highlighting what lengths a parent will go to to protect their child.

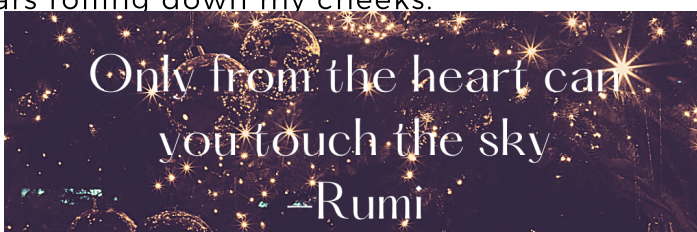
What's your favourite tool/app?

I follow the news channels and journalists on Twitter and my local MP Tan Desi. I also follow Protocol, a media site on people, power and politics in the tech industry.

Are you reading anything?

I've just finished The Beekeeper of Aleppo by Christy Lefteri -this was a heart-rending account of a journey from Syria as a refugee. The tragedy, the hope, the indomitable spirit of the beekeeper and his wife was portrayed beautifully.

Although a work of fiction I found myself with tears rolling down my cheeks.



WHAT'S YOUR BEST LOVED CAKE, TEA, COFFEE OR VENUE?

My most magical, idyllic place was the Conrad Maldives as you will remember from my daily photos! My husband arranged it all for our silver anniversary and it didn't disappoint. Afternoon tea at Selfridges is very special -my sons Shakeel and Nayaaz treated me a couple of years ago and I'd love to go back.

One of my favourite meals was at Tickets restaurant in Barcelona. Morsels and morsels of deliciousness just kept coming and then there was a whole room to go to for desserts! The whole meal was a complete spectacle.



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A vision/goal your going to make happen this year?

I will try and remember what makes each day special and write it down. I find I cannot always remember exactly what happened and just have a sense of the special days and not really the details.

#TeaWithSamina

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WORDS OF WISDOM

RIFFAT IF YOU WERE WRITING A LETTER TO YOUR YOUNGER SELF WHAT WOULD YOU SAY?

If I was writing to my younger self I would tell her to be so thankful for the upbringing she has had - the love, the opportunities and the amazing parents- so many are not so fortunate. Everyone you meet, everything you do - professionally or personally can teach you something. Nothing can ever prepare you for becoming a parent and that total, all-encompassing love. Just take the time to prioritise and do things together with your children. Most importantly :

"Be aware of your own worth, use all of your power to achieve it. Create an ocean from a dewdrop. Do not beg for light from the moon, obtain it from the spark within you." Iqbal

Riffat thank you so much for sharing. We met what seems like many moons ago in a village hall at our sons martial arts class - back when they were in primary school. Now they are young men - we are truly blessed.

From our very first conversation, I have forever been inspired by your elegance for life. Your passion for family and your knowledge of the world. I am privileged.



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