# **Shropshire Supports Refugees**

Annual Report - Jan - Dec - 2019)







January 2020

**Shropshire Supports Refugees** 

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## **Summary**

This report is in two parts, the first highlights the period from January to July, and the remainder takes us up to December 2019.

In this section we will give a summary of the activities for the year to date. As you can see from the summary it has been a very busy and challenging year, however we have risen to the challenge and a huge thanks is given to all the people who have made this possible.

In summary these are the activities we have managed to achieve.

- Social Media and Marketing
- Recruitment
- New Families
- Fundraising
- Clothes sorts and displays
- SSR Groups
  - Women's group
  - Men's Trauma and Resilience workshops
  - Craft and Chat group
- Re-Cycles Shropshire
- Days out and activities
- English Classes
- Support for their cultural and religious requirements
- Parties
- Volunteers
- Bilingual Support Workers
- City of Sanctuary
- Schools of Sanctuary
- School Support
- Meetings and Networking
- Employment Related
- Mental Health & Wellbeing related
- Collaborations during Refugee Week
- Sponsors and free services, facilities & tickets
- Meetings re Potential Future Collaborations and Partnerships
- Events and Awareness Raising
- Vigil for Christchurch
- Refugee Week
- Schools Nour and Kariman delivered talks to

- Conferences, Events and Training
- Talks delivered by Amanda
- Catering project
- New offices and Venue
- Office team
- Clothes sorts and displays
- Food Hub
- Concord College Summer School
- Shrewsbury School Homework club
- Conferences, Events and Training
- Talks Delivered by Amanda
- Plans and Projects for the Future

#### These are our plans for the future:

- Sunday Homework Club
- Catering Projects
- Paul Francis, a local poet and author is creating a poetry book from this year's refugee week poetry night
- Azik Chowdhury a Business analyst and Author is going to be working with us through next year, awareness raising and helping behind the scenes
- Putting together City of Sanctuary committees and attaining the award
- Putting together a Syrian refugee committee
- Getting the women through their food hygiene level 1 and 2
- Helping the men and women through their driving tests
- Preparing well in advance for refugee week next year and pulling a team together
- Matching more volunteers with families who have requested it
- Improving your sleep course
- Self-help health course

There is still a lot to do in supporting families and individuals as well as raising awareness.

## **SSR Activities Update – January to July 2019**

# "Committed to meeting the needs of Refugees in Shropshire and creating a safer future"

The first 6 months of 2019 have certainly proved to be busy for us.

With 4 new families since January, we have been busy collecting money, creating welcome hampers, Arabic welcome food, collecting and sorting goods, and recruiting befrienders and dealing with requests for assistance.

## Social Media and Marketing

- The closed group on Facebook has grown to 904 people. Here we keep people up to date with
  the latest developments in the migration crisis, recruit new volunteers, raise money and
  awareness and engage interested parties.
- With the Vigil and Refugee week, we were in the papers 3 times and on the radio twice.
- The mayor has attended 3 of our events brining much needed attention to our cause.
- A short film was made of the Syrian children answering questions about their resettlement into schools.

https://www.youtube.com/watch?v=-JyhWcfyyLc&feature=youtu.be&fbclid=IwAR35Y-Tdx2fNbAPTE4WPhiv-6zXd7oO 5xgbbp48SRsdlggBhwILNjQVtpg

## Recruitment

Since January, we have 12 new befriender volunteers, and many more people who came to help on sorting clothes days.

## **New Families**

New families received the usual SSR welcome, plus day trips on the Sabrina Boat and days out to Telford Town Park and Tenpin Bowling with Lunch.

#### **Fundraising**

Having two separate cohorts arrive so soon after the November families has had its challenges, raising money for them gets harder every year but luckily, we had some big donors, and some lovely hearted people who raised money in very creative ways.

We have had money raised through

- Poetry Competitions
- Books Sales
- A Just Giving Page
- Wedding Gifts
- A Music Night
- A Cake Sale by A Little Girl
- Individual Donors

We managed to raise enough to buy the TVs, kitchen appliances, toys and welcome hampers and Arabic food for the four families that have arrived since January.

We gave money for the Arabic food to existing families who went to Wolverhampton to buy it for them. We are encouraging existing cohorts to support the new ones as much as possible, and this is working to some degree

## Clothes sorts and displays

We have hauled the clothes and goods out of the lock up and sorted and displayed them 3 times in the past 6 months. These are mammoth days, but the families take home cars full of donations and are very grateful. The days attract refugees from Telford, Newtown and asylum seekers.

All the clothes left in the lock up will be distributed to charities that get aid to the refugee camps, as well as local charities that need goods.

We cannot thank <u>www.storageking.co.uk</u> enough, as they have provided free storage and hosted our displays for 3 years now!

## SSR Groups

## Women's Group

This year we have run regular women's groups on a Monday at the Quaker Meeting rooms, which have had an average of 9 ladies there each week. The structure of the days included coffee and chat, library services coming in to do story time with the children, Zumba, and then an art activity.

Attendance took a dip with the arrival of new families, so we took a break for a few months, and then it was re-established on request of the ladies.

Now, it will take another break as the summer holidays kick in, but it will be back in September. We are also going to slowly hand the running of the groups over to the ladies themselves, to empower and nurture independence.

#### Men's Trauma and Resilience Workshops

We joined forces with the Shrewsbury University and <a href="www.7futures.com">www.7futures.com</a> Mark Davies, an experienced resilience trainer from Leicester in a ground breaking attempt to bring group therapy to the traumatized men in the county.

This took a lot of work on behalf of Abdel Latif our male bi-lingual support worker, but he managed to get over the cultural and gender barrier with the men and we had an average of 9 men on each of the 3 sessions we have run.

We had a long break due to Ramadan, and various other hold ups, but we are going to start the groups up again soon. We are monitoring in an ongoing way as this is a first as far as I am aware, and we are developing it very much in consultation with the men.

#### Craft and Chat Group

This group has been running steadily for 2 years now. Originally set up by Virginia Jarell, it is now overseen by one of our longest running volunteers, Denise Samari.

It's attended regularly by a core of about 6 ladies and some young children. Every other Friday evening, ladies from different backgrounds come together and chat and make things, closely emulating the environments the have left in Syria. Some of the ladies have asked for more technical sewing and dress making classes, but that is in the queue with all the other potential projects of the future!

The group recently made a beautiful story sack for the culture day in the library, and the libraries loved it so much they are keeping it to use in the future.

## Re-Cycles Shropshire

Our bike recycling project was handed over from Anna Morris, who started it up, to Mark Fermor. With assistance from his volunteer bike mechanic Clive, they have managed to provide bikes for 70% of the refugees who have requested one, and the rest will receive one soon. They provide bike helmets, puncture repair kits and lights and are going to offer cycling proficiency classes for those who are interested.

Mark is looking at premises to be able to expand the project and future-proof it

#### Days out and activities

SSR has arranged for the new families to receive an all expenses day out to Telford and trips on the Sabrina Boat.

All the families were invited to an activity day in the Easter holidays, where a circus act taught the children some tricks, and the adults got together to socialize. Ball games, snooker, football tables, arts and crafts for the ladies and children, and computers for those interested. The day was successful, and all seemed to have fun.

The families in Shrewsbury and Telford were invited to the Shropshire Kids Fest, although only a few took up the offer because it was during Ramadan.

The families have been on days out with some of the interpreters and older families have taken them out to Manchester and various other places

#### **English Classes**

On request of the families, and to support the ongoing English practice at home, more English classes have been provided at the University, who continue to support our work.

The Thursday night class seemed to have run its ground, after successfully supporting a number of men to pass their driving theory tests and improve their English.

Instead, it has been replaced by two classes on a Tuesday now run by Avis Patience in close collaboration with the refugees themselves. After consulting them, it was felt that a class in the morning for beginners would be useful and the afternoon class is now more focused on passing driving theory tests again.

These classes are mainly attended by the new families who don't have little children, but we are going to re-establish an evening class as a further development class for older Cohorts. The ladies from older families are desperate to join in on the classes, but childcare has been a block. One that we intend to overcome by next September.

We have had a class in the ladies' home that has been running successfully, however this has had to stop due to the volunteer teacher having to take on a full time job.

#### Support for Their Cultural and Religious Requirements

This year, due to the varying needs of the different cohorts, we have steered away from providing an EID party, instead supporting the families to attend things going on around the county and the country. Through our 'WhatsApp groups' and interpreters, we are able to inform the families of events around the U.K., and ultimately develop contacts and independence in the families.

Some families chose to go to the cities; some stayed here and visited each other. We have nurtured our relationships with the 3 mosques in the county and the inter-faith groups in town, so I am keen to signpost them there.

#### **Parties**

An essential part of Syrian culture is celebrations. We have facilitated and hosted

- 1 New Arrivals Party
- 2 Engagement Parties
- 1 Leaving Party
- 1 Ramadan Feast

All events were run predominantly by the Syrian ladies themselves, we just booked and paid for the venue and supported on the day.

#### Volunteers

Interest continues to grow, and new offers of support come in weekly.

- Around 35 people have helped sort clothes
- We have 14 women who take turns helping at the women's groups (around 5 ladies per session). These women converse in English with the ladies, and look after their children while they did the Zumba classes.

Some of the volunteers from 2016 who are still supporting the families have become genuine friends of the families and will continue to be so for the foreseeable future.

- 12 New volunteers have been introduced to new and old families, 3 of them teachers in the children's schools, and all with valuable experience, enthusiasm and dedication to the family's integration.
- In total we have around 30 active befrienders who regularly visiting families.

Some volunteers took up opportunities to be trained in safeguarding, and more training opportunities will be developed through the year.

#### <u>Other</u>

We have provided an allotment for 2 men who have an interest in gardening, and money has been raised to provide 2 families with particular needs, such as trampolines for their children.

## **Bilingual Support Workers**

As always, we would not have been able to roll out the support that we have without the dedicated Bilingual supporters.

Aisha took a break for a few months but is back supporting some ladies with medical appointments and some families with school contacts.

Abdellatif continues to support behind the scenes with some of the men who want help into work, and with requests for translating from different agencies.

Kariman works tirelessly in the schools, assisting integration and both Nour and Kariman have produced a stunning presentation for schools during refugee week. They also made many of the events that week possible through hands on help with organizing and putting them together.

All of them have had to contend with evening and late nights, weekends and holidays being interrupted by me and the families trying to communicate requests and emergencies and organise events.

The summer period will be quiet as most of the team travel to visit relatives, and Kariman will be in her new role for the education dept. from September, but we will continue to be in close contact regarding the families and their needs. Amal is a new recruit who is able to assist us.

Aisha and Abdellatif still assist from France and although Nour will be working through the summer, I'm sure she will make her support available to the families.

We have two other people that we occasionally ask to support with interpreting, so we will be able to managing our future needs.

#### **City of Sanctuary**

The progression towards the award is going nicely. Once I have reported officially to the regional manager what the county has been up to, I'm sure that we won't be far from achieving the award.

\*I am looking to put together a committee that can lead the ongoing application, and then help maintain it.

#### **Schools of Sanctuary**

So far two schools have submitted their applications for audit. The regional coordinator is going to assist me with the first few schools, then I will need to put together a Schools of Sanctuary committee board to monitor and assess future schools who wish to attain the accolade, and once the schools have achieved it, it will be about maintaining it.

## **School Support**

Our Bi-Lingual TA has been working hard to settle the children into their new schools. Kariman has done some exceptional work, using her enthusiasm, passion and initiative to self-manage, with some minor coordination from me.

Come September she will have an official role with the council education department, which will ease certain aspects for her, and her great work can continue and be recognized and valued appropriately.

#### Meetings and Networking

As director of Shropshire Supports Refugees I, as always take my role as ambassador for these families and our county seriously, and always do my best to ensure that I am abreast of current affairs with regards to the migration crisis in our county, our country and globally.

I accept as many offers to collaborate & network and invitations to events and meetings as I can, time allowing.

I do my best to facilitate groups and organisations that would like to work with the families, so have spent much of the last six months meeting with various organisations and companies and groups who wish to do what they can.

Below is a list of some of the people I have met with in the past six months and some of the organisations that we have collaborated with.

#### Employment related:

Enable Designs in Mind, the Qube, and FUSE.

#### Mental Health & Wellbeing related:

- Sea Change Psychotherapy (now collaborating with Martin Wilson School working with some of their refugee children)
- IAPT
- Anna Gillions Mindfulness Teacher
- Young Carers
- 7 Futures (running the men's group)
- The Samaritans and IAPT collaboration for suicide prevention
- A coffee morning was arranged between the CCG maternity services and the women with young babies, and a survey was conducted

#### Collaborations during Refugee Week:

- The Buddhist Centre
- Shropshire Libraries Service
- Flicks in the sticks
- The Hive
- Salop Leisure
- Love to Stay
- United Reformed Church
- Unitarian Church
- Participate Galleries

- "In Good Hands Music Café"
- Amnesty International Shrewsbury Group
- An LGBT community representative (Geoff Hardy)
- 15 artists who contributed to refugee week
- Refugee Week Co-Coordinators
- Moving Worlds

#### Sponsors and free services, facilities & tickets:

- Giselle Ryan for Graphic design
- Max Ball for Graphic design
- Storage King, Battlefield (3 yrs. of free storage)
- Reclaim Tax UK (printing)
- Concord College
- Love2Stay (marketing funds)
- Quaker Meeting Rooms (craft and chat)
- Martin Wilson school (venue)
- Shropshire Festivals
- Sabrina Boat

#### Networking and meet ups:

- Shrewsbury Inter-Faith Forum
- The Anti-Slavery Partnership in The Marches
- Rural West Midlands City of Sanctuary group
- Herefordshire City of Sanctuary group
- Staffordshire Supports Refugees
- Telford Mosque and Syrian Support Group
- Craven Arms Mosque
- Shrewsbury Mosque
- Wem Welcomes Group

#### Venues used:

- Shrewsbury University (free)
- The Quakers of Shrewsbury (some free)
- Central Baptist Church café (Palmers)
- The Grange Youth Centre
- Storage King (display days)
- Martin Wilson School (free)

#### Services used:

- Zumba- With Carla
- Energise
- Aaron Child Painted Life Productions (Film)
- North Shropshire Wheelers

#### Meetings re Potential Future collaborations and partnerships:

- Pentabus Theatre
- The Flax Mills
- North Shropshire College
- The Ellesmere Sculpture Initiative
- Jamila Thomas and Lovely Land
- United Reformed Church
- Food Hub
- The Polish Centre
- The Big Lottery Regional Coordinator
- The Community Arts Development Worker Alexa Pugh
- The Crabapple Community

## **Events and Awareness Raising**

## Vigil for Christchurch

A moving display of solidarity with the Muslims of Christchurch and the Muslim community in general.

At the request of the refugees in Shropshire, we organised a peaceful vigil Approximately 150 attended and 8 people did speeches, representing different communities and faiths.

## Refugee Week

A national week of events designed to raise awareness, educate, nurture empathy and community cohesion.

The theme this year was - "You, Me, and Those who came before."

We organised 5 events and delivered talks to 5 schools. We also supported and promoted other projects and events through the week.

We wanted to include all the arts and celebrate different cultures in Shropshire.

- We organised an "open" exhibition at the Participate Gallery
- A Film Night at Love2Stay

- A poetry and readings evening at "in Good Hands"
- A multi-cultural day at the Library
- A talk to the Buddhist Center

#### Schools Nour and Kariman delivered talks to

- Martin Wilson School
- St Lawrence School
- Mereside School
- Wilfred Owen School
- Crowmoor School

#### Conferences, Events and Training

Some of the ways I have kept myself up to date and in the loop are:

- Coventry Cultural Education Partnership
- AMIF Funding Workshop, Birmingham
- Refugee Week Conference, Coventry
- Safeguarding Training
- Refugee theme Arts café with Ellesmere sculpture park
- The Wolf Of Bagdad discussion with the artist
- County Lines Training with Craig Pinkney
- Mental Health and Wellbeing for refugees and asylum seekers conference, London
- City of Sanctuary regional meet up, Coventry
- ESOL provision meeting, Birmingham

#### Talks delivered by Amanda

Since January, I have delivered talks to

- The Shrewsbury Inter Faith Group
- 22 primary head teachers
- The Buddhist Center

## The Near Future

Priorities for us for the rest of the year are as follows:

- Arranging 8 of our children to attend the prestigious international school, Concord, for their summer English course
- Creating a City of Sanctuary Committee
- Creating a Syrian Refugee Committee

- Recruiting 2 directors and applying for a national lottery development grant, as well as other funding streams.
- A number of activities through the summer for the families, but concentrating on helping them to access resources which already exist.
- A potential EID party in August
- Development of the English classes
- Potentially developing a "Syrian women's' food Collaboration"
- Ongoing support to all families in the county to help them achieve their goals and heal from their experiences
- Getting the women through their food hygiene level 1 and 2
- Getting the men through their driving tests
- Preparing for potential new families now that the scheme has been extended
- Preparing, in advance, for refugee week next year and pulling a team together
- Finding a good home for the clothes
- Matching more volunteers with families who have requested it

## SSR Activities Update – August to December 2019

We were expecting a quieter second half of the year, but we have been pleasantly surprised!

A number of unexpected opportunities arose that were just too good to turn down!

Although this report is shorter than the last, this is not a reflection on the huge amount of work going on in the background!

It has been my aim to get SSR into a watertight situation, so that the future can look bright, and secure.

Every year brings different challenges, and many rewards.

The work goes on and the following sections give details of SSR's activities....

## **Volunteers**

- 13 new volunteers/befrienders,
- And there is at least another 6 waiting to be enrolled
- Offers of help come through daily

#### **Catering project**

We were very lucky to be invited to cater for the Adults Social Services Awards ceremony on the 23.10.19

We rose to the occasion and with help from the resettlement team, the temporary housing team, a number of volunteers some from the food hub, Ben Wilson from OsNosh and 8 of our Syrians, we created a banquet to be remembered.





We had so much interest in further catering opportunities, that we are going to do our best to facilitate it.

We will be starting a project next year to get our ladies qualified and help them to do a number of catering experiences.

Working with Emily Wilkinson and Ben Wilson, Emily will be producing a book from the project and hopefully some opportunities to learn how to cook Syrian food.

• The possibilities are many.

## Social Media and Marketing

- The closed group on Facebook has grown to 975 people!
- This group have come up trumps almost every time we have put a request out there

#### New offices and Venue

- The big news is that we have now got an office, kindly offered by the Shropshire Cycle Hub. They are now a charity in their own right, led by Mark Fermor, who is determined to increase cycling 5-fold by 2025.
- This office has meant I have had a fraction of the time on the road, but I've been in back to back meetings for 2 months (a learning curve on time management!)

#### **Fundraising**

• The formidable Mat Gilbert managed to secure us £10,000 "awards for all" business development grant from the Big Lottery



#### LOTTERY FUNDED

We are looking forward to using this to secure what we are doing and helping to build capacity. We will be looking at bigger grants through the year.

- The only reason we have had to ask the Facebook group for money has been when an asylum-seeking family approached me and asked for help with their rent.
- As a one off, I asked the group, and within one evening, we had raised £800 with more still coming through.
- This has paid for their rent this month, and they will be eligible for a housing grant for the future.
- We have a pot of money now for asylum seekers needing help to access immigration advice or solicitors' meetings, although, this seem to take place miles out of Shropshire.
- We also have a pot of supermarket vouchers to help people in times of need.
- This is has arisen unexpectedly, and it is a working progress, but we are reacting to the challenges.

#### Office Team

We have had a number of new people who have joined us. We have been very lucky finding guys with big hearts and time on their hands that want to do what they can for us.

• We have a new (voluntary) Support Manager, Robert Douglas, who is bringing years of experience as a secondary teacher and a number of senior management roles within local authorities. His first job has been to make sure all the volunteers and support workers are up

to date with DBS checks and training, including safeguarding, confidentiality and specialist training.

 Mathew Gilbert (non-exec Director) has been working behind the scenes to find us funding and managed to secure us a grant from the big lottery! He manages to do this on top of his CEO role for another company



## **Clothes sorts and displays**

We haven't had to have a display of stuff in the second half of the year, although the storage unit was sorted out and a transit van full of clothes was sent to 'Mersey Aid' in Warrington, courtesy of one of the Syrian men's removals company



#### **SSR Groups**

#### Women's group

The women's group moved over to the Cycle hub, but attendance has been sporadic. Many ladies are busier than they were and are concentrating on passing their driving tests. Ladies know how to find each other now and have less need for me to create socializing opportunities.

I have decided to pause the Friday meet ups until after Christmas, then to start them up monthly until it needs to change.

#### Food Hub

The food hub have been kindly dropping off every Friday, and every week the food has been taken by grateful refugees and also asylum seekers, so I shall continue to have this system until it isn't needed.

#### English classes

- We have established 3 well-attended English classes on a Tuesday from the cycle hub venue.
   The Uni. have been struggling to accommodate us as it grows, so we are running them from Belle Vue
- Avis Patience has led these classes, and she is very happy with the families' progress.
- Many women, who couldn't previously attend due to childcare, can now attend, thanks to the childcare being paid by the resettlement funds.
- We were approached by 3 CELTA trained teachers who would like to start a class or two, so we are adding one on a Wednesday evening to see if it attracts some of the people who don't come at the moment.



Welcome Sam, Jake and Megan!

 Across the 4 English classes, we hope to accommodate more styles of learning and be able to progress students from one class to another.

Men's Trauma and Resilience Workshops

- Mark Davies https://www.7futures.com/meet-the-team
- And our resilience trainer has been joined by Colin https://www.howardpsychology.co.uk/

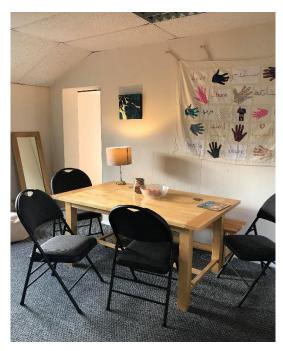
He is an exceptional psychotherapist. We are hoping to run the sessions monthly, and to bring in a researcher to monitor the outcomes and potentially develop a model that can be shared with other counties.

We held one session at the beginning of November, and 10 men attended, and were keen to go on this journey.

#### Craft and Chat group

The group has been pottering on, with the usual attendees enjoying time to relax, chat and make stuff.

The group will move to the Belle Vue venue after Christmas and are concentrating on making baby quilts for some of the new mums who are expecting. We have the pleasure of displaying their previous work in the cycle hub.



## Days out and activities

- All the families went out for the day in the summer to Cardingmill Valley. It was mostly women and children, and although it was a baking hot day, I believe a few of them cooled off in the water!
- We held an activity day at Martin Wilson School for the women and children.

Flicks in the sticks provided a film "Aladdin" and Jamila Thomas ran an art workshop which many took part in.





## Support for Their Cultural and Religious Requirements

On the 11<sup>th</sup> of August, we held an EID party at the United Reformed Church, and this was well attended by the families.

# **City of Sanctuary**

• I attended the City of Sanctuary regional midlands meet up in Leicester back in October.

The day was very rewarding, meeting and networking, hearing exceptional poetry written by a refugee, and sharing information on how our groups are getting on.



- We have had over 100 people pledge support on the City of Sanctuary page, but there is lots of room for more input in this area. Time has been stretched, so this will take a more prominent position next year.
- I visited the impressive "Malvern Welcomes" AGM in November and delivered a talk. They are busy supporting 5 families, 2 of whom have been sponsored by the community.

• We had a rural regional meeting which I attended by phone. This was a useful opportunity to discuss issues unique to our rural counties.

#### **Schools of Sanctuary**

We still have 2 schools working towards the award, Martin Wilson school and St Lawrences school. We will be continuing to work on this with big plans for next year.

I was lucky enough to accompany the lead Schools of Sanctuary assessor in Birmingham in September, meeting two of the schools that had achieved the award, Washwood Heath and the Nelson Mandela primary school. This was an essential and valuable learning experience for me.

We have many interested and qualified people waiting in the background to roll out a comprehensive program for any schools interested in this award.





## **Concord College Summer School**

This summer we had more children than ever attend the summer school at Concord.

The children relished the extra English practice and the extracurricular activities.

We are very lucky to be invited to attend, and hope the opportunity arises next year too. https://concordcollegeuk.com/

## **School Support**

Kariman has begun her formal role with the education department, and is enjoying helping to integrate the children, despite the challenges this brings.

It was evident that they would benefit from extra help with English and homework, so she has been working with Shrewsbury school to roll out a homework club.

Some of the children have been bringing their homework to Avis on a Tuesday evening as well.

After Christmas, we will probably open the hub up on a Sunday for children to access more English and help with their homework

## Shrewsbury School Homework club

This week we held the meet and greet session at Shrewsbury school.

3 of their year 11 students have initiated this as part of their independence and social leadership skills.



There will be approximately 13 of our children years 4 and above attending, with hopefully 1:1 assistance from the school. It will be manned by a teacher and aims to improve their English and math's and helping with their homework.

The hope is that the relationship with the school will grow and we can help each other out through the year.

#### Conferences, Events and Training

- Human trafficking and Slavery conference 25.09.19
- Anti-slavery board meeting 03.10.19
- COS regional midlands meeting 05.10.19
- Malvern welcomes AGM 14.10.19
- Slavery and trafficking awareness course 12.11.19
- Mental Health First Aid 27.11.19
- 14.09.19 we had a stall at the multi-faith day at the URC, and Kawa, one of our Syrian men sang for the crowd.



## Talks Delivered by Amanda

I was privileged to speak at the Malvern welcomes AGM and spent the day with one of their founders

#### Plans and Projects for the Future

- Sunday homework club
- Catering project
- Paul Francis, local poet and author is creating a poetry book from this year's refugee week poetry night
- Azik Chowdhury a Business analyst and Author is going to be working with us through next year, awareness raising and helping behind the scenes
- The new admin team-Mat, Robert and Phil will all be helping behind the scenes to expand SSR and its capacity and reach
- Expand on our knowledge and training opportunities for all involved in the organization
- Putting together City of Sanctuary committees and attaining the award
- Putting together a Syrian refugee committee, to consult
- Getting the women through their food hygiene level 1 and 2
- Helping the men and women through their driving tests
- Preparing well in advance for refugee week next year and pulling a team together
- · Matching more volunteers with families who have requested it
- Improving your sleep course
- Self-help health course
- Mindfulness for mums' course
- Many exciting food-based opportunities through the year
- Potentially a project with Pentabus theatre
- Individual fund raisers led by the refugees themselves to assist in their independence