

# PAFRAS NEWSLETTER

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**Issue 21**

January - February 2011



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**Run a Mile in these Shoes!**

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## Rainbow Hearts Project Gets Go-Ahead

We have recently been awarded the Church Urban Fund's 'Mustard Seeds' grant of £5,000 to deliver the Rainbow Hearts project.

Rainbow Hearts will generate an exciting and refreshing environment at our drop-in and allow service users, volunteers, staff and communities to engage with one another creatively. It will inspire a sense of self-worth and hope and develop a real sense of togetherness and community.

The project will develop opportunities for participation in creative arts, crafts and relaxation activities as well as for enjoying complimentary therapies. It will seek to both raise awareness of healthy living and to provide advice on health matters. By involving members of the local community such as yourselves we hope that the project will also provide an opportunity for inter-cultural dialogue, friendship and understanding.

A number of different activities are envisaged including (but not limited to) sewing, mosaic, painting and cloth making; walks and children's play; music and drumming and massage. There will also be games such as snooker, table tennis and board games.

The project will also establish the *Mothers for Mothers* group to provide a friendly, confidential forum in which asylum-seeking women are able to meet, talk, advice and support one another. There will be a crèche facility to allow mothers to participate fully.

Through delivery of these activities the project will provide a safe space for participants to express themselves and constructively channel their energies, talents, emotions, aspirations and needs in a variety of ways whilst engaging with the wider society. These are opportunities that they are largely denied due to their status as refused, destitute,

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asylum seekers. By engaging service users in activities, the project will reduce isolation, boredom and stress levels and improve mental, emotional and psychological health. It will also provide opportunities for building positive relationships and enhancing personal development. These social activities will greatly compliment the casework and advocacy aspects of the drop-in service.

### **Get Involved!**

We are looking for individuals and organisations interested in getting involved in delivering and supporting the delivery of the project.

If you or your organisation would like to either as a volunteer or sponsor, please call Fidelis Chebe project co-ordinator of Rainbow Hearts on 0113 241 2163.



### **Volunteers' Newsletter**

PAFRAS are also pleased to announce the forthcoming launch of a new volunteers' newsletter, The Rainbow.

The vision of this bulletin is to give our volunteers an active voice and highlight their presence within the service. The bulletin will be owned and run by volunteers with guidance provided by our volunteer co-ordinators.

It will be a medium for constructive and artistic expression providing volunteers with a platform for show-casing their talents and communicating their thoughts and experiences of working with PAFRAS. It will also provide a forum for individual and community cultural exchange.

Through their ownership of the bulletin, it is hoped that volunteers (many of whom are also service users) will both have and feel a greater sense of their inclusion within the organisation and wider society.

The Rainbow will be published quarterly.

## **Run a mile in these shoes**



*Jim Rowland will run the Leeds Half Marathon for PAFRAS this May. Here he tells a little bit about his background and why he chose to raise money for PAFRAS.*

“**T**hough I used to run at school, I did not take it up again until 2007 when, at the age of 59, I was challenged by my

son-in-law (a keen distance runner) and the example of friends at work to agree to the daunting task of running 3 miles in a charity race. It nearly killed me, but I had got the bug, and I followed it up with the Abbey Dash 10 km run later that year. I then set my sights on training for the Leeds Half Marathon in 2008 but suffered an unexpected heart attack in the June. I was banned from running for 6 months, and had to be very careful to build up slowly after that. I now run with a heart rate monitor, though nowadays I am allowed a bit more latitude to exceed my nominal limits. Gradually I got back to my previous distances, and now even bettered my pre-2008 times. So, as long as God gives me continued health I will be up for the 2011 Leeds Half Marathon in May, and who better to do it for than PAFRAS?

The idea came to me when visiting PAFRAS' offices. My wife and I help to administer a local trust that sometimes is able to support their work to a modest extent. I am interested in refugees and asylum seekers, having worked in Uganda for almost 15 years, mostly during Idi Amin's not-so-benevolent rule, when many Ugandans had to flee to other countries. At the same time Sudanese refugees had a big settlement in our region. We have seen how being of the wrong ethnic group, religion or political persuasion can endanger a person's life. Leeds has a lot of people fleeing such persecution, and their plight is often hard and the system can deal harshly with them. They need our support and friendship.

So I run for the sheer pleasure – the sense of freedom and wellbeing, the fresh air and exercise, the streets and countryside; but I want to run this particular run for PAFRAS as they need our help to carry on their essential work in difficult times.”

*To sponsor Jim visit his Just Giving page:*

[www.justgiving.com/Jim-Rowland/](http://www.justgiving.com/Jim-Rowland/)

# Afghanistan

## *Everyday Life in a War Zone*



Photographs of daily life:  
Herat 2004 – 2007

by Farahnaz Karimy

2 – 23 March 2011

Woman photojournalist Farahnaz worked in Herat until 2007 when she was forced to flee Afghanistan with only the youngest of her four children.

After a year's arduous journey she arrived in Britain in July 2008 and asked for asylum. She was living in Bradford and Wakefield, awaiting the Home Office decision, until early October 2009 when she was suddenly taken into detention with her 9 year old son and deported to Hungary.

The photographs show scenes of almost normal life, such as shopping, school, work and play, weddings and celebrations, interspersed with distressing scenes of the results of conflict and violence. The woman's perspective gives them a special impact. In Afghanistan Farahnaz worked for the European Pressphoto Agency (epa) who have kindly donated use of their images for this exhibition.

Seven, Harrogate Road, Chapel Allerton, Leeds LS7 3PD

Daily 10.30 – Midnight

*Supported by European Pressphoto Agency, BISAN and the Big Lottery Fund*

## **PAFRAS Allotment Update**

Despite the odd chilly patch spring is definitely in the air and thus it is time to get working on the PAFRAS allotment again. The allotment, in Harehills is run by volunteers and service users of PAFRAS to provide food for the kitchen at our drop-in but also an opportunity for socialising and taking in some fresh air. All comers are welcome and no commitment is necessary.

PAFRAS volunteer Patrick Hardy is your point of contact and he's already planned a few days for digging over, planting out, watering and weeding. These are April 2, 9, 16 and 23. If you're interested and would like more information, call Patrick on 0796 287 8457 (Sunday-Thursday).

# Another Place

Photographs by Charles Peck  
(1966 - 2009)



Exhibition Open  
March 7th - April 1st.  
Hours 9 till 5 Monday - Friday

### **Leeds Design Innovation Centre**

46 The Calls  
Leeds  
West Yorkshire  
LS2 7EY  
Telephone 01132 458182

for more information email  
[timpeck@lycos.com](mailto:timpeck@lycos.com)  
website  
[www.wix.com/charles\\_peck/gallery](http://www.wix.com/charles_peck/gallery)

**All profits will be donated to PAFRAS - Positive Action for Refugees and Asylum Seekers.**

*Tim Peck on his brother Charles, the Photographer, and why he chose to donate the proceeds of **Another Place** to PAFRAS.*

“The photographs were taken by my brother Charles Peck. He died on 16th August 2009. In 2008 he did some voluntary work at St Augustine's Centre in Halifax. They provided a drop in centre for asylum seekers and refugees. It was something he felt very strongly about and he would have liked to do a lot more to support the cause, had ill health not prevented it.

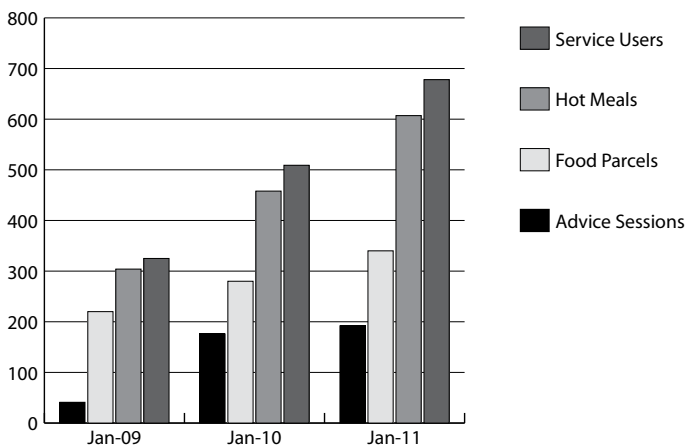
Charles never managed to exhibit these photographs while he was alive. He suffered from Manic Depression and his condition prohibited him from doing so. It seems appropriate that any funds raised from a posthumous exhibition be donated to a cause he was passionate about.”

# Donations

The heady days of harvest are now a distant memory and the PAFRAS food room, once overflowing with donations from our generous supporters, is looking a little bare.

Added to, this we're seeing a steady increase in numbers at the drop-in with the head-count frequently topping 100 already this year. In this context, any and all donations are extremely welcome!

## Key PAFRAS Service Indicators January 2009 - 2011



### Tins:

Tomatoes, spaghetti, vegetables, fruit, fish, meat (ideally not pork), vegetables and beans.

### Dry food:

Sugar, tea, rice, pasta, cereal (these are split down into portions, so catering size bags are useful), small jars of coffee.

### Sweets:

Chocolate bars and chocolate biscuits.

### We also need:

Long-life milk, fruit juices, biscuits, nuts, and dried fruit.

### Toiletries and babies' things:

Shampoo and shower gel (small bottles), soap, mouth wash, sanitary towels, toothpaste, tooth brushes, (safety) razor blades, shaving foam/gel, deodorant, toilet rolls, disposable nappies, wipes, etc.

Alternatively, PAFRAS accepts financial donations. *These are especially useful as they can go to meet all kinds of needs; including money*

*for bus tickets to attend Home Office appointments* (see issue 17).

If you would prefer to donate money you can do so easily by completing the standing order form that comes with this newsletter or by following the instructions on our website.

If you are going to donate money, please don't forget to complete a Gift Aid form. Gift Aid means that for every £1 you donate the Inland Revenue will give us an additional 28 pence.

If there is no standing order or gift aid form with your newsletter you can request one by telephoning us or emailing [info@pafras.org.uk](mailto:info@pafras.org.uk). You can also download one from our website:

[www.pafras.org.uk](http://www.pafras.org.uk)

If you have any queries please get in touch with us by telephone.

If you can help distribute food appeals then please contact us and we will send you leaflets and appeals.

