

REFUGEE SUPPORT DEVON

NEWSLETTER

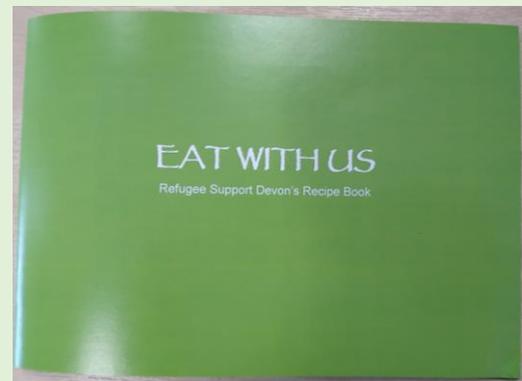
Winter 2020



Eat with us in 2020!



Everyone at RSD is very pleased and proud to announce the publication of 'Eat With Us', a collection of mouth-watering recipes provided for us by RSD's clients from around the world. We are all very excited about the publication of this book as it has been a long time in the preparation and has involved a great deal of hard work by several RSD volunteers and staff members.



'Eat With Us' made its public debut at the Holocaust Memorial Day event (see page 2) and will be available from RSD stalls at events such as Refugee Week and the Exeter Respect Festival, or

direct from our offices at the Exeter Community Centre: we request a £5 donation for each copy and larger donations will be most welcome.

We are already considering collating a second volume of recipes so please watch for further developments about this. In the meantime we would like to say a huge 'thank you' to all the people who helped us prepare and publish 'Eat With Us', with particular thanks to professional graphic designer Vivienne Calderbank, who gave very generously of her time and efforts in the production of the final, very attractive version. Vivienne can be contacted via her website,

www.topicaldesign.co.uk

RSD marks Holocaust Memorial Day

Refugee Support Devon renewed its support for Holocaust Memorial Day on 27th January with an exhibition stand in Exeter's Guildhall.

Surrounded by chilling reminders of the horrors of the Holocaust, the stand attracted a steady stream of visitors, some of whom had been to a special service at the Cathedral and others going on to the city's synagogue nearby.



Anna Jameson Evans (left) and Liz Oxburgh

RSD was very well represented by a large number of volunteers. Liz Oxburgh, Anna Jameson Evans, Sheila Sloan, Yvonne and Leah Bearne and Jenny Longford were on duty, and most of them remembered to wear warm clothes this year, having endured decidedly chilly conditions in the Guildhall last year!

Liz Oxburgh and Suaad Genem-George

They were joined for a while by Suaad Genem-George, organiser of Exeter Respect Festival. Plans were discussed for RSD's participation at the Respect Festival in June.

The exhibition was also a chance to savour RSD's tasty new publication *Eat with Us*, which features recipes from across the world and is described on page 1.



Sheila Sloan, suitably dressed for the Guildhall chill

Jeremy Toye, RSD volunteer

Focus on fundraising part 1: running for RSD



Jade in Exeter High Street, before her run...

On Sunday 1st December I took part in the Exeter City Community Trust Santa Run to raise money for Refugee Support Devon. 800 enthusiastic runners flocked

to the city centre for the annual event. There was a friendly and lively atmosphere as people were donning their Santa suits and getting ready to run. The run itself was fantastic; the course was well-organised and there were numerous marshals cheering everyone on.

It was a great opportunity to raise money for Refugee Support Devon and to spread the word. The charity means a lot to me and I am grateful for ways to get involved and raise money, as I am unable to volunteer at the moment. I am looking forward to getting involved and helping to support RSD again next year!

RSD is an excellent charity. I have so much respect for the charity and all the hard work done by everyone.

I wish everyone a Happy New Year and all the best for 2020.



..and after, with her finisher's badge

Jade Rossiter

Refugee Week 2020 update

This year Refugee Week is from the 15th to 21st June and planning is underway - possible events so far include a football tournament, activities at the museum and cream tea in the countryside.

We have some volunteers from our Syrian friends who are going to think about a community event and I'm wondering about a walking theatre...

We often have a night at the Phoenix and coffee mornings and static displays across the city.

If you have a great idea or would like to contribute in planning or helping, then we'd love to have you on board! Please register your interest with info@refugeesupportdevon.org.uk - if your local group is planning something independently then let us know and we'll include it on our publicity.

Liz Oxburgh, RSD trustee

Focus on fundraising part 2: singing - and shaving - for RSD

On 7th December a large and appreciative audience attended a performance by Exeter Choral Society of Karl Jenkins's 'The Armed Man: A mass for peace' and Vivaldi's 'Gloria'. This took place in Southernhay United Reformed Church. The Armed Man is a powerful piece of music relating the grim realities of war with the theme of 'better is peace than always war'. Vivaldi's 'Gloria' is a well-known piece and a favourite with choral societies. The choir was accompanied by a musical ensemble of organ, brass and percussion and two excellent soloists, Heloise West and Olivia Jane Gomez.

RSD was fortunate to be chosen as the choir's charity and a magnificent sum of £600 was raised from choir members and audience contributions.

One of the altos, Corinne Richards, had her hair shaved off to raise money and was able to donate over £700 to RSD. The money will support destitute asylum seekers and refugees in Devon. We are most grateful for the wonderful generosity of Corinne Richards and also all who sang or attended the concert.

Chris Hill, RSD trustee

Exeter Choral Society choose a different local charity to support at each of our bi annual concerts and the choice is put out to the members. RSD seemed an ideal option due to the subject matter of our main piece being a mass for peace. RSD must battle more and more against prejudices and lack of understanding from so many ill-informed areas of society and it was really good to find such a well deserving group of dedicated people to support.



Before

When people were interested enough to ask about who I was sponsoring it was heartening to find so many who were really behind my choice and to be able to enlighten others who had previously not fully appreciated the type of support that these families need.

I have actually enjoyed the whole event and am looking forward to seeing what the end result will be probably in a couple of months!



After

Corinne Richards

Green Fingers Challenge

Is anyone up for a horticultural challenge? In June we have two events that would be helped by your green fingers!

At the beginning of the month Exeter Respect will be taking place and later on Saturday 20th June we'll be holding an activity event at the Royal Albert Memorial Museum in Exeter. This is part of our Refugee Week fun.



Sesame

I thought that for both events we could focus on food and making people welcome. One of the things that help people feel at home is a taste of home! And tasting other people's food is great pleasure. It struck me that I had no idea what sort of plant produces black peppercorns and wouldn't it be interesting to try to grow one.

So the challenge is to grow some of the herbs and spices used by our clients in cooking.

I imagine most people are familiar with coriander leaf (incidentally liking or loathing the taste is genetic) - but what does a cumin plant look like? What about sesame? Peppercorns? Caraway? Turmeric? Ginger? Sumac? If you think you'd like to have a go at growing these then please can you let

me know what you are going to try your hand at, grow them and then let me have the plants.

The chances are that the plants will suffer as I'll be encouraging people to pinch the leaves to smell them and see if they can identify what it is.

So maybe you'll want to grow enough for yourself too...

And if you had a chance, it would be great if you could write up a little description of what you had to do to get the plants to grow, e.g. did you use seed from a seed merchant or did a packet of seed from the food counter germinate?

Have you any other ideas about what we should include?

If you have green fingers then please sign up to this challenge!

Liz Oxburgh

RSD needs YOU!



The 400 appeal

RSD's 400 appeal aims to get 400 people to sign up to a monthly £10 direct debit which will enable it to continue providing essential services to individuals and families escaping war and destruction. To donate to RSD through PayPal or by using a debit or credit card, search for Refugee Support Devon via the PayPal Giving Fund or go to www.refugeesupportdevon.org.uk. Alternatively set up a bank standing order or regular donation to Refugee Support (Devon) Ltd., Cooperative Bank account number 6584 9280, sort code 08 92 99.

For more ideas about how you can help RSD please visit www.refugeesupportdevon.org.uk or contact us (info@refugeesupportdevon.org.uk, 01392 682185) - we will be glad to hear from you.

THANK YOU!



Peppercorn