



solace

surviving exile and persecution

Hello, Welcome to Solace's 15 Years Celebration
Newsletter

Solace, a specialist therapeutic service for refugees and asylum seekers in Yorkshire and the Humber region invites you to celebrate their 15th anniversary with them.



Launch Event - Friday 21st May 2021; 4pm on Zoom

This free online event, launches a programme of celebrations throughout this year.

Join us to hear Prof. Divine Charura of York St John University and ex Solace Therapist talk about why specialist therapeutic services are needed for refugees and to hear from Germain Naruhana, ex-Solace client, volunteer and staff member talk about his work in Australia developing programmes for refugees.

Everyone who would like to know more about our work is invited to attend. This may include staff, partner organisations, people who have used our service, supporters, funders, volunteers, mental health professionals, refugee and asylum seeker support organisations, schools, SENCOs and policy makers.

[More info or Register to receive Zoom details](#)



15 Peaks in 15 Days Fundraising Challenge - 15th - 30th June 2021

Solace is celebrating 15 years of providing mental health support to refugees and asylum seekers. Senior Therapist Sarah Blossom is embarking on a personal fundraising challenge to climb 15 peaks in 15 days as part of Refugee Week 2021, and this year's theme 'We cannot walk alone'.

The total distance will be 216km and the total elevation (climb) will be 15,333m. This is equivalent to the elevation of Everest almost twice!

The challenge for Sarah, accompanied by her partner, will be to reach 15 mountain* summits (one per day, for 15 days) returning to the valley each night and camping to start the following day. Sarah will do every summit raising funds for Solace and awareness of this year's Refugee Week campaign We cannot walk alone.

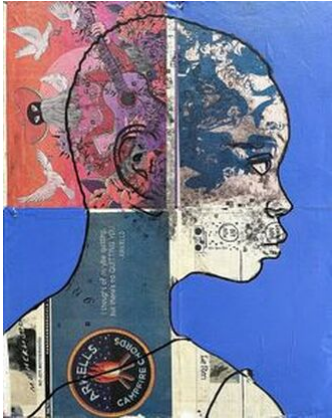
The walks begin on Saturday 12th June and finishes on Saturday 26th June.

Go Sarah!!

**A mountain is any elevation of land that reaches at least 2000ft (610m) with a slope greater than 2 degrees.*

(image Scarfell Pike, Englands largest mountain summit. 3209ft/978m)

Just Giving link - Please share widely!



Art Therapy Group Project in Sheffield

People using our service in Sheffield will be invited to create a self portrait in a genre of their own choice, on a large canvas. The running theme of the artwork will be in the form of a bust (head, shoulders and neck) of that person..

Solace therapist, Aimee Hickman, will facilitate in terms of exploration of materials and how to use them, teaching painting techniques and drawing skills along the way.

Aimee has set up a Pintrest board to help participants generate ideas. (See link below.)

Solace will provide the materials for participants to explore which feels comfortable for them to use.

[Aimee's Inspiration board - click here!](#)



Regional Walks & Picnics

As well as Sarah's epic mountain challenge, we are inviting people who use our service (or have completed their work with our service) to join therapists in groups of up to 6 people from across the region for short local walks. Walks will be a time to consider the Refugee Week theme 'We Cannot Walk Alone', and to enjoy some fresh air and company, ending with a picnic.

[Donate to the 15 Peaks Challenge](#)



Recipe Sharing Project

One of the most common topics that unites the people we meet, whether they are staff, volunteers, interpreters or people using our service, is food! We seem to spend a lot of time talking about and sharing food. To celebrate different cultures, flavours and stories, we are compiling 15 recipes from people in the Solace network to share with you in our 15th anniversary celebration cookbook!

[Keep up to date with Solace work](#)



Films and Interviews with Solace

As part of our celebrations we are giving people who have used our service a chance to tell us what they think, and let us know how Solace worked for them. We hope this will also give supporters a better understanding of what we do, by hearing it directly from those with experience. Karima (pictured) has created a film to encourage UNHCR resettled families to work with Solace to help their family adjust to life in the UK.

[Watch this space for coming films..](#)

Finally - just some shots of our new office under development



We are gratefully receiving office-warming gifts for our new home! [Click here for our wishlist!](#)

1 Manor House,

Manor Street

Leeds

LS7 1 PZ

07899 304 905

info@solace-uk.org.uk

