

Dear Ukrainian neighbours, guests, hosts, volunteers and supporters (Ukrainian version attached) (українська версія додається)

September seems to have rushed by, and we are now very much looking forward to providing some new activities for children and for adults during the Autumn period. We also continue to provide teaching for English, help with finding jobs, support to find accommodation and household items.

News/Forthcoming events and possible activities 🧑🏫 📅

- 1) **October half term** 🧑🏫🧑🏫🧑🏫🧑🏫🧑🏫🧑🏫 In the September update we were looking to provide further help with childcare during the October half term. I can confirm that this support is being put in place and will be facilitated again, by our excellent Ukrainian teacher Iryna Ivanik. These sessions will be held from Monday 30th October through to Thursday 2nd November 9.00am to 12.00 noon (there will not be a Friday session) **If you are interested please either contact Iryna by email ivanik_irina@ukr.net or ericagarner@hotmail.co.uk Children from Shropshire and North Herefordshire would be very welcome.** These sessions will be held at the Quakers Meeting House (QMH) St Marys Lane, Ludlow SY8 1DZ, unless notified by Iryna.

2) Yoga

We will be starting Yoga sessions on Thursday evenings , starting on Thursday 26th October from 6.00pm to 7.00pm .This is aimed at adults, and open to all Ukrainians, volunteers, supporters and hosts. It will be free of charge . Venue will be the Quakers Meeting House, unless notified of a change of venue by Iryna. If you are interested, please contact Iryna (email above) or Erica ericagarner@hotmail.co.uk

3) Reiki Massage and Mindfulness

Reiki Massage

From November we will be providing sessions to support families who are living with stress and anxiety, due to the ongoing conflict in Ukraine. We are looking to provide Reiki sessions to families. **Reiki** is a type of energy healing and is a complementary therapy. The Japanese word Reiki means universal energy, it aims to relax you, ease stress and tension and help with wellbeing. Reiki is linked to a range of physical and emotional health benefits, including better sleep, improved mood, and pain relief.

Mindfulness

Mindfulness is a kind of meditation, in which you focus on being intensely aware of what you are sensing and feeling in the moment, without interpretation or judgement. Practicing Mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

In our November newsletter we will provide you with the details of the sessions for Reiki and Mindfulness, but please get in touch with Oksana or Erica if you would like to attend these sessions(contact details below)

- 4) **Lap tops** – 🖥️ 🖥️ we have a small number of new laptops available for a six month loan. Priority will be given to families with children moving from junior to secondary school, or to new college students. Please contact Erica by email ericagarner@hotmail.co.uk if you are interested.

- 5) **Christmas Pantomime – Snow White and the Seven Dwarfs** ❄️🎄🎭🎄❄️🎭🎄
Ludlow Assembly Rooms Sunday 17th December 12.00noon . We have booked tickets for the pantomime at the Ludlow Assembly rooms, ideal for all the family, smaller children will really enjoy the live event and they will have lots of fun. **We only have 12 tickets left if you are interested please contact Oksana or Erica.**

We will provide soft drinks and popcorn! We need from you:

- Full name of those people who want a ticket
 - E mail address of the main person in the party
 - Age of people attending – those who are 18 + and those who are below the age of 18
 - Mobile number of main contact
 - Does anybody need a lift to get to the venue and a lift home?
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6. **English Lessons - Our Autumn term is in full flow for, English Assessments and English Language lessons (all levels)**

Students are very welcome to attend lessons more than once per week, and in addition to face to face classes in Ludlow, Please contact Jacki Moore if you are interested. Contact details for Jacki below.

English Lessons are held at Quakers Meeting House (QMH) St Marys Lane, Ludlow SY8 1DZ

Tuesday mornings 10-11.30am –

Wednesday evening 6.00-7.30 pm

Thursday afternoon 1.30-3.00 pm

7. **Continued support with helping find :**
- **Work**, Alison Toulson from the Enable Service is available to help people find work, or to discuss changing jobs or find a different role. Alison will be at the Quaker meeting house on the 1st Saturday of the month. A **QR code is attached** which gives access to an application form, that you can submit directly to Alison who can start supporting you very quickly with job search in your area.
 - **Furniture and household goods**, we have a store of household items - please do say if you need any kitchen or bedding an beds, chairs, sofas.
 - **Help to move** – we can help you move to your new house or flat, provide volunteer help with moving your belongings and hire a van for the move, please don't hesitate to contact us for help.
8. **For contact anytime throughout the week –**
- **Erica's contact details are** – mobile 07974001310 or email ericagarner@hotmail.co.uk (Please contact for all queries, except English assessments, lessons, homework club, and exams)
 - **Jacki's contact details are** – mobile 07929656545 or email jackiamoore@gmail.com . For all queries relating to English lessons, assessments, homework club, and exams.
 - **Peter Higgins** – if you require help with transport. mobile 07757989708 or email refugeesludlow@gmail.com
 - **Oksana Kholevytska Yaremko** - will help with any general or specific queries, if she is not able to answer them directly Oksana will refer on to other people, or agencies where appropriate, mobile 07786041678 or +380953801277 or email so369369@gmail.com

- **Iryna Ivanik**, for all queries relating to school holiday camps , children's activities, contact mobile 07438027943 or email ivanik_irina@ukr.net
- **Contact us via facebook – Ludlow Refugee Support Group**

Erica, Jacki, and Oksana will be at the Meeting House on the first Saturday of the month, and are always available for contact every day by either phone, text or email, they can meet you in person at the Meeting House or other venues most days of the week.

9. The Saturday sessions for 2023 are as follows:

- **Saturday October 7th 3-5pm (Alison Toulson will be available for support) Erica will not be available but Jacki will be present**
- **Saturday November 4th 3-5pm (Alison Toulson will be available for support)**
- **Saturday December 2nd 3-5pm (Alison Toulson will be available for support)**

Please do make contact at any time if we can help in any way.

Erica
07974001310