

Spring 2019

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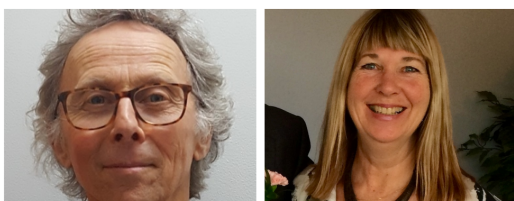

Our Spring Newsletter has arrived!

Dear << Test First Name >>>,

It's been a really busy time for us at BHN. We hope you enjoy reading about some of what we've been getting up to in our extended newsletter.

Read on below for information on weekends away, new staff and trustees and more...

Refugee Festival is on the horizon (June) and we are running an open day on the 17th June from 1-3pm so invite ALL your friends to come and visit us and enjoy our lovely food and atmosphere (donations for lunch gratefully accepted)! We are also doing the MASSIVE FOOD TENT at Celebrating Sanctuary Queen Square on Sunday 23rd June from 12pm to 6pm. Moveable Feast's coordinator Ari (ari@bhn.org.uk) would love to hear from you if you can help cook or chop or serve or wash up or drive stuff and people around!





We are very happy to introduce you our new staff and trustees!

Ralph Openshaw

Ralph started volunteering for BHN in 2012 in different roles but mainly as a Maintenance Coordinator for our BHN house. Before that, Ralph used to work in environmental consultancy and the building industry. Now, Ralph will be responsible for all the Health and Safety. We are very happy to count him among our trustees to continue this journey!

Sarah Webb

We are delighted to have another trustee who joined us last year: Sarah Webb. Sarah has always been driven by the values of social justice, caring and empowerment; this is the reason she joined BHN as a host and a trustee. Thanks to her background in safeguarding, Sarah can assist BHN with this issue but can also help us with strategy, policies and planning. In her free time, she likes to play outdoor sports and she plays the saxophone in two orchestras.

Clare Peacock

Clare is our Welcome Centre Volunteer Coordinator. She joined BHN in June 2018 first as a volunteer and then as a staff member. Her role is to support all



Thanks to our Bakers! - By Kris Gaydon

“Our bakers love it on Saturday night that you come on Monday morning to take the bread”

T.G. Pullins, a bread shop, yet more than a bread shop. The smell of bread and pastries wafts down the road enticing you into the warmth and delights of their shop to savour the baking now!

At Bristol Hospitality Network (BHN) we had a need, to give our asylum seekers, when they came into the Welcome Centre, a taste of something special. Perhaps not having had a great deal to eat before coming.

Having known T.G. Pullins for many years and been aware of their generosity, I asked if they might be able to supply bread for us as we no longer had anyone able to provide it. In less than 10 minutes the answer came “Yes we’d be very happy to” (give you bread to meet your needs). Now I collect it each Monday morning. Pullins bread is very delicious as many of our refugees now know and they are very appreciative of the kindness of this particular bakers. Thank you Pullins – Star Bakers.

Previously we also used to get our bread from Joe Bakery and Herberts

our volunteers at the Welcome Centre from the art table to the kitchen clean-up team. Clare also coordinates a mentoring programme at Brigstowe and is a Young People's Advocate at Bristol Refugee Rights. Do not hesitate to get in touch with Clare if you would like to volunteer with us on Mondays!

Graham Parsons

Graham just joined BHN in March to take on the paid position of Maintenance Coordinator (replacing Ralph). Graham has a background in HR and linguistics, but he recently chose to retrain as a carpenter. Thank to this new training, he has been able to work in Bristol for Nook Housing, renovating derelict properties to be used for social housing. Outside BHN, Graham continues to be interested in linguistics, he speaks Arabic, and enjoys playing traditional Irish and Scottish Folk music.



Join our sewing group!

Every Monday at the Welcome Centre you can find Kris leading a sewing group in the main hall. In this group you will always see Grace, Susan or Will making bags, aprons, pillow cases or other useful creations!

If BHN members have any ripped clothes, missing buttons or just want to learn how to create their own items,

Bakery, we would like to thank them as well for their help.



Discover our partners: Welcome Voices

Welcome Voices is a cultural integration choir combining mindful singing, breathing and vocal harmony. Every Monday they have been running workshops at the Welcome Centre singing with our members.

The choir was founded in 2018 by Pete Warnock and Kerry Ann Smith both passionate about music and its use for well-being, and is funded by The National Community Lottery for 12 weeks, until 17th June 2019.

The aim of the program is to help refugees, asylum seekers and everybody who has experienced displacement to feel integrated in community.

To do that, 12 weekly 90 minute sessions are organised for free to refugees and asylum seekers and -waged individuals from from the wider general public are welcome to attend on a 'pay if you can' basis (suggested £3 minimum donation) or more if you want and can!

Everybody from the Bristol area is welcome to participate in one or more sessions. Participating in this program is beneficial for everyone, it reduces

they can join in.

BHN members are enjoying learning with Kris how to use the machine and pairing with Grace or Susan to become a sewing whizz.

This group is open to everyone, members and volunteers, men and women, everyone is very welcome to have a go with the sewing machine.

There is no age limit anyone for anyone wanting to learn to sew young and old are equally good.

Moreover, if you make a donation to BHN, come to the Welcome Centre and get your hand-made tote-bag!



Volunteer with us! Volunteer Communication Officers (2 Posts)

Are you interested in volunteering with us and write the next newsletter or manage our social media? Click on this image to discover the offer and apply!

stress, anxiety, depression, offering simple skills such as breathing techniques that are transferable to everyday life and also facilitates connection and cultural integration.

The purpose of the program is not just to sing together and share community, it is also to create a space of inclusion, that goes beyond gender or culture and create something beautiful collectively.




If you are interested in trying this new experience do not hesitate to join the choir on Mondays at 11.30am at the Easton Family Centre.

Your showing up and support can make a huge difference.

For more information, you can also contact the choir directly at: hello@welcomevoices.co.uk or visit the website: www.welcomevoices.co.uk or Facebook page Welcome Voices.



A few weeks ago, BHN returned to Chagford for a week end around football. If you missed our articles about our partner CHN, click on the image to discover them!

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