



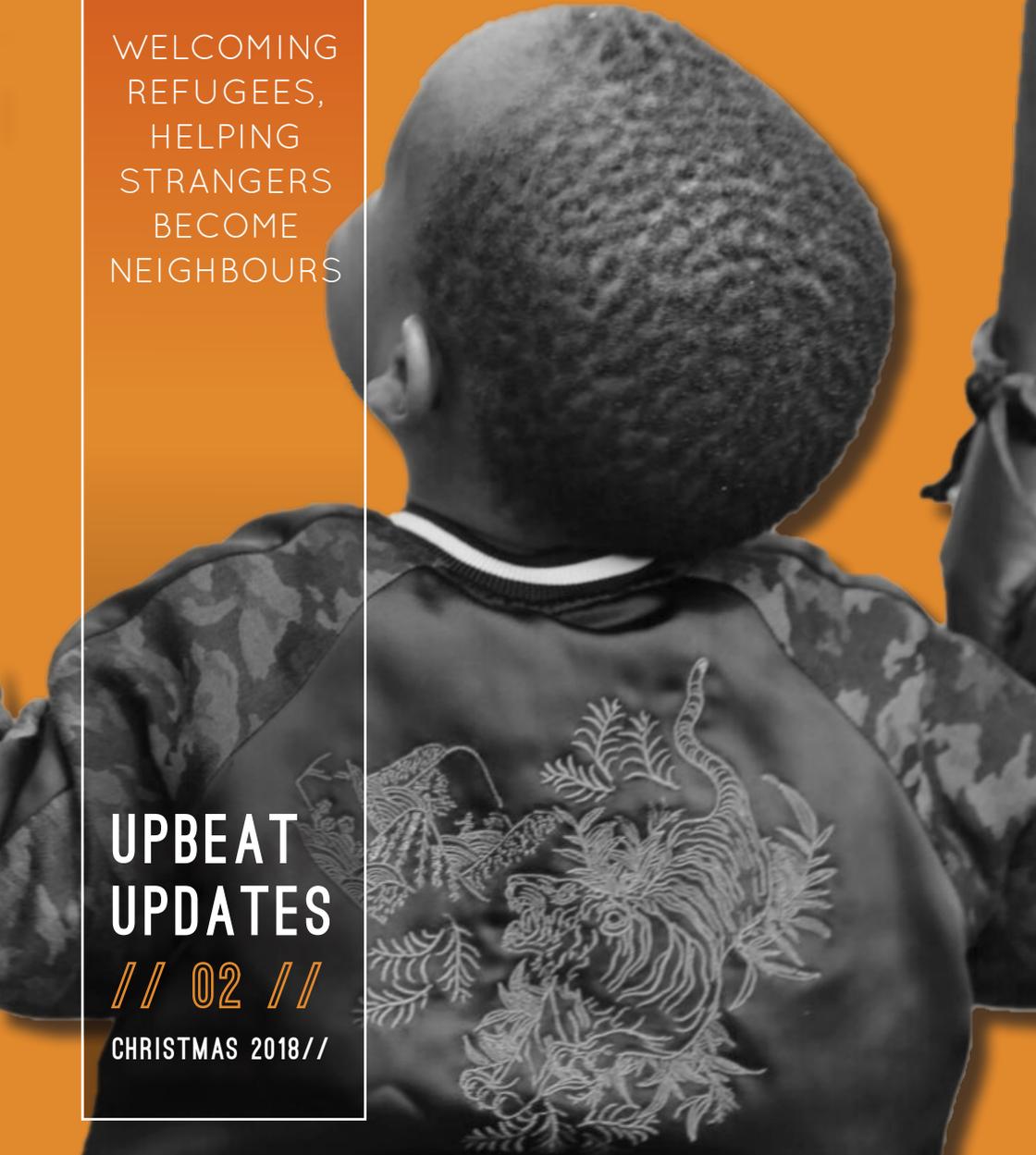
upbeat
COMMUNITIES

WELCOMING
REFUGEES,
HELPING
STRANGERS
BECOME
NEIGHBOURS

**UPBEAT
UPDATES**

// 02 //

CHRISTMAS 2018//



WELCOME TO OUR UPBEAT NEWSLETTER!

CHRISTMAS IS OFTEN A TIME WHEN ACTS OF GENEROSITY ARE COMMON; WHEN GIFT GIVING AND HOSPITALITY ARE AT THE FOREFRONT OF OUR MINDS AS WE WELCOME FRIENDS, FAMILY AND OCCASIONALLY STRANGERS INTO OUR HOMES.

There is something special about this season, and it's great to be able to take some time to remember a boy, born in the dirt and mess of a stable, honoured as a king yet having to flee with his family as a refugee. The life of Jesus is like no other, and the story of his birth sets the standard of what was to come, a world turned upside down through love, grace and hope!

The life of Jesus is an inspiration to us here at Upbeat Communities, and we love that we get to share acts of generous welcome and radical hospitality to those fleeing untold horrors and looking for a place of sanctuary.

If you would like to extend an act of generosity this Christmas why not partner with us in supporting refugee children and their families through our Christmas Challenge fundraising campaign, details of which can be found in this newsletter and on our website.

"IN OUR WORLD FULL OF STRANGERS, ESTRANGED FROM THEIR OWN PAST, CULTURE AND COUNTRY... IT IS POSSIBLE FOR MEN AND WOMEN TO OFFER AN OPEN AND HOSPITABLE SPACE WHERE STRANGERS CAN CAST OFF THEIR STRANGENESS AND BECOME OUR FELLOW HUMAN BEINGS"
- HENRI NOUWEN



ANDREW JACKSON
CEO

I WAS INTRODUCED TO UPBEAT BY MY WIFE WHO WAS ALREADY A VOLUNTEER. HAVING FOLLOWED THE PLIGHT OF ASYLUM SEEKERS IN THE MEDIA OVER THE PREVIOUS FEW YEARS I WELCOMED THE OPPORTUNITY TO DO SOMETHING PRACTICAL TO HELP.

My initial involvement was with Welcome Boxes. Some of our earliest visits were to unaccompanied teenage boys. These boys were placed in adult accommodation because the Home Office disputed their age. They seemed extremely vulnerable but were surprisingly resourceful once introduced to the basic requirements.

Over the next two years we worked with a number of families. We will never forget the first family we worked with: a father and son who became separated from the rest of their family on the journey from Afghanistan. In the process of helping them we learnt how to navigate the system, such as finding a school place.

I accompanied them to their initial Home Office interview and preparation meetings for their subsequent appeal. We proudly watched the eight-year-old boy thrive both socially and at school. We were truly devastated when they paid traffickers to return them back Afghanistan just weeks before they were granted leave to stay.

There have been the inevitable ups and downs along our journey working with refugees but overall it has been a huge privilege and a source of great joy.



PHILLIP KELLY
Volunteer

*Photo: Christopher Thomond
for The Guardian*

ONE FAMILY'S STORY

HOW LONG HAVE YOU BEEN IN THE UK? One year and four or five months.

TELL ME ABOUT YOUR CHILDREN
I have two children: the bigger one is a girl, twelve years, and the second one is a boy, six years. At weekends, we go to a park and sometimes visit my friend.

WHAT HAS IT BEEN LIKE, PARENTING IN THE UK? When we came here, in Derby, Mrs Einir [Upbeat Staff] came to my house. She helped my children to get into school. Sometimes we come to Upbeat to learn English and to go outside Derby, sometimes to play many games. It's very, very beautiful.

WHAT ABOUT BEFORE YOU HEARD OF UPBEAT? Rosehill Children's Centre staff filled out a form for school. When I knew there were places for my children, I was relieved.

WHAT ARE YOUR CHILDREN'S FAVOURITE SUBJECTS AT SCHOOL?
All!

WHAT DREAMS DO YOU HAVE FOR YOUR CHILDREN? My daughter could be a doctor... Because then she could help many, many people here in the UK and in other countries. And my son would be a good solicitor. Like my daughter, he could help many people: asylum seekers, different people, different cases... But I think my son wants to be a firefighter!

IN THE YEAR AND A HALF THAT YOU HAVE BEEN HERE, WHAT HAVE BEEN SOME OF THE HIGHLIGHTS?
Parties, birthdays, weekends... These are very happy times.

WHAT WOULD BE HELPFUL FOR YOUR CHILDREN? Things that could give them experience for different jobs.

ANYTHING ELSE TO ADD? My wife is pregnant... Tomorrow she is due to give birth to a new son. We are very happy!



Want to provide support to refugee children and families when they first arrive in the UK? Double your donation between midday 27 November and midday 4 December by heading to:

[SECURE.THEBIGGIVE.ORG.UK/PROJECT/FIRMFFOUNDATIONS](https://secure.thebiggive.org.uk/project/firmfoundations)

HEAD TO
[SECURE.THEBIGGIVE.ORG.UK/
PROJECT/FIRMFFOUNDATIONS](https://secure.thebiggive.org.uk/project/firmfoundations)

BETWEEN MIDDAY 27
NOVEMBER AND MIDDAY
4 DECEMBER AND EVERY
POUND YOU DONATE WILL
BE DOUBLED!



IN THIS YEAR'S CHRISTMAS CHALLENGE, WE NEED TO RAISE £8,000 FOR FIRM FOUNDATIONS: A NEW PROJECT FOR REFUGEE CHILDREN AND THEIR FAMILIES.

Asylum seeker and refugee children have often been through the same traumatic experiences as their parents, including the effects of war, conflict and persecution, and have made the same difficult journeys from Africa and The Middle East across the Mediterranean and through Europe. Yet on arrival in the UK, they don't receive the support they need to develop as children and are often required to take on responsibilities on behalf of their parents that are beyond their years.

The project will help people like Said and Wali Khan, a displaced father and son, befriended by one of our volunteers, Philip Kelly. The Guardian followed their story:

"Said received a list of schools when he arrived in Derby, but did not understand the enrolment process. When Kelly visited one day and found the boy at home with his father, he scrambled, calling round local schools until he found one that had a free place".

Wali Khan also took on more responsibility than his young age warranted:

"Because Wali Khan spoke reasonable English, he had been his father's interpreter throughout their time in the country... There was a problem with one of their radiators and it was Wali Khan, then officially 10 – but perhaps only eight – who called G4S (their housing provider) and reported the problem".

Said and Wali Khan's story in the UK ended sadly, with father and son leaving Britain before they received a decision on their claim for refugee status due to the challenges they faced in the asylum system*. We want to be able to make sure other families don't have the same experience they did.

Our Firm Foundations project will provide a range of activities and support for asylum seeker and refugee children (aged 5 – 16) and their parents living in Derby, to help them with their integration, educational attainment, and their emotional and mental wellbeing. This will include play and social activities, education provision, language learning, parenting advice, and one-to-one support.

[SECURE.THEBIGGIVE.ORG.UK/PROJECT/FIRMFFOUNDATIONS](https://secure.thebiggive.org.uk/project/firmfoundations)

*Read the full story about Said and Wali Khan here: bit.ly/2LfzFij



CURRY & COMMUNITY!

Thank you to everyone who came and made the Welcome Banquet such a special event! We welcomed over 180 people to the Riverside Centre on 5 October for an evening of gourmet food and top-class entertainment, all raising funds for Upbeat's work.

It was also an opportunity to share the impact we've had since the last banquet. With over 140 Welcome Boxes delivered, 409 nights of accommodation provided for destitute asylum seekers and over 200 free English classes offered, it's been a busy but exciting year!

It was a privilege to hear from some of the participants whose lives have been turned around by Upbeat Communities, through videos and live testimonies. One simply said "Upbeat touched my heart... It changed my life".



theBigGive.org.uk
CHRISTMAS CHALLENGE 2018

CHRISTMAS CHALLENGE 2018

MIDDAY 27 NOVEMBER UNTIL 4 DECEMBER

We have just one week to raise £8,000 for our new project for refugee children and their families (see page 3).

During this week, everything donated will be doubled so **one donation = twice the impact.**

Head to [SECURE.THEBIGGIVE.ORG.UK/
PROJECT/FIRMFFOUNDATIONS](https://secure.thebiggive.org.uk/project/firmfoundations)



RUN THE DERBY 10K FOR UPBEAT!

7 APRIL 2019 STARTING AT PRIDE PARK

Last year, a team of amazing runners raised £1,790 for Upbeat in the Derby 10K. We're now on the lookout for the 2019 team. If you're a keen runner-come-fundraiser, get in touch with

[SAM@UPBEATCOMMUNITIES.ORG!](mailto:SAM@UPBEATCOMMUNITIES.ORG)

EVENTS

WHAT'S ON?

MONDAYS

Free English Classes for Refugees & Asylum Seekers

BEGINNER: 10.00am-11.30am

TUESDAYS

Free English Classes for Refugees & Asylum Seekers

INTERMEDIATE: 10.00am-11.30am

Lunch 12.00pm-1.00pm

Social Activities 1.00pm-3.00pm

WEDNESDAYS

Free English Classes for Refugees & Asylum Seekers

BEGINNER: 10.00am-11.00am

ENTRY LEVEL: 11.15am-12.15pm

Lunch and English through the Bible 12.15pm-2.15pm

THURSDAYS

Women's Coffee Morning
10:30am-12.00pm

Red Cross Drop-in, Casework and Advice 12.00pm-2.00pm

FRIDAYS

Free English Classes for Refugees & Asylum Seekers

BEGINNER: 10.00am-11.00am

INTERMEDIATE: 11:15am - 12:15pm

Creative Session 12:15pm-2.15pm

All events take place at:

Overdale House, 96 Whitaker Road, Derby, DE23 6AP

HELP STRANGERS BECOME NEIGHBOURS

BY DONATING TODAY

All of the work you've read about in this newsletter is only possible through financial support.

REMEMBER:

**YOUR DONATION + UPBEAT COMMUNITIES
= LIVES OF REFUGEES TRANSFORMED!**

Upbeat Communities is reliant on generous donations from people like you to support our work in transforming the lives of refugees. If you're not already doing so, please consider supporting us with a regular monthly donation.

£5/ helps us make one Welcome Box visit to befriend a newly arrived asylum seeking family

£10/ contributes to the costs of teaching English to refugees to help integration

£50/ lets us run a creative session for refugees and asylum seekers to express themselves

£100/ allows us to run social activities to prevent isolation

£500/ provides set-up costs for a new house to provide accommodation for refugees

CONTACT US HELLO@UPBEATCOMMUNITIES.ORG
01332 916150

  @UpbeatCommunities

 @UpbeatUpdates

To find out more head to:

UPBEATCOMMUNITIES.ORG/DONATE