

THE GRANGE

Newsletter No.5

September, 2015



Our web site is launched! Please do visit the site at www.thegrangenorfolk.org.uk and let us know what you think. This web site is for the whole community that is a part of The Grange so if you think there are things missing or that could be improved please let us know. On the site there is information about what we do, stories from visitors, details of how to donate and get involved and much more.

We have also started a **Facebook page** at www.facebook.com/thegrangenorfolk

Support The Grange

There are many ways you can support The Grange and we have outlined some of them on the new web site on the 'Get Involved' pages. If there are any ways at all in which you would like to be involved and support us please e-mail us at thegrangenorfolk@gmail.com.

We want to thank everyone who has supported us this year through volunteering, donations, emotional support, advice, making connections and in many other ways. The Grange wouldn't be here without all of you. Thank you.

Refugee Crisis in Europe

At the time of writing, hundreds of thousands of people are desperately fleeing Syria and other countries and seeking sanctuary in Europe. It is thought to be the biggest wave of human migration since the Second World War.

We would like to pay tribute to the thousands of people who have already tragically died fleeing war and persecution this year. It has also brought home to us the extraordinary resilience of those who make it to us, often after years of travel and appalling loss.

We also want to honour the fantastic work of our partner organisations who are offering support and opportunities to those seeking asylum and trying to make a life in the UK. You can find out more about them on the partners page on our web site.

At The Grange we are privileged to welcome some of those who arrive in the UK into our home and feedback suggests that being trusted and received into a family makes a massive difference to people's lives. It is also heartening to see people all over the UK and around Europe marching and campaigning for their governments to 'Welcome Refugees.'

We look forward to continuing to welcome refugees here at The Grange.



The year in summary

We have, once again, welcomed some amazing people to The Grange this year who have all contributed a huge amount to the place, to our family and to each other.

We have started offering the John Muir Award to members of our partner organisations. Over a minimum of 4 days, participants learn about nature and we carry out some conservation activities together. So far at least 15 people from CARAS and Room to Heal have received their award which has been a lot of fun and a great addition to their CVs.

We have had several therapeutic retreats involving people from more than 20 countries and the first visit from our new Norwich-based partner, New Routes. New Routes do some great work to integrate refugee communities in Norwich.

We try hard to ensure there is a range of activities to suit everyone's needs and abilities. This year these have included bridge building, bird box making, weaving, music, gardening, horse walking, football and much, much more.

One highlight was the visit from Room to Heal with the Ice and Fire theatre company. Room to Heal and Ice and Fire are working together for a year to create a performance with some members and they came to The Grange for four days to develop their ideas. We had an incredible time being given singing lessons and creating songs and performances together. It all culminated in a blues performance of story written by one of the members which went down very well with

a small group of local friends who joined us on the last night. A classical dance performance by a member from Sri Lanka brought tears to our eyes.

We can't stress enough how amazing the people are who visit The Grange. Their resilience, kindness and insights are inspiring. One of the main reasons we wanted to create a web site and a Facebook page is to honour them and to be able to share their voices, artwork, thoughts and stories.

We have also hosted several other groups at The Grange including a Zen writing course, an Active Hope course for activists struggling with how slow change is happening in the world, the New Economics Foundation for four days of stimulating conversation on what a newer, fairer economy might look like, Ben's permaculture course and others. It has been great to see more connections between the different aspects of our work and in particular at the moment the permaculture community is looking to us for ideas of how they can support refugees.

The other big news for us is that Sophie recently got a job at the University of East Anglia where she will be working to develop part of the curriculum for the school of healthcare around working with vulnerable and marginalised groups as well as delivering teaching. Sophie attended a three-week course in forced migration at Oxford University this summer and was inspired by all the people there doing brave and fantastic work to support forced migrants all over the world. She hopes to bring some of this learning to The Grange and to her work at UEA.

Finally, we were honoured to become the first recipients of the Home of Sanctuary award in April awarded by the City of Sanctuary network. We hope we are the first of many the many homes that welcome refugees to receive this honour.

As always, please do be in touch - now either through e-mail (thegrangenorfolk@gmail.com) or on Facebook! www.facebook.com/thegrangenorfolk.

In love and peace,
Ben, Sophie and Orianna