

Derby Refugee Advice Centre

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The DRAC Pack—Wirksworth Skiffle Band



Thanks to Wirksworth Amnesty and the people of Wirksworth who funded and hosted our Musical Extravaganza. A snazzy skiffle band rocked the hall on washboards and tea chests. Our clients got up and began jamming with the band. From 'Rock Island Line', to 'Delilah', 'When The Saints Go Marching In' and 'She'll Be Coming Round The Mountain', it was a wonderfully entertaining event and another high point of the DRAC Spring Social Calendar. **(Photo : Derby News)**

Volunteer Opportunities

If you are a budding writer, graphic designer or photographer, you're welcome to join the DRAC team, helping to create future newsletters and publicity materials.

Letters are welcome.

Please speak to a member of the DRAC team for further information.

We headed back to Wirksworth on 4th July for another Community Gardening Day with the Growers Group. Having picked broad beans, strawberries and garlic to take home, we went on to have a picnic in the sunshine. The day was rounded off nicely by playing badminton and football in a shady garden.

This was yet another FREE event for DRAC clients, staff and volunteers. If you'd like to make new friends and socialize, please speak to a member of the team about future activities.



Bounce



With 40 attendees, our best attended workshop was conducted by Hilary Harvey from Bounce. Travelling up from London to be with us, she gave an energizing session on how to improve our wellbeing and plan our days to achieve optimum success. The aim was to invigorate our health and banish negativity. We looked at nutrition, exercise, focus and teambuilding. All of us took away a Planner so we could keep track of our progress and set achievable targets. It helped us to think about how we waste time and how we could be more constructive. Planning 'treats' and "Me"-Time' was considered important for our emotional wellbeing, as was walking, breathing exercises and meditation. We thought about what we loved and what inspired us. In this way we hope to be highly motivated to achieve our ambitions and life purpose. (Photo—Above)



New English Classes

Mrs Beth Hawkins teaches English every Monday afternoon at DRAC from 2pm-4pm. Beth says, "I'm trying to cover subjects that are useful to life in the UK—house problems, complaints, medical worries. I hope that this makes people feel more independent."

Beth teaches both Absolute Beginners and Improvers. Newcomers are welcome to join. It's a friendly and fun group. (photo—left, Beth and some students)

York—Summer Trip

(written by DRAC Travel Correspondent Chris Pridden—
(DRAC Volunteer IT Specialist)



On the Friday of Refugee Week this year a coach arrived outside the centre and 35 of us boarded to make a day trip to the ancient city of York. Most were refugees from Derby Refugee Advice Centre, Red Cross, and Upbeat Communities contacts, plus three volunteers. We had been invited to visit York Minster through a City of Sanctuary contact on the Minster staff that we had met when Derby Cathedral became a Cathedral of Sanctuary. The trip had been made possible by a generous donation from Red Cross. We were treated to a range of traditional Farsi songs on the way up so the journey passed quickly. We had a wonderful tour of the Minster which everyone enjoyed: the children were given “Young Explorer” backpacks with lots of things to keep them busy and loved them. Many people were just

overwhelmed by the beauty and peace of the Minster and the lovely welcome we received. We had a picnic on the Minster lawn and then walked through the town to the National Railway Museum— the largest collection of trains in Europe, including Queen Victoria’s Royal Train and the Japanese Bullet.

We caught a little “road train” back to the Minster—accompanied by lots of singing and laughter. All safely back to DRAC—a happy, lovely experience for us all. We have invited York City of Sanctuary group for a return visit here, probably in the autumn when the Cathedral renovations are finished.

Derby Refugee Advice Centre regularly organizes FREE day trips for clients. Wirksworth Star Disc, Community Gardens and a Musical Extravaganza have all featured in our recent programme of events.



Film Review: Samba

(Certificate:15)

By our Arts Correspondent, Sally Bramson (Volunteer Caseworker)

I've always had a soft spot for French films and this one, about a Senegalese migrant, Samba Cissé (Omar Sy) working in Paris who ends up in detention and then falls in love with Alice (Charlotte Gainsbourg) the Immigration Officer who tries to help him, is one of the most enjoyable and thought provoking that I've watched recently.

From the humorous episodes, such as when Samba gets a job as a window cleaner only to find that he's scared of heights, to the more sombre scenes of employers looking for (illegal) casual labour reminiscent of British dock workers in the first half of the 20th Century, this is a fine film that brings out all the emotions.

As a DRAC volunteer I can certainly identify with some of the situations faced by the immigration staff and as a filmgoer it has the (for me) perfect feel good ending – watch it and enjoy!



Sally is a popular member of the Advice Team.



Volunteering

Pictured left are some of DRAC's Derbyshire Wildlife Trust volunteers.

We're passionate about promoting the virtues of volunteering and have a list of all Derbyshire charities.

Local community projects really value volunteers and it's great to know that you're helping to support a good cause. It's a good opportunity to make new friends, learn new skills and get a reference for future job applications.

Look out for our next Special Bumper Edition of DRAC news