



# Boundless

## The Newsletter for Refugees Welcome, Cheshire East December 2022

### A QUICK UPDATE

Over the last few months Refugees Welcome, Cheshire East, has continued to grow. Our Syrian families are making progress towards total independence. Our Afghan families have been in Cheshire East for around 12 months and all 5 families have settled well. The children are in school and the adults are in employment. Supporting the Ukrainian families has been a much greater challenge. There are very many more refugees involved; they are being hosted by extremely warm-hearted and kind people, but in most cases it has not been possible for the father of the family to leave Ukraine.

It is thanks to the generosity of our donors to the Boundless fund that we have been able to establish and maintain our support networks for all three groups of refugees.

Thank you, thank you, thank you!!

Current information as well as details about how you can help Ukrainians fleeing the war can be found on [the Cheshire East website](#). You can also register on the government website [here](#).

In this edition we have articles about our local refugee families, how they are settling and how we support them. We can read about Mohannad from Syria and his experience with Prince's Trust, and about the work carried out by Jeanette, Craig, and their guest, Vlasta, supporting Ukrainian families in the UK and Ukraine. There is also an article about one of our local Afghan families and about the interaction of one of our volunteers with a host family and their guest.

However, we hope all our readers will enjoy our featured recipe section!

**REFUGEES**  
**WELCOME**

Registered Charity Number 1169909

*Refugees Welcome* aims to support, integrate and empower refugees in every possible way, from sourcing furniture and equipment, to helping with access to medical care and education, interpreting and English learning. We acknowledge the huge contribution which newcomers - including displaced people - have always made to our society. We are committed to helping newly arrived people fulfil their potential as independent members of the community, enriching it with their skills, culture and unique perspective.



# Triumphant triangle.

This article illustrates the triangle of work of a host family, their guests and a volunteer from Refugees Welcome.

***The story of how a Refugees Welcome Volunteer met a Mum from Ukraine and what we have achieved together..... so far!***

In mid-May 2022 I was asked to support a recently-evacuated family from Ukraine.

Refugees Welcome came to know about the family via an extended family member of the host family. The initial concern related to locating appropriate schooling for a primary school aged child.

When we first met over Zoom, it was clear that Mum was extremely intelligent, self-sufficient and self-motivated. And very luckily for me, spoke perfect English! However, I have come to know how different the English state education system is from its Ukrainian counterpart. Support was requested to help through the maze of bureaucracy and form filling, as well as working through the pros and cons of available schooling options and other education and health needs. I think over time I became a sounding board for Mum to make her own excellent education decisions for her child.

Looking back, it seemed like it took forever with countless disappointments and misinformation along the way, but 2 months after we met, Mum found an extremely “good fit” school for her son who has settled very well. This all started by two random conversations, the first in a Macclesfield Car Park and the other outside a Church- I take sound advice wherever I can find it!

He is happy to go to school, has a routine which supports his needs, and is making progress in class. A school who clearly understands the needs of the child. Further education and health supports are required and we continue to meet to pursue this.

I have come to know the family well, meeting both face to face and via text / email. There is a Park which we have come to know very well as her son loves the Park! I see how they now present as less stressed and more settled as a unit, able to make some plans for their short-term future. I have come to know how Robin and Paul, the host family, have been extremely kind and caring, doing so much to support the family.

As Mum approaches a milestone birthday, I can barely fathom how this year will have been for her; having to leave the country she loves, her family and friends, the constant not-knowing about the situation in Ukraine, adapting to a new culture and bureaucracies in UK, to make new relationships, on-going employment difficulties, and not least to ensure the best for her son.

I hope I have provided some small support to make this family’s adjustment less traumatic than it would have otherwise been. We will continue to be in regular contact and I hope to provide support for as long as



is necessary.... And even a little bit longer than that.

Over to Mum.....



In May, when we arrived at the UK, my son had already been out of school and without therapy for three months due to the war and evacuation. Once we arrived at our sponsors' home, to a safe place and very kind people, we felt relieved, but there was still a lot of uncertainty. My priority was to help my son settle in a new place, to start the usual school routine and eventually try to get our lives back to normal. It turned out to be quite difficult to find a school place as the school year was ending. Besides, the system of support for special educational needs is different from the Ukrainian one and the application process seemed quite confusing.

I was very lucky to meet Lin Richards, the volunteer for Refugees Welcome. She helped me and my son every step along the way: to navigate the UK system of schools, to make a long list of schools which could provide the right support for my son, to look for a school with vacancies, to help understand how a school approaches special educational and health needs. Thanks to Lin's ongoing support and coaching I think we've managed to find the best school for my son – he loves going to school, he is learning English, he feels very happy and is much supported there. I am very happy to see how well he is settling in at Bexton Primary School, Knutsford, how much support he gets there – from teachers, the Headteacher, pupils and other parents.

Besides sharing her immense expertise, Lin has always been so kind and attentive to us, supportive and optimistic. Her friendly advice has helped me focus and step by step get things organised for our family in a new environment.

In parallel with looking for a school, Lin guided me on how to initiate a parental request for an EHCP (Education and Healthcare Plan). This was critical for my son's needs to be assessed and additional support provided by school. The EHCP process is very different from the approach we have in Ukraine and seemed a bit confusing to me.

Thanks to starting the process of EHCP right away, several months before the beginning of a school year, my son will have it finalised soon and will receive the support which is important to his progress. Without Lin's expertise and guidance, I think the process would have taken me three times longer or I would just be lost in the multitude of forms.

Lin continues to share useful information and resources about UK health care system, accommodation, kids' clubs, financial resources and support for children, Council resources, my qualification validation, Ukrainian community meetings, volunteers' meetings etc.

She has been extremely patient to answer all my questions and helps so much while I was doubting or being anxious. I greatly appreciate her friendship, her kind reminders to take care of myself too. I am very grateful for the support our family has been provided here, in the UK, I hope someday I will be able to help other families too.





# One Project Ukraine

This is a local project run by Jeanette and Craig Rice, based in Macclesfield. They and their Ukrainian guest made a recent trip to Ukraine. This is an account of this recent trip.

## Christmas wonder for the kids in Ukraine




Christmas isn't far away and that has become a reason for a little wonder for many kids in Ukraine.

Jeanette Rice, with the help and support of Craig Rice, organised the Christmas Shoe Box Appeal having the purpose of bringing a smile on the faces of many Ukrainian children. It was wonderful to see so many people supporting the appeal by preparing their boxes full of toys and sweets that were later delivered to Ukraine. The final number of Christmas Shoe Boxes donated was as incredible 750!

After all the boxes were picked and packed up, all preparations were finished, it was time to go for a long journey, crossing many European countries. Jeanette and Craig were joined by myself from Ukraine, their friend Tim Mills and Kate Ellis from One Project Macclesfield. Their journey wasn't always easy: weather conditions, including heavy rain, proved to be quite challenging all the way to Ukraine, but the team knew why they were going there, and it was incredibly motivating.





I'm so lucky to be hosted by Jeanette and Craig, and we finally had the opportunity to reconnect with my mom and sister. My mother, Lyudmila worked as a doctor in the Ukrainian Army. In April she was captured by Russian army in Mariupol. At the end of October, she was finally released and came back to Ukraine. It was one of the happiest moments in my life to see my family, including my younger sister Sasha, who I saw for the last time before leaving the country in spring, and my mom, who I saw for the last time before New Year 2022. It was also great to see the meeting of my Mom, Jeanette and Craig, as they're hosting me. My Mom is incredibly grateful for everything they're doing for her daughter.

The team of "Christmas elves" visited a few projects in Ukraine: a children's hospital for new-borns, an orphanage and a non-governmental organization that works with internally displaced children. It is so sad to see little children, who should be carefree playing with their toys, to be in such a hard situation, but at the same time, it gives you the feeling that you're doing the right things by bringing some joy and Christmas mood to their lives.



It was a great experience going all the way to Ukraine and back to deliver important humanitarian aid for Ukrainian people, as well as to deliver Christmas Shoe Boxes donated by the local community, putting a smile on the faces of children. One Project Ukraine continues their work to help as many Ukrainian people as they can locally, in Poland and in Ukraine.

Vlasta Україна

This is the link to the Just Giving page that funds this project.

[https://www.justgiving.com/crowdfunding/jeanette-rice-2?utm\\_term=pQ7GYgpdq](https://www.justgiving.com/crowdfunding/jeanette-rice-2?utm_term=pQ7GYgpdq)

# Refugee Recipes

Refugees from Syria and Ukraine have been attending an ESOL (English for Speakers of other Languages) class in Macclesfield. They are fortunate enough to be joined by 3 Moroccans and an Albanian. It is said that the way to a person's heart is through their stomach. Nothing could be more true than an ESOL lesson I attended recently. The topic was RECIPES. Each person in the class was invited to write out in English, their favourite recipe. The result – after much research on phones, discussion and laughter – is the banquet I present to you.

We must begin with soup, and what better than Ukrainian Borscht? **Olena**, **Larysa** and **Uliana** all wrote recipes for this favourite. Each version was slightly different, so here is a combined **BORSCHT SOUP**.

## **Ingredients:**

### ***For the broth.***

2 Litres of Water  
400 – 500 grammes of pork or beef on the bone  
(or pork sausages)

### ***For frying.***

4 – 5 tablespoons of vegetable oil  
2/3 beets peeled and shredded  
2/3 carrots peeled and shredded  
2/3 onions peeled and shredded  
A little vinegar or half a lemon  
2 tablespoons of tomato paste.

### ***For the borscht.***

300 gm fresh white cabbage

Optional extras:

Beans  
4 medium potatoes  
Salt and pepper  
A clove of garlic  
A pinch of ground cloves  
A cup of diced tomatoes.

### ***To serve.***

Half a cup of sour cream  
A tablespoon of fresh parsley

## **Cooking**

### ***Step 1.***

*Either boil the meat on the bone in the water or crumble the sausage and cook until it is no longer pink.*

### ***Step 2.***

*Wash and chop all the vegetables and fry them in the oil. Start with the carrots and onions. Add the beets after about 5 minutes. Add the lemon juice*

*and other spices and flavourings. Continue cooking for a further 5 to 7 minutes.*

### ***Step 3.***

*When the meat/sausage is cooked allow it to cool and add the shredded cabbage to the pan. After 5 to 10 minutes add the potatoes, if you use them they should be cut into strips or cubes. Add the other vegetables, depending on how long each will take to cook. Add the meat/sausage. Add a bay leaf and other spices, as you prefer.*

## **Serving**

*Borscht can be eaten immediately after cooking,*



*but it usually tastes even better the next day.*

*Before eating add sour cream and herbs, or a slice of lemon.*

*Serve with rye bread or buns rubbed with garlic.*





## Possible Main Courses:

**Arta** from Albania's favourite dish is **FLIA**.

### Ingredients.

1 Kg flour  
700ml water  
200g butter  
2 spoons of salt

### Preparation.

Mix flour and salt in a basin  
Slowly add the water and beat until the batter is smooth  
In another bowl prepare the sauce with yogurt or cream and butter, so it can be spread on the pan and melted together.  
Cook it in a pan over gentle heat. Brush the pan with the sauce. Pour some butter in a triangle shape around the pan and cook. Fill in the space and cook again. Keep repeating this and build up the layers. Keep brushing with sauce and adding triangular layers.



**Souad** from Morocco gave us the recipe for **BAGRIR**.



### Ingredients.

3 cups of extra fine semolina  
1 tablespoon of all purpose flour  
4 cups of warm water  
1 teaspoon of yeast  
16g baking powder  
Pinch of salt  
(1 cup =170ml)

### Preparation.

Mix all the ingredients together in a blender for 3 to 4 minutes then let it rest for 10 to 15 minutes. Cook it in pans on a low heat on one side.  
It is very spongy when cooked and you can eat it with melted butter and honey.

**Kassem** from Syria gave us a recipe for a **MIXED MEAT DISH**.

### Ingredients.

Half a chicken  
250g lamb.  
1 cup rice  
Potatoes

Salad – tomatoes, lettuce, cucumber, onions, lemon.

### Preparation.

Cook the chicken and the lamb in the oven.  
Boil the rice and the potatoes  
Mix everything together and serve with the salad.

**Amar and Kamal** from Syria gave us a recipe for their favourite dish. They each have their own possible name for the dish – **KABSA** or **MANDI**. However, they agree that it is delicious!

**Ingredients for the chicken part of the dish**

1 chicken/chicken portions  
1 tablesp yogurt  
Pinch garlic powder, onion powder, coriander, paprika, black mustard seeds.  
1 tsp tomato powder  
1 tsp tomato paste  
100ml olive oil

**Preparation.**

1. Place the chicken in a roasting tin.
2. Add the flavourings.
3. Cover with foil and bake in the oven for 2 hours.
4. Remove the foil after 1 hour.



**Meanwhile prepare the rice as follows:**

**Ingredients**

1kg long grain rice  
20 ml vegetable or olive oil.  
2 Onions  
1 clove of garlic  
1 green pepper  
1 red pepper  
4 tomatoes  
1 tsp salt  
1 tsp black mustard seeds  
1 tblsp kabsa/curry spices

**Preparation.**

1. Mix all ingredients except rice and cook gently
2. Wash the rice and drain it.
3. Add the rice to the other ingredients. Simmer for 15 minutes with the lid on the pan.
4. Serve the rice and chicken together and enjoy!





## We can complete our meal by choosing from a range of tasty sounding sweet dishes:

Inna from Ukraine has given us a recipe for **SWEET CHEESE PANCAKES**.

### Ingredients.

500g cottage cheese  
2 eggs  
3 tbs semolina  
3 tbs sugar  
2 tbs oil

### Preparation

Mix all the ingredients. Form it into balls. Roll them in flour and fry on both sides, using a small amount of butter or oil. There should be enough for 14 pieces. Serve it as a dessert with sour cream.

Nadia from Morocco has written her recipe for a **CAKE**



### Ingredients.

100g sugar  
4 eggs  
100ml milk  
Pinch of salt  
100 ml oil  
200g plain flour  
11g baking powder

### Preparation.

Mix eggs and sugar and a pinch of salt. Add the milk, oil, plain flour and baking powder. Mix every thing together. Bake in the oven at 170 degrees for 45 minutes.

We have another Moroccan **CAKE** contributed by **Hasnae**

### Ingredients.

3 eggs  
1 glass of sugar  
1 glass of oil 1 glass of milk  
1 teaspoon vanilla  
2 and a half glasses of plain flour  
2 teaspoons of baking powder  
Half a teaspoon of baking soda

### Preparation.

Mix eggs, sugar and oil together then add milk, plain flour, baking powder and baking soda.

Put in the oven for 45 minutes at 170 degrees

Next we have a recipe for **Petit Fours** from **Noura** from Syria.



### Ingredients.

4 cups of flour  
A cup of powdered sugar  
400 grammes of butter  
4 egg yolks  
2 tsp vanilla essence.  
2 spoons of cocoa powder.

### Preparation.

- Mix the butter with the sugar and then add the vanilla, the egg yolks to make a dough.
- Cut the dough in half and add the cocoa powder to one half.
- Roll the dough flat and cut into different shapes.
- Bake at 200 degrees until firm.
- Sandwich shapes together with jam or chocolate.

Mariia from Ukraine shares her very tasty **CHERRY PIE** recipe.

**Ingredients.**

*Dough.*

3 Eggs

150g flour

150g sugar

*Cream.*

250g cherries

250g mascarpone

150g sugar

**Preparation**

1. Beat eggs with sugar (5 to 7 minutes)
2. Add flour and knead until it makes a dough
3. Put the dough into a greased tin (26cm)
4. Put into an oven preheated to 180 degrees. Bake for 20 to 25 minutes
5. Soak the baked cake a little with cherry compote.
6. Remove the cherry stones and put the cherries on the cake.
7. Whip the cream with sugar
8. Add the mascarpone
9. Put the cream on the cherries.
10. Grate chocolate with a fine grater
11. Sprinkle the cake with chocolate and refrigerate for 3 to 4 hours.



Mohannad, Ammar and Loulou from Syria have shared their recipe for **BAKLAVA** from Syria.



**Ingredients.**

200g pistachios

250g sugar

A lemon

Water

400g flour

Ghee

**Preparation.**

Mix flour and water to make dough

Roll out the dough so it is very thin.

Make 4 layers.

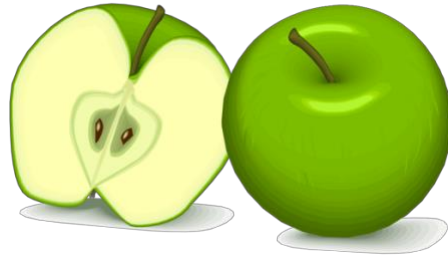
Use ghee between the layers

Add lemon sugar and nuts between the layers. Fold over 4 times.

Bake in the oven at 180 degrees for 40 minutes.



Daryna from Ukraine has shared her recipe for **APPLE PIE**



**Ingredients - for 8 people.**

Glaze.

100g sugar

60g butter

50ml cream

The rest.

2 eggs

100g sugar

170ml sunflower oil

210g flour with baking powder

Half tsp salt

Half tsp vanilla

60g pecan nuts

2 apples.

**Preparation.**

Step 1.

Heat the oven to 180 degrees. Peel apples. Cut into large cubes. Nuts (Rather than just pecan, I mix walnuts, peanuts and hazelnuts with them) – chop and fry in a dry frying pan.

Step 2

Beat eggs well with sugar. When the mass increases and brightens add vegetable oil and mix thoroughly and gently.

Step 3.

Add flour, baking powder, salt, vanilla, nuts and apples to the dough. Mix everything gently from top to bottom with a spatula.

It turns out a thick mixture.

Step 4.

Line a springform pan with parchment paper and place the dough in it. Level the top. Bake it for 30 minutes.

Step 5.

5 minutes before the cake is ready pour sugar into a saucepan. DO NOT stir. Wait for it to caramelize. Then add butter and warm cream. Cook for a few minutes over medium heat until the caramel is completely combined with cream and butter.

Step 6.

Take out the cake. Pierce it often with a toothpick and fill it with caramel icing. Let the dessert cool completely and absorb all the caramel. The pie is ready.

**Thank you everyone for these exciting recipes.**



## Mohannad and the Prince's Trust

Mohannad came from Syria and has been living in Macclesfield for more than 5 years. He lives with his parents and his brothers.



I have been on a Prince's Trust course at the fire station for 10 weeks. In 2 weeks' time I will finish and there will be a graduation ceremony. I will have to wear a smart suit.

I have really enjoyed the course. The tutors Chris and Steve have been great and everyone has been very kind and helpful. I have made lots of friends and my best friend is Leon. They have helped me a lot and I now have a big folder full of writing. I have learned how to write a cv and write a letter applying for a job.

I was very shy at first but now I am more confident and talkative.

We went on a residential to Wales. The beds were very uncomfortable and I didn't sleep very well and I missed home at the start but soon got used to it and had a good time. We went on walks and a very scary high rope course where I climbed right to the top. It was great.

# Celebration time for an Afghan family

## One Year Anniversary in Macclesfield (Zargar Family)

It was our second week in the bridging Hotel last year, that the Council informed us about a property in Macclesfield (hearing the name of this town for first time). We agreed to visit the town and soon after visiting, we decided to move in. Luckily, the communication and preparation were so quick, and we were able to shift to our house in Macclesfield on 25<sup>th</sup> November 2021.

The Head of Trustees for Refugees Welcome and a colleague from the Cheshire East Council drove us to our new house. It was managed so smoothly that even on the same day of moving to our house, our kids could attend their first day at school.

It is only a year now, and fortunately we have transformed from a family depending on government support to a family that pays taxes, instead of requiring any financial support from the government. We have jobs and have also been able to establish a business in town. It is a result of our passion for self-reliance, and because of the generous support from our host community and relevant government agencies.

In addition to receiving support from the Cheshire East Council, and other national and local authorities, members of Refugees Welcome have been tremendously helpful in our successful settlement journey. Taking this opportunity, we would like extend our special thanks to Nicky, David, Tim, and Katherine (members of Refugees Welcome) for their support, guidance, and advice.



The family market stall sells Afghan rugs, saffron and Afghan jewellery.

## Two more recent good news items.

One of our very talented supporters, Coralie Stephens, has made a beautiful quilt, which she has donated to Refugees Welcome, so it can be used by a refugee family.



Our Season's greetings cards have been selling very well.



**REFUGEES  
WELCOME**  
Cheshire East  
Refugees Welcome  
Registered Charity No: 1169909  
Designed by @ArtValeria



The house design is by one of our Ukrainian refugees. The Islamic design is taken from an Afghan rug. Inside each card the message says "Season's Greetings" in 6 languages. The rear of each card has our Refugees Welcome logos. We are selling them in mixed pack of 10 cards at £5 per pack. There are a few left, if any of our readers wish to receive them. Contact us through our website.





## And again, a heartfelt message of thanks to everyone!

You can support our work by setting up a standing order for a regular monthly donation - £5/10/20 or whatever you would like to give (see next page).

This will go directly towards:

- Supporting ESOL training for all the refugees who need it.
- Insurance for volunteers working with families
- Professional help to select, train, deploy and oversee volunteers.
- One-off needs – for example extra equipment required when a family sets up home.

Your payment should be made to:

ACCOUNT NAME: Refugees Welcome  
SORT CODE: 01-05-41  
ACCOUNT NUMBER: 45946426  
REFERENCE: BOUNDLESS  
Please make sure that your name is clearly written on your BACS payment.

Go to [www.refugeeswelcome.co.uk](http://www.refugeeswelcome.co.uk) for more details or email [refugeescheshireeast@gmail.com](mailto:refugeescheshireeast@gmail.com)

Please send donations / standing order mandates to:

Alan Brown (Treasurer), Refugees Welcome, 13 Lea Drive, NANTWICH CW5 5JS

Refugees Welcome, c/o Macclesfield Methodist Church, Westminster Road, Macclesfield, SK10 1BX

Many, many thanks for your support.

All the trustees of Refugees Welcome Cheshire East



**Data Protection** *Refugees Welcome is committed to protecting your privacy and will process your personal data in accordance with current Data Protection legislation. Refugees Welcome collects information to keep in touch with you and supply you with information relating to our work. A full data privacy statement for financial donors is available from Refugees Welcome on request.*



**Standing Order Mandate**

Registered Charity Number 1169909



**Instructions to your Bank Manager**

Name of your Bank \_\_\_\_\_  
Branch Address \_\_\_\_\_  
Town/City \_\_\_\_\_ Postcode \_\_\_\_\_

**Please pay to Refugees Welcome**

Sort Code 01 05 41 Account Number 45946426

The sum of £ (in figures) (in words)  
On the \_\_/\_\_/\_\_\_\_ and each  week  month  year

Until further notice and debit my account accordingly.

Name of account to be debited: \_\_\_\_\_  
Sort Code -- -- -- -- Account Number \_\_\_\_\_  
Signature \_\_\_\_\_  
Date \_\_\_\_\_

**My Details**

Title \_\_\_\_\_ First Name \_\_\_\_\_  
Surname \_\_\_\_\_  
Home Address \_\_\_\_\_  
Postcode \_\_\_\_\_ Date \_\_\_\_\_  
Email Address \_\_\_\_\_

**Tick here to boost your donation by 25p of Gift Aid for every £1 you give.**



In order to Gift Aid your donation you must tick the box

- I want to Gift Aid my donation and any donations I make in the future or have made in the past four years to Refugees Welcome.**

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax in the current tax year than the amount of Gift Aid claimed on all my donations it is my responsibility to pay any difference.

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

**Please notify Refugees Welcome if you:**

- want to cancel this declaration
- change your name or home address
- no longer pay sufficient tax on your income and/or capital gains

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment tax return or ask HM Revenue and Customs to adjust your tax code.

## Some more information about how we operate.

Refugees Welcome Cheshire East started 7 years ago, when the Syrian war was at its height. Syrian people were seeking refuge from their war and were living in camps in neighbouring Lebanon. The British government agreed to take a number of vulnerable families under the VPRS (Vulnerable Persons Resettlement Scheme). 5 Syrian families were welcomed to Cheshire East early in 2017. Two further Syrian families have settled in Cheshire East more recently.

15 months ago, the Taliban dramatically took over Afghanistan, making life extremely difficult and dangerous for people who had worked in any capacity with UK or US institutions. Many hundreds of people had to leave Afghanistan very quickly. Afghan refugees have been welcomed to the UK under schemes such as the ARAP (Afghan Relocations and Assistance Policy and the ACRS (Afghan Citizens Resettlement Scheme). For the past 12 months 5 Afghan have lived in permanent accommodation and many more have lived in temporary accommodation locally.

The invasion of Ukraine on 24<sup>th</sup> February 2022 meant that huge numbers of Ukrainians became refugees. Many Ukrainians are living in Cheshire East.

So.... Who are the people who work for Refugees Welcome?

8 of us are trustees of the charity. That means we run the charity. We make the decisions about policy, activities, finance

and how the whole charity is run. We have meetings, along with our treasurer (a very important person!) approximately every 6 weeks. All of us are retired (among us are a GP, a psychotherapist, a counsellor, two teachers, a Chartered Engineer, a person, who worked in banking and one who has played a number of roles in the NHS) .We all work in a voluntary capacity. We work closely with a team from Cheshire East, whom we meet every 2 weeks. We have to report on our activities to the Charity Commission every year.

There are about 60 volunteers who work directly with the refugee families in a wide range of supporting roles. The volunteers also help man the conversation cafés and assist at the ESOL (English for speakers of other languages) classes. Our website is run by one of our volunteers.

The only people who are in paid jobs with our organisation are an employee of CVS (Council for Voluntary Services) and the people who are professional ESOL teachers, who lead the ESOL teaching. We are fortunate enough to be able to work with other organisations in Cheshire East, who are supporting refugees We welcome more volunteers and trustees. Please contact us through our website, if you are interested in working with us. We would especially welcome someone who would like to work on the next edition of Boundless!

**Nicky Campbell (Chair of trustees)**

*Registered Charity Number 1169909*

**REFUGEES  
WELCOME**