

**Dear Ukrainian neighbours, guests, hosts, volunteers and supporters (Ukrainian version attached)**

We have a run up to Christmas with preparations for the Christmas party in full swing, and prior to that we have the pantomime to look forward to on the 17<sup>th</sup> December.

We still have a village hall with lots of household items such as kitchen ware and some large kitchen appliance. We can also help you if you are moving from a host family into rented accommodation .

### **Updates/Forthcoming events and possible activities for the new year**

#### **1) October half term Activities for Children** 🧑🏻‍🎨 🧛 🍷 🧑🏻‍🎨 🧑🏻‍🎨

A big thank you to Iryna who put on a very interesting and fun half term programme for Ukrainian children during the half term. As it was Halloween week the theme for some of the activities was all things spooky! They had great fun making Halloween decorations, cooking, lots of games and exercise classes.

#### **2) Christmas Holidays / Camp/activities for children** ❄️ ❄️ ❄️

We will start planning for children's activities in the Christmas school holiday, this may be four mornings a week from 9.00am – 1.00pm. We know that this is enjoyable for children and also helpful for mums and dads who will be juggling work and childcare over the school holidays

**If you are interested in your child attending please contact Iryna by email**

**[ivanik\\_irina@ukr.net](mailto:ivanik_irina@ukr.net) or [ericagarner@hotmail.co.uk](mailto:ericagarner@hotmail.co.uk) Children from Shropshire and North Herefordshire are all very welcome.** These sessions will be held at the Quakers Meeting House (QMH) St Marys Lane, Ludlow SY8 1DZ, unless notified by Iryna.

#### **3) The 'Pity of War' (limited time to view a sculpture in Hereford Cathedral)**

You may like to see the sculpture, which will be displayed until the 15<sup>th</sup> November. The Pity of War remembers the millions of nameless, voiceless and forgotten individuals affected by war. Its objective is to promote increased awareness among the public of the wider impact of war upon civilians, something that has affected and continues to affect countless people worldwide each year .

#### **4) Remembrance Sunday – Sunday 12<sup>th</sup> 10.30 am – Ludlow** 🌸 🌸 🌸

**As part of Remembrance day in Ludlow a Ukrainian representative Oksana Kholevytska will be laying a wreath on behalf of the Ukrainian community at the Peace Memorial, located by Ludlow Market. You are invited to join the towns outdoor Remembrance Sunday service. Please arrive at the Market Square by 10.30 am to see the Civic and Church processions followed by the arrival of the parade from Ludlow Castle. Wreath laying will take place after the Act of Remembrance to honour the fallen. The parade will proceed from the Peace Memorial to St Laurence's Church, where a church service will take place. The service offers an opportunity for the community to come together to reflect on the sacrifices made by men and women in war.**

**There will be a road closures in the middle of town from 10.45, so after this time there will be no access to Castle Street Car Park.**

#### **5) Yoga for ladies Thursday evening – 6.00-7.00**

Yoga classes have started on Thursday evenings, from 6.00pm to 7.00pm. They are run by Iryna who is an experienced Yoga teacher. The classes are aimed at adults, and beginners are very welcome. This is open to all Ukrainians, volunteers, supporters and hosts. It will be free of charge. Venue will be the Quakers Meeting House, unless notified of a change of venue by Iryna. If you are interested, please contact Iryna (email above) or Erica [ericagarner@hotmail.co.uk](mailto:ericagarner@hotmail.co.uk)

## 6) Reiki Massage and Mindfulness

In the October newsletter we had plans to put on some sessions for Mindfulness and Reiki, we are going to defer these sessions until the new year.

- 7) **Lap tops** – 🖥️ 🖥️ we have a small number of new laptops available for a six month loan. Priority will be given to families with children moving from junior to secondary school, or to new college students. Please contact Erica by email [ericagarner@hotmail.co.uk](mailto:ericagarner@hotmail.co.uk) if you are interested.

- 8) **Christmas Pantomime – Snow White and the Seven Dwarfs** ❄️ 🎄 🎄 ❄️ 🎄 **Ludlow Assembly Rooms Sunday 17<sup>th</sup> December Arrive at 11.30 am .**

For those of you who have booked Pantomime tickets through the support group, please can you arrive at the Assembly Rooms in Ludlow at 11.35. The Pantomime starts at 12.00noon, but we need to issue you with tokens for a soft drink and a snack, before you go into the theatre. Peter Higgins, Oksana and myself will be at the entrance to greet you, issue your tokens and help you locate the pre booked seats

- 9) **Christmas Party – Friday 22<sup>nd</sup> December at Bitterley Village Hall, Clee Stanton Road , Bitterley SY8 3HQ .** 🍷 🍷 🍷 🎄 🎄 🍷 🍷 🍷 🎄 🎄

Father Christmas will pay us a visit and give every child a present, if you would like your son or daughter to receive a present please can you send to me or Oksana, their name, age and gender, so we can buy an age specific present.

Please arrive from 5.30 pm , Father Christmas will arrive from 6.00pm .

Please bring a main course dish to share , and please make a note to leave by the dish if its vegetarian, vegan or Gluten free etc. There is a cooker and microwave, but limited space to reheat food .

We will provide nibbles, and Trifle and traditional Christmas pudding with custard for desert.

Further details will be given in the December newsletter.

## 10) English Assessments and English Language lessons (all levels )

Students are very welcome to attend lessons more than once per week, in Ludlow, please contact Jacki Moore if you are interested in lessons. Contact details for Jacki below.

**English Lessons** are held at Quakers Meeting House (QMH) St Marys Lane, Ludlow SY8 1DZ

**Tuesday mornings** 10-11.30am –  
**Wednesday evening** 6.00-7.30 pm  
**Thursday afternoon** 1.30-3.00 pm

**11) Continued support with helping find :**

- **Work**, Alison Toulson from the Enable Service is available to help people find work, or to discuss changing jobs or find a different role. Alison will be at the Quaker meeting house on the 1<sup>st</sup> Saturday of the month. A **QR code is attached** which gives access to an application form, that you can submit directly to Alison who can start supporting you very quickly with job search in your area.
- **Furniture and household goods**, we have a store of household items - please do say if you need any kitchen or bedding an beds, chairs, sofas.
- **Help to move** – we can help you move to your new house or flat, provide volunteer help with moving your belongings and hire a van for the move, please don't hesitate to contact us for help.

**12) For contact anytime throughout the week –**

- **Erica's contact details are** – mobile 07974001310 or email [ericagarner@hotmail.co.uk](mailto:ericagarner@hotmail.co.uk) (Please contact for all queries, except English assessments, lessons, homework club, and exams)
- **Jacki's contact details are** – mobile 07929656545 or email [jackiamoore@gmail.com](mailto:jackiamoore@gmail.com) . For all queries relating to English lessons, assessments, homework club, and exams.
- **Peter Higgins** – if you require help with transport. mobile 07757989708 or email [refugeesludlow@gmail.com](mailto:refugeesludlow@gmail.com)
- **Oksana Kholevytska Yaremko** - will help with any general or specific queries, if she is not able to answer them directly Oksana will refer on to other people, or agencies where appropriate, mobile 07786041678 or +380953801277 or email [so369369@gmail.com](mailto:so369369@gmail.com)
- **Iryna Ivanik**, for all queries relating to school holiday camps , children's activities, contact mobile 07438027943 or email [ivanik\\_irina@ukr.net](mailto:ivanik_irina@ukr.net)
- **Contact us via facebook** – Ludlow Refugee Support Group

**Erica, Jacki, and Oksana will be at the Meeting House on the first Saturday of the month, and are always available for contact every day by either phone, text or email, they can meet you in person at the Meeting House or other venues most days of the week.**

**13) The Saturday sessions for 2023/24 are as follows:**

- **Saturday December 2nd 3-5pm (Alison Toulson will be available for support)**
- **Saturday January 6<sup>th</sup> 3-5 pm**
- **Saturday February 3<sup>rd</sup> 3-5 pm**

**Please do make contact at any time if we can help in any way.**

Erica  
07974001310