



GATWICK DETAINEES WELFARE GROUP

Summer 2022



Refugee Tales walkers arrive in Winchester at the end of the July walk.

I am delighted to share our Summer Newsletter with you. Inside, our range of articles describe how it feels to be a new visitor with GDWG, how it is returning to visits in Brook House after a break during Covid-19, how one of our visitors assisted a family visit to the detention centre, and one volunteer's experiences of teaching English.

Hannah writes about the GDWG school talks programme, Karris describes recent training for GDWG visitors, Marygold fills you in on our staff training, and Mary describes how GDWG held training for the Independent Monitoring Board giving platform to lived experience.

Find out about legacy giving, about our art auction, and how our Walk Ambassadors raised funds for the frontline work of GDWG. Read reflections from new Refugee Tales walkers and how our self-advocacy group of people with lived experience of detention have been meeting people of influence.

You'll find theatre and book reviews and a recipe or two from gatherings enjoyed in person after a prolonged period of Zoom meetings. We're back to visiting in person, walking together and even eating cake together! We hope you enjoy the energy and connections in our Summer Newsletter.

Anna Pincus, Director GDWG

Assisting a Visit to Brook House

By Nina

I recently went to Gatwick train station to give a lift to the family of the man I have been visiting in Brook House. I'll call him Miguel. All his attempts to be granted asylum had failed and he had been told earlier in the week that on the Friday he was going to be removed to his home country in Central America. He had been desperate to see his mother, step-father and 7 year-old brother living in the North of England, before he was sent back. They too are seeking asylum and had been given financial assistance by GDWG to make the train journey. I had only met with Miguel on two occasions, but it had quickly become clear how his family, and particularly his young brother, were important to him.

At the airport I thought I knew where the family would emerge from the station. When I arrived, I had a call from Miguel to say that his family were already there, earlier than expected and of course nowhere to be seen, because I was in the wrong place. I had their phone number and a smattering of Spanish, but it's funny how the words elude you when you really need them! After some time with each of us asking can you see this or that in the airport, Miguel's father sent me a photo of where they were standing. Some workmen pointed me in the right direction (along there, sharp left, follow the long passage, then left at the end and down to the floor below). As I was going down the endless slope at the end, I could see the family through the glass and they spotted me and we waved to each other. We all managed to smile and exchange "hola" and "buenas dias"

and several "lo siento mucho" on my part. What a relief!

In the time before their afternoon visit we planned to enjoy a coffee together, but in the coffee queue the family received a call from Miguel to say he was being told to get onto transport NOW, to take him to another airport. We left the coffee queue immediately. On the way, feeling worried, I called Karris in case there was anything that could be done to delay his departure. Karris rang straight back and said she would call Miguel.

At Brook House the staff on the desk said that Miguel was still there and that the visit would go ahead. His family had brought clothes and other belongings for him, which had to be checked over and packaged and itemised, and as it was approaching 2pm, the careful and slow inspecting and folding of each piece of clothing, seemed hard to bear. Miguel's parents were quiet and composed throughout. Just as it had been decided that they could go into the visit, the friendly woman officer at the desk, remembered that on a Friday visits start at 2.30pm. I waited a while longer and then decided to leave. As I looked at his parents to say good-bye, I saw silent tears streaming down their faces.

I spoke to Miguel after the visit and he said it had gone well and that he now felt "at peace" and able to face being removed. I am hoping that this loving family will be reunited again.

Talks in Schools for GDWG

by Hannah Carbery

Alongside casework, I've been incredibly lucky to revive the school outreach programme at GDWG. The aim of the school outreach programme is to speak with students about migration and immigration detention in the UK. So far, we have spoken at 3 schools to approximately 900 students from 11 to 17 years old. Each school has welcomed GDWG, and we've received fantastic feedback. When we asked students to rate how much their knowledge around detention had changed before and after a talk, we found that there was an average increase of 45 per cent. Students have told us that they've come to understand 'about the struggles that refugees, asylum seekers and undocumented people face' and students asked, 'why the government does these things to people'.



Starting at Reigate Grammar School, Liz Nissan and I spoke with 170 year 10 students about immigration detention. During the talk, we ask students a series of true or false questions and ask students to stand up if they think the answer is 'true'. When we asked Reigate Grammar students whether it was true that the UK hosted the most refugees in the world, most students stood up! It was

a shock to them when we revealed that the UK hosts less than 1 per-cent of refugees. We described the treatment of people coming to the UK to seek safety.

Our second school talk was with year 12 students at BHASVIC. This was a four-hour, discussion-based workshop that allowed students to read extracts from Refugee Tales and talk about the treatment of migrants to the UK. It was incredibly rewarding to speak with a group of motivated young adults, who all asked what actions they could take to make a change.

The final talk of the school year was a series of assemblies for Year 7 and Year 8 students at Cardinal Newman Catholic School. Despite speaking with them on the two hottest days of the year, there was a great deal of engagement and enthusiasm from students! Many students proudly told us they were from migrant or refugee backgrounds themselves.

We'll be continuing our school talks into the new school year, so if you have any contacts at a school in Sussex, or if you would like to help with this area of work, please get in touch via hannah@gdwg.org.uk.

Starting to visit with GDWG

By Fran

I've been volunteering with GDWG just for a few months. It's interesting how we sometimes receive signs. I was driving to a Covid test centre near Gatwick a year ago after my holidays in Spain, and I noticed a high security building on my way. I wondered what was that about, and, after a search online, I found out about Brook House. I have always

been concerned about social justice and something inside told me it was time to take action.

I'm not going to lie, it was a long process before I did my first visit, but I completely understand the screening that has to be done. Every GDWG staff member (Anna, Hannah, Karris, etc...) were very clear and supportive through the process and I'm glad they explained all aspects of becoming a visitor beforehand.

At the end of the day, it's as simple as meeting someone, having a conversation, showing some empathy and hoping your visit has made their life in the centre a bit more bearable even if it's just for an hour. I have already learned so much from the three different people that I have visited so far. I believe that everyone should have the opportunity of meeting migrants in person. I don't think that those trapped in fear and hate would continue to hold prejudices for much longer if given such an opportunity.

I try to make the visits as useful as possible for the detained people. I like asking if they need any extra help or if they have any complaint about the centre. I also ask what their plan for the future is, once they are released, to give them something to think about and plan towards. I think I'd like to have a sense of purpose if I was in their situation. I'd definitely encourage anyone to join GDWG as their role is more than necessary to support detained people with their well-being, as well as protect their human rights.

Teaching English as part of GDWG Support

By Hilary

I have enjoyed staying in touch with formerly detained people who are now living independently in the community. I've been doing this for over a year. One really positive aspect has been working with people on English language skills, as well as being a befriender and connecting people up with other organisations who can help them.

We have read graded English Readers together. I have sent them in the post, so we each had a copy. This was first to hotels, then to shared houses. We did this initially on the phone, then using Zoom. What a joy at both ends when we first saw each other's faces on Zoom.

It is amazing to see the enthusiasm and dedication to learning, especially in one particular lad. We also use an ESOL picture dictionary, writing on bits of paper, or pictures on web sites on a second device and holding it up on Zoom. It has been great to check out areas of vocabulary, verb tenses and sentence construction skills. We have sometimes done little oral tests and comprehension exercises about the story we have been reading. There have been challenges in pinning down online meetings, but I've found you just have to persevere. And using Zoom and seeing each other has been very helpful for the learning.

Of course, we always have general conversation about our lives. Sometimes we have the advantage of a common foreign language if we need it for

explanation or clarification. It has been a great experience.

Leave a Legacy

By Josie Wade

If the time is right for you to remember a charity in your Will, please remember GDWG

We are so grateful to everyone who supports GDWG: our volunteer-visitors, Refugee Tales walkers and Friends of the charity whose donations ensure that we are able to support people held during and after detention at Brook House and Tinsley House.

The detention sector is a turbulent one, and frequent policy change within the Home Office mean that we need to be flexible and able to adapt our services, ensuring that people in detention remain prioritised. Donations from our community mean we can do just that, as we can use the funds where they are needed most. For example, until late 2020, our interpreting budget was £300 per month. As more people with little English language began to be detained, the need for interpreters increased. Though we have now recruited more volunteer interpreters, donations from the community meant we were able to cover these costs during a period of extreme need. The services we offered were not limited, and offering interpreting meant we were able to offer an equal service to all.

Did you know that you can remember us in your Will, and continue to offer support to people experiencing detention in the UK? This is an amazing legacy to leave, as unrestricted funds are crucial for ensuring

stability and security of our services. Did you know you can leave 1% in your Will to us which means those closest to you inherit the remaining 99%? The only information your adviser needs is our registered charity name and number. We are so grateful to all who donate to GDWG and ensure we can continue to offer support. Every gift in every Will makes a difference, no matter how large or small. Thank you for considering the joyful act of remembering us and supporting people during and after detention in the UK.

CAF Bank writes on this subject: [Leaving a Charitable Legacy | Charities Aid Foundation \(cafonline.org\)](#)

Please see their article: [caf_charitablelegacyservicebrochureandcollateral_combined_0220.pdf \(cafonline.org\)](#)

And particular advice:

Wording/Clauses: [2430c_legacy_standard_will_clauses_web.pdf \(cafonline.org\)](#)

Letter of Wishes: [2734d_caf_letterofwishes_fillable-form_pdf-fillable_030220.pdf \(cafonline.org\)](#)

Fee Schedule: [2430b_legacy_fee_schedule_web.pdf \(cafonline.org\)](#)

Celebrating Being Together Cake Recipe

by Margaret Lawrence



The GDWG Volunteer Summer Picnic 2022

Margaret's Afternoon Tea Cake Recipe

It was my pleasure to host a local visitor group meeting and to see everyone in person.

- Plain flour 220g
- Baking powder 1.5 tsp
- Castor sugar 170g
- Dried fruit 175g (i.e. raisins or sultanas)
- Skinned almonds 90g (or any other nuts) *Soft apricots may be used instead of the nuts.
- Butter 125g
- Milk 60ml
- Eggs 2
- A little coarse sugar such as demerara

1. Line a 16 x 10 cms loaf tin.
2. Sift flour and baking powder.
3. In a large mixing bowl add dry ingredients.
4. Melt butter and pour in milk, then mix into dry ingredients.
5. Add lightly beaten eggs (don't over-mix)
6. Scrape into tin.
7. Sprinkle demerara on top.

8. Bake for 1 hr 15 mins, check at 1 hour with skewer.
9. Cool before eating.

The cake keeps well in an airtight tin once cool.

Meeting Bishop Moth

By Anna Pincus



Two trustees, Michael and Pious visited Rt Rev. Bishop Moth, Bishop of Arundel and Brighton together with me in June. Bishop Moth was appointed Bishop of Arundel and Brighton by Pope Francis and installed in 2015. He knew of the work of GDWG since the Diocesan Refugee Crisis Fund and Migrant Fund had both supported the charity, and the Bishop had addressed Refugee Tales walkers at a walk lunch stop in 2018. The Bishop had visited Brook House for a tour in 2021 to see conditions at first hand and we welcomed the opportunity to update him on Tinsley House being a Short Term Holding Facility and on our recent support for people threatened with flights to Rwanda. Bishop Moth asked how he could help the charity and assisted us with contacts for us to extend understanding about the realities of detention. He was interested to hear the lived experience of our trustee, Pious,

and hoped to attend our parliamentary event about the Walking Inquiry. Thank you to Bishop Moth for meeting representatives of GDWG.

Back to Visiting

By Nick Falk

On entering the reception at Brook House after a two years plus absence there was something familiar on return and yet something different. There have been changes to the position of the reception desk and lockers and, I would say that on my first return visit, a welcoming face behind the desk. Reluctance to return post pandemic is very understandable and the right decision for many. Initially, visiting was not allowed as we had been instructed to 'stay at home'. When restrictions were eased many GDWG volunteers had to consider any of their personal health considerations. Many volunteers are mature and some on immunosuppression medication and these have had to be considered as part of any risk assessment. These considerations are still at the forefront of many visitors' minds. As we know personal contact with a person in detention can be a very positive and much missed experience for both parties.

Changes appear to have been made since my last pre-pandemic visit. We know that there has been a change in the organisation running Brook House, even if many staff members remain the same. There is a greater degree of calmness, the atmosphere appearing less tense. A Covid test is not required but is an option and tests are not offered on entering the reception. Measures that ensured that meeting with residence are

well spaced remain in place which adds to the sense of calm. The previous hubbub is a distant memory now which has led to the improved atmosphere. Perhaps it is my imagination but personal anxiety on entering the complex has lessened, a smile can do so much.

If you feel able, I would encourage fellow volunteers to return to personal visiting as we may be, as you know, an invaluable contact with the outside world for people who are detained.

Become a Friend of GDWG

By Frances Bell



Our Friends Scheme connects the vital frontline work of GDWG Visitors and Advocacy Co-ordinators with the exploratory, celebratory nature of Refugee Tales. Visits in detention mark the start of a relationship that often continues long after someone's release, and through Refugee Tales we build a community that sustains these relationships, fosters new connections, and takes collective steps towards a future without immigration detention. This is why each Friends

Scheme regular giving 'Step' is linked to the work that we do with people who have experienced detention, whilst offering thank you gifts that connect to Refugee Tales.

Although one-off donations are greatly appreciated, regular giving is so valued and important for our sustainability, as these monthly donations enable us to predict our income and develop our support in a way that is reliable and secure.

As we do not wish to exclude anyone, everyone who sets up a monthly donation - even just £5 - will be counted amongst our Friends, gaining access to all of our special Friends events and updates. But if you are able to give more, your contribution will make a huge difference to someone we support. Please visit our [Friends Scheme webpage](#) to learn more about the various 'Steps' you can take today, check out Ruby Wright's GDWG Friends artwork, and explore some of our thank you gifts - like these beautiful blue caps!



Volunteer Training with GDWG

by Karris Hamilton

Since the beginning of the Covid-19 pandemic and increase in online meetings, GDWG have increased the number of volunteer trainings we hold. Over the past year we have held trainings on many different topics and collaborated with various organisations. We held a record 8 trainings in 2021!

Every year we hold Safeguarding, Induction and Mandatory trainings for new volunteers.

Towards the end of 2020 we recruited volunteer interpreters for the first time. We held a training run by the Refugee Council to induct our new volunteers. We benefited from training from Allsorts in LGBT+ awareness and understanding. Allsorts are a small LGBTQ+ led organisation in Brighton and the training increased volunteer understanding of LGBTQ+ people's experiences. We plan to hold more trainings around this issue and think about how GDWG can increase our knowledge and inclusivity of LGBTQ+ people.

The Samaritans ran a training on how to handle Suicidal Conversations in January 2022. As we know people in immigration detention are at higher risk of suicide, it was interesting to find out that suicide is the biggest killer of men aged between 18-35, which is of course the largest age group we support in detention. The training was therefore useful and informative, not only for our work with people affected by immigration detention, but for all areas of our lives. We were awarded a grant for the NHS Maudsley Centre to run training on

how to support people with serious mental health issues. In the first of this two-part training we explored background of mental illness, in-depth case studies and addressed how to approach support for people experiencing mental illness. We will be holding the second training soon using role play to learn new skills and practice what we have already learned.

In-house trainings over the past year have included post-detention support and complaints training covering how to approach complaints, what information is needed to make complaints, types of complaints and what complaints to record and how. If you would like to download notes on our latest Volunteer Trainings, you can do this via our website here.

Walking in Wye in Kent

By Emmanuel

Emmanuel has walked with Refugee Tales for many years. He recounted April's walk in Wye to us:

It was the greatest walk I have ever walked.



At the beginning of the day, I missed my station in Wye because I was in the wrong coach, the door did not open! I had to come out in the next station Chilham, and wait for the train for an hour to go back to Wye where Josie and Jane waited for me.

The walk was full of hills and high valleys. The weather was with strong wind, and the pollen did not make it any better. Aidan, all of a sudden he appeared like an angel, cracked a sweet joke to me and my mood changed - I had the will to continue. I went from being the last, to being the first to arrive to the Church at lunch. The yew tree made me to recall I have been to the walk before.

There were different cakes and drinks in the Church to eat and drink, everyone had their belly full. My belly was hungry but I had only hot water to drink because I was fasting for the "lent" as a traditional

Catholic. I encountered the locals, they were full of smiles and also very friendly compared to Londoners where people move faster than light.

I deeply missed Celia & my thoughts of her accompanied me through the walk. Nelica and Paul were there, and I met Nicola whom I have not seen for three years and also Chris who I have not seen for a long time. Chris led the group, and spurred me in the second part of the walk. "Immanuel you can do it, a step then you would be on top of the walk."

Guess what, I was the first to start the second part of the walk with Chris and also I was the first to finish arriving at Wye station for the train to Victoria. Nicola volunteered to accompany me to London Bridge and also waited with me in London bridge until the train arrived. I arrived home safely and tired.

Walking in Chepstow

By Bryony Davis



4th July saw Chepstow 'Walkers are Welcome' lead one of the monthly walks that GDWG holds with Refugee Tales walkers. A group of 21 set off from

Chepstow's Norman Castle, crossing the River Wye from Wales to England. Sadly, the local celebrity, Sammy the Seal, failed to put in an appearance. Climbing steeply and joining the Offa's Dyke path we enjoyed the views back over Chepstow from the old look-out tower, before walking along the top of the disused limestone quarry cliffs, to Wintour's Leap. Legend has it that Royalist Sir John Wintour launched himself down these cliffs on horseback to escape the pursuing Roundheads, although this tale seems a little unlikely standing at the top of the 100m drop. Lunch was shared on the Lancaut peninsula at the ruined church of St James. We were shown medicinal plants that surround it, indicating this might once have been a leper colony or hospital. We returned along the Gloucestershire Way, finishing at Coffee at Upcycle in Chepstow for much needed drinks and cake.

Several of our guest walkers live in cities, had never been to Wales before, and were amazed by the beautiful scenery and wildlife. Others, who have their refugee status and have made their homes in Wales, were delighted to show off a corner of their adopted homeland to friends. For all of us, walking together is a wonderful way of deepening friendships, keeping healthy and looking after our wellbeing. For Walkers are Welcome, it was a chance to engage with a much more diverse group of walkers, and to introduce people from eight nationalities to the fantastic countryside of our local area. It felt like a really positive collaboration, one which we hope to repeat in the future. Walkers are Welcome is a nationwide initiative launched in 2007 with over 100

accredited groups, who assist their communities' economic, physical, health and mental well-being through walking. You can find out more at <https://walkersarewelcome.org.uk/>

GDWG Workshop at an IMB Study Day in London

by Mary Sutton



Earlier this year Ridy Wasolua, Caroline Connor and I had the privilege of representing GDWG at an Independent Monitoring Board (IMB) Study Day that was held to facilitate learning about immigration removal centres. It was especially encouraging that both of our workshops were very well attended by IMB members who are tasked with monitoring day-to-day life in immigration centres. The feedback we received afterwards was very positive with attendees describing the workshops as 'very powerful and thought-provoking'.

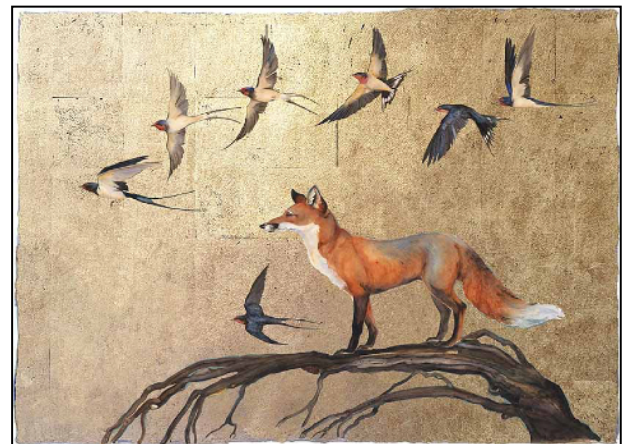
Ridy spoke of his own lived experience and once again we witnessed the effectiveness of sharing first-hand stories of immigration detention. The questions asked by the attendees showed a genuine desire to learn from Ridy's lived experience and from GDWG's experiences of visiting in Brook House

and Tinsley House. Although time for discussion was short due to time constraints, I was impressed by the IMB members' honesty about the limitations and frustrations they can experience as well as their genuine desire to find solutions to improve the effectiveness of their work both to ensure the wellbeing of those who are detained and to call out mistreatment. One of their suggestions was that IMB recruit members who have lived experience of immigration detention and they encouraged Ridy to apply!

GDWG Art Auction

By Michael Berkeley

What fun this was and what a great success on so many levels!



Art Work by Jackie Morris

Who would have thought that dear little GDWG, a charity with no obvious connection with the visual arts, could elicit 184 works of art from 87 different artists, arrange a fabulous week-long art exhibition at Arundel Museum alongside an online auction lasting a month, and generate 840 bids from 176 individuals to raise more than £20,000 of new funding (well over even our more

optimistic expectations), at the same time raising a great deal of awareness and appreciation of the pressing issues facing refugees, asylum seekers and people held in immigration detention?

That's not to say it was easy. Teams of staff, trustees, volunteers and friends approached artists known and lesser known, picked up works of art, photographed them for the online auction site, carefully wrapped and delivered them to Arundel, unwrapped and hung them, considered starting prices and in some cases reserve prices, posted pictures on our dedicated jumblebee auction site, then quietly and diligently rewrapped and delivered these works to successful bidders. At times the GDWG office resembled an art warehouse or a post office sorting room, with Anna, Josie and others covered in bubble-wrap and sticky tape. Sincere thanks to all those wonderful people who helped. And huge thanks too to our contributing artists who were so generous with their talent (it would be invidious to single any out) and to the Trustees of Arundel Museum who happily agreed to host our exhibition.



Painting by Ian Henderson

The physical exhibition saw our patron Lord Dholakia and the Duchess of Norfolk open formalities (with the help of a local town crier) in front of long-standing supporters and newcomers alike, so it was great to make new contacts both in and around Arundel as well as nationally through the online auction. Finally, enormous thanks for the enthusiastic participation of everyone who bid, whether for a £10 piece or £2,000. Some bidding got decidedly frenzied at 11.59pm on the closing night of the auction, and all for a great cause!

Staff Training by the Clare Project

By Marygold Lewis

The GDWG staff attended a very interesting training on Trans, Non-Binary and Intersex Community Awareness given by two members of the Clare Project, which supports TNBI communities and campaigns for inclusion. Based in the greater Brighton area, the Clare Project runs support groups, information sessions, workshops and social events for the TNBI community. They also support health and wellbeing through counselling and mentoring services. The TNBI community is made up of people who fall under the LGBTI umbrella, that is those who identify as lesbian, bisexual, gay, trans, intersex, binary and non-binary.

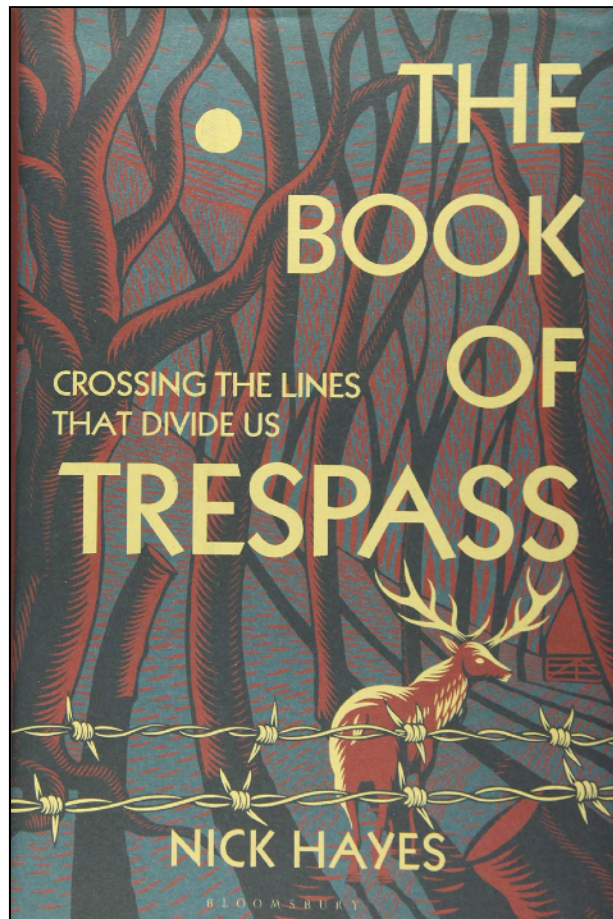
Trans people are those whose gender does not fully align with the sex they were assigned at birth. A trans man was assigned female at birth and is transitioning to be male; vice versa for trans woman. Trans non-binary people identify neither as a man nor a woman, and may be trans in either direction, male/female. Gender

expression is how you present your identity to the world, and gender identity is how you feel your gender to be inside.

We learned that intersectionality is when two or more intersections of minority or oppressed identity intersect and we considered this in relation to the experiences of refugees. The training helped us to recognise the connection between intersectionality and high levels of mental health issues, especially depression and anxiety, as well as substance and alcohol use for people. It can be difficult for people in the TNBI community to access the proper healthcare, employment, housing and other resources that are more freely available to cis-gendered people (those who identify as male or female according to the gender they were assigned at birth, i.e. most of the population).

Gender is a social construct, in that all societies construct it differently. Colonialism has played a large part in exploiting this construct. One of the most important take-aways from the training was how to be the best allies we can be to people we know in the TNBI community. We were encouraged to ask and use their preferred pronouns. Many people add their preferred pronouns after their signature on emails and other messaging apps. In addition, we can educate ourselves more on the issues, acknowledge that TNBI people may have specific needs, not assume that all their problems are caused by their being TNBI, use gender neutral terms when possible and be supportive of their desire to access medical transition and receive the support they need, while also not asking unnecessary questions about the transition. We

learned there are several local services available to TNBI people, including Allsorts youth project, Mind Out and Switchboard. Thank you to the Clare Project for an excellent training.



Review of 'The Book of Trespass'

By Mary Barrett

The GDWG Art Auction that took place this spring was fortunate to exhibit three prints by Nick Hayes, illustrator, print-maker and writer, whose latest publication 'The Book of Trespass' was described by Robert Macfarlane as 'Brilliant, passionate and political'. I read it recently and was carried away by his radical passion and beautiful writing.

The vast majority of our country is entirely unknown to us because we are banned from setting foot on it. By law of trespass, we are excluded from 92 per cent of the

land and 97 per cent of its waterways; blocked by walls whose legitimacy is rarely questioned. But behind these walls lies a story of enclosure, exploitation and dispossession of public rights whose effects last to this day. 'The Book of Trespass' takes us on a journey over the walls of England, into the thousands of square miles of rivers, woodland, lakes and meadows that are blocked from public access. By trespassing the land of the media magnates, lords, politicians and private corporations that own England, Nick Hayes argues that the root of social inequality is the uneven distribution of land.

Each chapter of the book is named after an animal (notice that each creature breaks the boundary of the print). In Chapter 2 'The Fox', Nick Hayes describes his trespass into the Beaufort Estate, managing entry as the hunt meets, slipping through the gates and starting to walk into the estate. The cult of exclusion started with William the Conqueror who centralised power and set about ensuring the barons remained content. Venison was a valuable trading commodity and the deer needed quiet woodland to thrive. These woodlands needed to be cleared of commoners grazing sheep and pigs. So William declared these areas forests (from Latin *foris* which means 'outside of' because they were areas operating outside of common law) and within these forests a new set of laws appeared, not to promote equality and justice, but to fatten deer and thus gain tax revenue for the king. Commoners were excluded as a quarter of England was 'forested', including most of Essex, Surrey, Sussex and Hampshire, protected and guarded areas outside the common law of the

land. It is from this time that references to trespass begin to appear.

Nick Hayes is passionate about many things, but what emerges from this book more than anything is a deep love for the beauty of the countryside. His descriptions both in words and illustrations are poetic and thought provoking as he shares what the majority of us miss as we are denied access to so much of this country. During the Beaufort trespass he is challenged by some members of the hunt and a polite exchange ensues. He wanders on, to take out his pencils and sketchbook and completes what he has entered to achieve, a record of a piece of land, 'countryside ideal for the very few: the orthodoxy of exclusive ownership.' Further chapters describe trespass onto land owned by the wealthy and landed gentry and inspire radical enquiry into slavery, the treatment of women throughout the ages, the long persecution of gypsies and a very powerful chapter 'Cockroach' describing treatment and attitude towards migration.

This is not a depressing book. Nick Hayes' passion is infectious and his powerful articulate voice should awaken debate. The last line of the book is 'I feel, in more ways than one: the land is awakening.'

The Book of Trespass by Nick Hayes is published by Bloomsbury and is available in paperback.



Why I am a Walking Ambassador for GDWG

by Lyndall Stein

I am so grateful to everyone who has contributed to my Just Giving page. You all know about the jeopardy that those seeking refuge have to deal with - their courage every day as they have to resist the 'hostile environment'. I also know you will share the inspiration I have from their resistance and those who stand with them - those who continue to befriend and help those who have been detained, without a definite date of release to give them hope. The volunteers and staff of GDWG show the best of humanity in their refusal to accept the hostility of the system so many have had to endure from the Windrush generation to those from who have more recently fled wars, hunger, floods and fire. Some like John who I met on Refugee Tales have worked with young people on their human rights and have faced dire consequences.

John back home in Uganda was working with the human rights of young people, he got targeted, his colleague S - who was Gay - was murdered. John was the next target, so, reluctantly he fled his

beloved family and homeland - in fear of his life. He told us that being detained and the system he endured was worse than even the terror he faced at home. His situation is now so much better he has been released and granted a temporary stay. He has retrained as a plumber and whilst he misses his home and family very much, he can now begin to build a better future with the help of GDWG.

If you support my Just Giving page, your help will mean we can all work together to resist the 'hostile environment' and indefinite detention - we can all contribute to help build a better future for those who have travelled so far and left so much behind, yes ...fear hunger and oppression but also beloved family and friends, refugees are desperate to seek sanctuary but also want to add their rich experience to our country - the best of this country has been built on the strength and wonders of diversity and internationalism. Big thanks to you all and the magic link is below. I hope I can encourage those who can - to walk with The Refugee Tales next time. You can donate to my JustGiving page by clicking here: <https://bit.ly/3vS4ezt>



Message From A Walking Ambassador

By Seth

My legs have finally recovered from Refugee Tales! I loved the walking, and the weather. It was nice, really. We meet friends and talk together. I always tell new people about Refugee Tales and ask how they heard about us. I start the conversation from there. I was happy talking to everyone. The long walk on Sunday was my favourite day.

My fundraising page has raised £785 so far! It is very nice that people have contributed a lot, even after the walk has finished. It's great that after the walk people are still turning up to help spread the news about immigration detention. I explained to so many people we walked past about why we were walking and directed them to the website.

I'm very excited because people want to know, and they are touched when we share information. I was very glad we did a lot of spreading the news. I want to thank the people who donated to my JustGiving page. It will really help improve the situation for people detained at the moment. Thank you so much.

<https://www.justgiving.com/fundraising/Seth-RefugeeTales-WalkingAmbassador>

Theatre Review: The Bone Sparrow *By Gordon Parker*

The story of Subhi, a Rohingya boy born in an Australian detention centre, will ring many bells for friends and supporters of GDWG and Refugee Tales. Everything he knows is behind the constantly reconfigured, always enclosing chain-link fence that we see on stage. When he meets through the fence a local, lonely Australian girl, he can no more imagine her life than she can picture his.

Pilot Theatre, based in York, set out to present "grown up theatre for young people" with an internationalist perspective. This play, adapted from Zana Fraillon's novel of the same name, was developed in collaboration with the Australian Theatre for Young People in Sydney; the Assistant Director was Rohingya, born in a refugee camp in Bangladesh: the authenticity shows. Subhi's coming of age was set against life in detention: awful food (improved for official visitors), a brutal guard and a more friendly but ineffective one, friendship and support - but also irritation and frustration - from fellow detained people. Dance, a wonderful soundscape and

puppetry were employed as reminders of the world beyond the fences.

Above all this was a play about the importance of sharing stories, in words and pictures, to maintain hope, to secure one's identity and foster our imagination and creativity. Possibly a little too long at nearly 2½ hours for some of the teenagers in the audience, I found it a moving, stimulating theatrical experience. It honoured the resilience that we know migrants carry with them and was particularly timely as the cruel "Australian solution" plan involving Rwanda hit the headlines.

Being Well and Flourishing

By Frances Bell

This year, GDWG has been taking steps to develop our understanding of mental health. As part of this commitment, some of our staff and volunteers attended a Mental Health First Aid course, where we were encouraged to be more proactive about our own wellbeing. For example, we used the 'stress bucket' analogy to examine our reactions to stress, and then we explored how we might respond in more constructive ways. In doing so, we learnt about the importance of making time for the people and activities that bring us joy, as this provides a healthy outlet for stress and makes us more resilient when the bucket inevitably refills.

At the end of the course, our trainer recommended a book called *Flourish* by Martin Seligman. Seligman is a leading authority in the field of Positive Psychology, which contends that, rather than pathologising mental health, psychology should focus on

positive emotions, character strengths, thriving individuals, and flourishing communities".¹ In doing so, people are not treated as though their vulnerabilities define or limit them. Instead, they are encouraged to cultivate their strengths, and they are given space and support to do so. In *Flourish*, Seligman outlines his 'PERMA' theory, which suggests that the following five elements are essential building blocks for wellbeing:

Positive emotions (such as gratitude, pleasure, hope, curiosity, love)

Engagement (the state of flow we experience when deeply engaged in a task or situation; everything else seems to fade away as we are fully immersed in the present)

Relationships (social connections contribute to better mental and physical health, and they also protect against stressors)

Meaning (a sense of purpose, the feeling that we belong to a collective cause)

Achievement (accomplishing goals, living a life that aligns with our values, mastering a skill)

Reading this book, one can't help but think about how the UK's immigration system has created an environment that proactively removes these 'essential' building blocks from people's lives, replacing them with prison like walls, indefinite periods of isolation and detention, and barriers to essential physical and mental health support. This is why Visiting is so important, as it keeps people in detention connected, and it introduces them to a community that is working towards a common goal: a future without immigration detention, where access to the building blocks of

wellbeing is unrestricted and everyone can flourish.

For those of us who are fortunate enough to live freely, the actions we take to support our own wellbeing will also strengthen our community, which, in turn, increases our collective capacity to achieve meaningful change. So, here's what our staff team has been doing to support their wellbeing recently: long baths with books (Karris), birdwatching (Anna), swing dance (Frances), chanting and reading (Marygold) and playing music (Hannah).

What will you do for your wellbeing today?

Walking with Refugee Tales from Merstham to Winchester

By Teresa Pilgrim



Day 1 Merstham to Dorking
Day 2 Dorking to Guildford
Day 3 Guildford to Farnham
Day 4 Farnham to Alton
Day 5 Alton (New Arelsford) to Winchester

Solidarity was the theme of Refugee Tales 2022 summer walk and as we set off from Merstham across the Surrey hills into Hampshire and towards Winchester, it



became, for me an ever-strengthening feeling which resonated among us, during the five days we walked together. Each day before setting off to walk there were readings shared among us which, like the first morning in a beautiful reading of poetry suggested by Kamila Shamsie and read by Raga perfectly set the tone for the day of walking ahead of us. Listening, walking, and sharing tales of refugees with lived experience of detention in the UK is an incredibly powerful and life affirming experience and one that from the many comments I heard on my walk, gives hope to all those who walked in solidarity with Refugee Tales; irrespective of whether it was their first time of walking, or they had walked before.

Although I walked last year in Canterbury and on day walks in person (and online virtually during the pandemic), due to coinciding conference season as a medievalist researcher this was my first full walk with Refugee Tales. The

highpoint for me was the collective sense of kindness which surrounded walkers during the day when the visible line of Refugee Tales signature blue T-shirts could be seen spanning the landscape and the evening events when the local communities in which we stayed came to join us. This is where walkers and communities come together to bear witness to the individual refugee tales which are the very foundation of the work Refugee Tales undertakes in its supporting charitable role to Gatwick Detainee Welfare Group.

To close my reflections of Refugee Tales 2022 summer walk I wish to share the words of three other walkers, two of whom have experienced detention in the UK and one other who, like me, walked to show our solidarity. These words, the words of refugees are what walking together with Refugee Tales means: "They are my family; they saved my life." "It is like giving back life to a dead person." Lastly, the words of a first-time walker with Refugee Tales: "I have never experienced anything like this, to be surrounded by so many kind people, it is like a sea of kindness." Kindness, like solidarity, should I think be the last words with which to sum up the experience of everyone walking with Refugee Tales 2022.

Refugee Tales

By Getachew

Refugee Tales is a charity organisation who is struggling against indefinite detention in the UK. The UK is the only country which has infinite detention. We are trying to convince members of parliament and other influential people to have better laws regarding detention and

refugees. We have different departments; one department is the parliamentary group, we try to advocate and call for a better framework and detention environment to end indefinite detention. The walking is to make awareness for the public. When we are walking through villages and towns we distribute papers and leaflets to make people aware of the indefinite detention problem in the UK. The main purpose is to make better awareness of detention in society.



This year was a very wonderful walk. This was my first long walk, although I have done different day walks. I enjoyed it, it gave me the opportunity to meet different kinds of people, even people from different countries. We share ideas, we share experiences, we share life, we share happiness! We shared food, we shared a lot of things. It's also a very good opportunity to experience the countryside of England, the forest, the ups and downs, the parks. My favourite part was the walk itself. It was the longest walk in my life, but I enjoyed it! About 58 miles. Plus, everything else: the dinner was nice, the events were very nice, the

stories were also very interesting. And the pub of course! I think the dancing was the best night.

July 2022 Walk

By Chris O'Riordan

Ever since I first heard about GDWG last year I had been intrigued by the idea of the five day walk which is organised each July since 2015, when the first Refugee Tales walk took place from Dover to Crawley. The sun was shining as we gradually gathered at Merstham Railway station on Saturday 2nd July, and then we were off, along the beautiful Quality Street and alongside a cricket pitch with youngsters enjoying their match. We had Tessa McWatt, Professor of Creative Writing at East Anglia University walking with us that day and in the evening she read her (to be published) Host's Tale.



The calibre of hosts and participants at each evening's events was very impressive and our grey matter was

stretched: considering the issue of how to end indefinite detention for migrants in the UK. Hosts introduced musicians, poets, writers and the resident artist, Ruby Wright, sketched the scene. In the morning we mustered to set off for Guildford stopping at Shere Village Hall for our packed lunch and the very welcome cakes and tea offered by local residents.



On Monday we were sent on our way from Holy Trinity Church, Guildford with the blessing of the Bishop of Guildford, who joined us for the latter part of that afternoon's walk to Farnham Maltings, where Nic, our wonderful chef, had the opportunity to serve his street food out in the open.

Farnham to Alton was across more open arable land with views stretching out before us. In the evening there was dancing in the aisle of the Church, it was wonderful seeing the eldest and youngest walkers up dancing along with fellow walkers and members of the public attending the event. Incredibly Wednesday arrived all too quickly and we gathered at New Alresford to walk the shortest stint a mere eight miles into Winchester.

Most emotions were touched and the humbling experience of walking alongside men who have had variously months and years in detention has a lasting effect. Thank you Anna, all the staff and volunteers involved in the Refugees Tales walk. If this has made you curious, please consider taking part in the monthly one-day walks or save the dates July 7th -12th 2023 now and have your walking shoes dusted off ready to take part in a life enriching few days: www.refugeetales.org

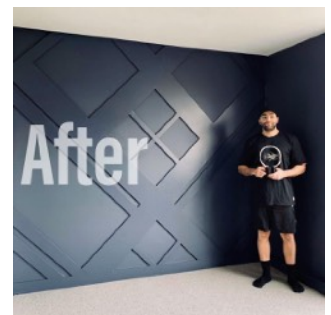
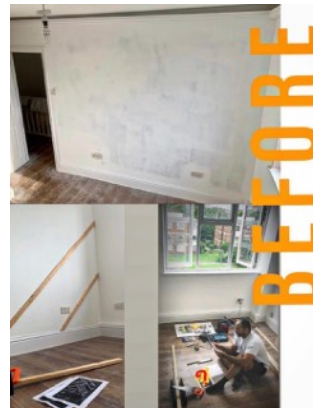
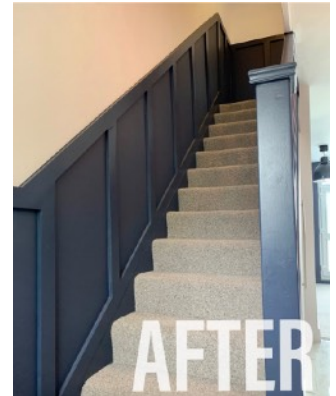
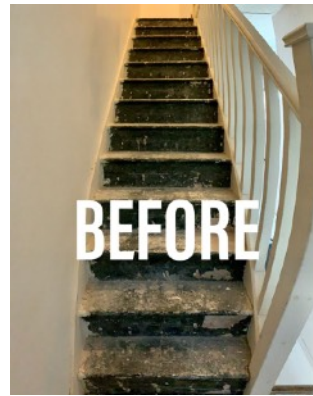
Making a New Life

By Elyas

I am pleased to have the opportunity to share some photographs of my recent work and to give some background as to why they are significant for me. Before coming to the U.K. I learned many skills in architecture, design and creating beautiful places. Now at last I have been able to use them to establish my own business in the U.K., a business that transforms tired and broken dwellings into fresh and vibrant places that people appreciate. The establishment of this new business forms an important part of my new life as it allows me to transform dwellings just like I wish to transform my life also in my new country. In the years to come I would like to grow my business so that I have multiple projects and, in time, have people work with me to learn new skills that they can also then use to advance their careers.'

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Pass the Story

By Sal Jenkinson

During Refugee Tales, Tom and Seth introduced an exercise devised by the Self-Advocacy Group during a lunchtime break. Prompts were suggested:

The funniest thing that happened to me on this walk was ...

Something that made me smile/feel good today ...

Now we are halfway through the day I am feeling ...

I feel like I've walked X miles ...

I wanted to walk with Refugee Tales today because ...

I have found walking in a group ...

Today, we have talked about ...

Paper was given out, people were asked to get into groups, talk, write down thoughts and pass the paper on.

Here are some of the results:

'Walking with Refugee Tales you can talk about everything and anything.' 'I feel 'connected, useful.'

'I walk to bring freedom into people's lives.'

'Such rich conversations with such a variety of profoundly humane people is life affirming and inspiring so that it feels we can continue our work in the world to support everyone as part of our human family.'

'I really enjoyed walking on the same path with people who really care for the other, others that is unknown, that they don't know. And the wonderful experience that we can learn from each other and talk with sense of trust.'

'Continuing into the next day brings a real sense of togetherness - creating longer, deeper connections.'

'When I first heard about Refugee Tales, I thought it was bound to fail after the first year because it was so complicated! A walk, a performance, food, somewhere to sleep ... But the moment I arrived I knew I was somewhere special, with people who would become friends - and family - your life.'

'It makes me happy when I reach the top of a clearing and feel like I'm on top of the world!'

'It reminds me of the privileges of freedom and self-determination.'

I am enjoying the breadth of conversations with people I have never met before. And the beautiful wild flowers.'

'Everyone helps, without even asking "What needs doing?"'

'I had to wake at 2am for prayer and come a long way to join the walk. I feel I have to come because this group is like

my family and I can reassure my family back home I am with friends.'

'We like to walk on new paths through new landscapes and to feel united in our dreams and wishes for the future.'

'At the end of our first day of walking, our daughter said: 'Everybody's so nice here'. She had talked with many people, was offered candy, water, and words of praise and encouragement, heard stories of resilience and music, and got to marvel at lovely landscapes and lovingly tended gardens. After the years of pandemic isolation, it's a welcome and heart-felt return to life and human connection for which we are deeply grateful.'

'It is only through stories that people are motivated to change.'

Refugee Tales Solidarity Readings

By Frances Bell

As the theme of this year's walk was solidarity, we wanted to explore the different ways this word can be understood and enacted. So, at the beginning of each day, we gathered after breakfast to listen to readings chosen by Kamila Shamsie, Abdulrazak Gurnah, Steve Collis, Ali Smith, and David Herd. These extracts and poems were read aloud by walkers, and together they told a story.

This story told of immigration detention's devastating consequences: "What kind of a life are we living on this earth when a photocopied piece of paper can mean and say more about your life than your life does?" (Ali Smith). It was a story haunted by loss: "Then one day everything changed" (Liseby Elis ), "our country moving closer to its own truth and dread, / its own ways of making people disappear" (Adrienne Rich).



But this story also looked on open skies: "Like you I / love love, life, the sweet smell / of things, the sky-blue / landscape of January days" (Roque Dalton), "breathing joy as the stars / breathe destiny down on us" (Diane di Prima), "Stretched out on my back, I see the sky" (Nazim Hikmet).

This story walked: "yes, earth, like those roads there under all our feet, whatever surfaces we cover them with, under all our journeys" (Ali Smith), "get up, put on your shoes, get started, someone will finish" (Diane di Prima).

This story sang and danced: "Thinking of you / is a beautiful thing / a hopeful thing / a thing like hearing / the most beautiful song / from the world's most beautiful voice..." (Nazim Hikmet), "We had our own music and songs, we loved to sing. We danced. We loved to dance, late into the night" (Liseby Elisé).

This story grew trees: "What else do I remember best from my childhood? I loved climbing the trees, the moringa trees" (Liseby Elisé), "I see the tree's branches" (Nazim Hikmet), "because in times like these / to have you listen at all, it's necessary / to talk about trees" (Adrienne Rich).

This story cherished community: "Every Saturday night there was a dance, for the whole of the community, all of us together" (Liseby Elisé), "I believe the world is beautiful / and that poetry, like bread, is for everyone. / And that my veins don't end in me / but in the unanimous blood / of those who struggle for life" (Roque Dalton), "we are / endless as the sea, not separate" (Diane di Prima), "You are a person inside my struggle" (Nazim Hikmet).

This story - the story of solidarity - travelled through time, traversed continents, and connected people from around the world. And, in many ways, it seemed to be in conversation with the walkers who listened to it each morning, preparing to set off on the next chapter of our five-day journey. People who walked out together under bright blue skies, sought shade beneath trees, shared food, sang, danced, and celebrated the friendships that emerged or deepened as the walk went on. People who carried this story with them from Merstham to Winchester, and who will continue to carry it - and extend it - every time we walk. Every time somebody shares their tale and we choose to listen.

"I sit forward. I'm listening." (Ali Smith, "The Detainees Tale")

The Solidarity Readings:

- Extract from "Poems to Piraye (9 to 10 O'clock Poems)" by Nazim Hikmet, chosen by Kamila Shamsie.
- Liseby Elisé's story, an extract from The Last Colony by Philippe Sands, chosen by Abdulrazak Gurnah.
- "Like You" by Roque Dalton, chosen by Steve Collis.
- "Revolutionary Letter #2" by Diane di Prima, chosen by Steve Collis.
- "The Detainees Tale", from Refugee Tales, by Ali Smith.
- "What Kind of Times are These" by Adrienne Rich, chosen by David Herd.

Dialogue with Robert Harrap

By Marygold Lewis

In May, Manoj, from the self-advocacy group, and I had a very stimulating and mutually informative Zoom call with Robert Harrap, General Director of SGI-UK, <https://sgi-uk.org/>, of which both Manoj and I are members. Soka Gakkai International is a registered charity and a worldwide society for the creation of value founded upon the Buddhism of Nichiren Daishonin. There are currently over 12,000 members in the UK alone, while the SGI has members in 192 countries and territories around the world, counting some 12 million members. The motto of the SGI is "Trust through Friendship, Peace through Trust". Many of the principles of this faith-based organisation resonate with the same values we hold dear at GDWG.

Robert is a former barrister, with a particular concentration on human rights and immigration and asylum matters. He

was thus very well-placed to discuss the issues being faced by people in detention. We described the work of GDWG and Refugee Tales to him, including the self-advocacy group and the Walking Inquiry (<https://www.refugeetales.org/walking-inquiry>), which has been running in parallel with the Brook House Inquiry (<https://brookhouseinquiry.org.uk/>). Because the SGI believes in the power of dialogue, we warmly invited Robert to attend one of our inspiring walks, where people, including our guest walkers who have experienced detention, converse freely while walking in some beautiful places. We look forward to welcoming Robert to a walk or event and to celebrate our shared values of respect for all, the dignity of life and happiness in this world.

Osman's very quick Fava Bean Recipe. Enjoy!

Okay, you can cook the fava bean. You soak them all day in water - you leave them, you go to work.

The next day you boil them like 4 hours with the same water. So, after that, when they come ready, chop onion - fresh onion, fresh tomato, falafel, if you want with egg too. You can use sesame oil, or if you want chilli powder or green chilli. And if you want the cheese as well, use a salty one. It's very delicious. You eat it with bread. When you have this food you won't want to work too much, you'll be sleepy!

