

## 10 years of WRP

This summer we will be celebrating 10 years of Wycombe Refugee Partnership being an official charity.



Photo by David Ballew on Unsplash

It all began in 2015 when many of us across the UK were watching the crisis in Syria unfold. While 4–6 million people fled Syria alone that year, an estimated 1.5 million made it to Europe. A small group of us in Wycombe wondered what we could do to help these very vulnerable people now at our doorstep. “Surely, there must be *something* we can do!” We garnered local support, held vigils and meetings and eventually called our little emerging group *Acting Together with Loving Kindness*. Initially we were a group of Muslims and Christians who were determined to bring together a grassroots movement right here in Wycombe to support refugees. We helped one family at a time, providing a loving welcome and friendship, alongside housing, educational and English learning support to all.

Photo by Ggia, Wikimedia Commons



Above: Syrian and Iraqi refugees arrive from Turkey to Lesbos island in 2015

By July 2016, we were an official charity with our new name *Wycombe Refugee Partnership*.

To hear more of our story, look out for our special Anniversary Edition newsletter this summer with more stories from the past 10 years.

## REFUGEE WEEK IS COMING UP...

## and the theme is COURAGE

For refugees around the world, courage is often a daily necessity. It is the courage to make life changing decisions, face unknown and often dangerous journeys, the courage to know that this will mean learning a new language and culture and way of life. Sometimes courage is simply getting up each day, being brave and taking the next step.

For a volunteer with WRP, courage is putting aside nervousness and meeting a person or family from a completely different culture. It can mean learning new skills to provide support or trying new food when you’re in someone’s home.

### IN THIS ISSUE

#### 10 years of WRP

Yes, it’s been that long. Celebrate with us!

#### Refugee Week

Book a talk, a presentation, an assembly to hear more about the courage of those we help.

#### 10 for 10 challenge

Challenge yourself and raise money for our work at the same time.

#### Wellbeing walk

Hughenden Manor was the venue for a guided walk, followed by ice cream.

**Courage:** *noun*  
mental or moral strength to venture, persevere, and withstand danger, fear, or difficulty.

We would like to invite you to hear stories of these kinds of courage! We're taking bookings for talks, presentations and age-appropriate assemblies and drama workshops.

If you are part of a school, a church, mosque, or other religious group; a book club or a social group, and you want to know the facts about refugees and learn more about the work of WRP, please let us know by emailing Sue at [contactus@wycombe-refugees.org](mailto:contactus@wycombe-refugees.org) to discuss what we can offer.

## A Poem about Courage by Muhammad K

Courage is not noise,  
it is a calm heart refusing to close.  
It walks out of danger with shaking hands,  
yet keeps its manners, and its mercy.  
It carries a torn past like a small book,  
and still writes a clean page each morning.  
Given safety and fair rules,  
courage becomes contribution, soft, steady, real.

Photo by Gantas Vaiciulenas on Unsplash

## 10 for 10 challenge!



For WRP's 10th birthday, we want to encourage our community of supporters to join us in our 10 for 10 challenge! During May and June, challenge yourself to a 10 themed target and donate £10 to support refugees.

Whether that's a fitness challenge where you run, walk, cycle or swim 10k, or complete 10 walks in 10 days or 10 weeks! Pick a challenge that suits you.



How about something a little different? Put your skills to the test. Maybe you're green-fingered and could plant 10 new flowers in your garden, or you could knit or crochet 10 hats and gloves to share or sell to your friends.

Some other ideas include:

- Create 10 friendship bracelets and ask for a donation from friends
- Cook 10 meals inspired by different regions around the world
- Plan 10 exercises across 10 days
- Complete 10 levels of your favourite videogame
- Learn 10 sentences in a new language
- Read 10 books or watch 10 films



We'd love to see what you've all been up to and share your support with our wonderful community! Please send in your photos or written details of your own 10 for 10 challenge to Sarah and Kirsty at [fundraising@wycombe-refugees.org](mailto:fundraising@wycombe-refugees.org) so we can share your progress on our social media and in our quarterly newsletter.

10 for 10

To find out more  
and donate



scan above  
or click below

<https://tinyurl.com/wrp1010>



Photo by Katharina N. from Pixabay

# Walking for wellbeing... and for eating ice cream!

Last week we met up with Richard, who is a WRP volunteer and a Hughenden Manor volunteer! A small number of the adults that we support joined us for a walk around Hughenden Manor gardens. It was their first ever guided walk and was very much appreciated.

We learned about the various common plants; and how to identify blackbirds, blue tits, red kites, wrens, robins and tree warblers. We also walked through the inspiring walled garden, learning about the plants, the fruit trees, rhubarb and gooseberry bushes. Many of the plant names were new but a number were known to our walkers from their home country.

Of course, we ended up with a classic British event—an ice cream in the National Trust cafe! The walkers all got to know each other and loved taking their own beautiful photos. Many of the ladies are definitely bringing husbands along next time, and we're sure our Wellbeing Walks are going to be gaining in popularity in the coming months.



Photo by Ralph from Pixabay



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Ten years of welcome  
A lifetime of impact

Contact us

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