

solace

surviving exile and persecution

Newsletter December 2020

News from around Solace



Interview with Solace CEO Kathryn Ashworth by Sarah Finch

"We try and meet the whole needs as far as we can of the person in front of us. So 1:1 therapy isn't for everybody, but perhaps coming to a stress management group where people can learn techniques to cope in a very stressful situation they're living in at the moment is really important.

Crucially, Solace offers its clients a safe place to be. The charity's ethos – to be welcoming, hospitable and caring – is put into action from the minute people come through the door."

[Full interview here](#)

NEW - Solace therapist Reza initiates Albanian Women's Group Therapy in Huddersfield

Solace invites women from the Albanian asylum seeker community in Huddersfield to join a weekly session on Zoom to socialise, having open free discussion about their current life issues, sharing their life experience and learning from each other, besides learning the techniques can help them cope with their distresses, guided by Solace therapist Reza Nemati.

Solace supports participants to ensure they have a suitable phone and the data that they need to join in. The pilot session welcomed 6 women to the group and has continued to gather momentum.

Read Reza's creative writing piece on his motivation for the group.

[Reza's article](#)



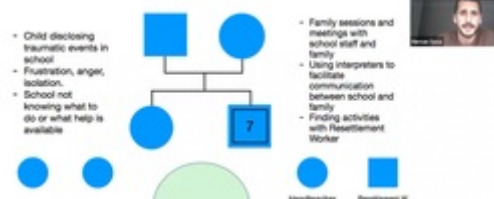
NEW - Solace therapist Mo, provides clinical supervision to the Refugee Action Child and family team

As a trained clinical supervisor it was great to be approached to offer a regular space for the team of practitioners working for the Refugee Action Child and Family Team to come together to reflect on their work.

They are a diverse and committed group working at the cutting edge of need in Bradford, and it is a privilege and pleasure to walk alongside and support their valuable work by facilitating a space for professional reflection.

The work of supporting asylum seeking and refugee peoples across the time of national and local lockdown has brought its own challenges, some shared, some unique to individual services. It has thrown up questions not only about our service users' needs, but importantly also, staff wellbeing, as everyone has adapted to extended periods of home working, and a lack of regular face to face interaction with colleagues.

Provision of a confidential space for front line workers to think out loud together about the trials and triumphs of their practice is always of value, but during these COVID days, perhaps particularly so. It is good to be part of this initiative on behalf of Solace.



NEW - Kirklees Health Inequalities Project

Solace has recently extended work in Kirklees funded by West Yorkshire & Harrogate Health Care Partnership (WYHHCP). This builds upon work in Kirklees and Calderdale on the "Transitions" project; and through "Connecting Opportunities" supporting new refugees with integration and employment; and therapeutic work with Syrian children and families as part of the "Resettlement - Child and Family Well-Being" project.

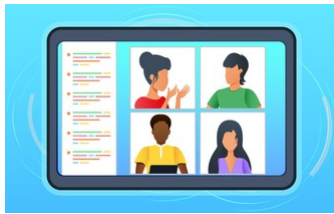
[Read more here](#)

Solace co-hosts Migration Yorkshire's Children and Families Wellbeing Conference

This October, Solace therapists collaborated in sharing their experience and expertise by producing a suite of professional skill share demonstrations.

They presented these sessions at Migration Yorkshire's inaugural Children and Families Wellbeing Conference. The conference, held on Zoom, attracted over 100 participants mainly from across Yorkshire and the Humber region, but some from further afield.

[Read more here](#)



NEW - Solace Expands Support Refugee Sector Staff - Anne Burghraef

Those who work in the refugee sector tend to share a passion for justice and are keen to make a difference in the lives of those who have faced persecution and are exiled from their homelands. When faced with the challenges of supporting people to navigate the asylum system and enabling refugees to build a new life, it can be discouraging especially when working from home in isolation. While Solace offers individual and group supervision to local refugee services, further requests for individual counselling and group wellbeing sessions are being asked by partner organisations further afield through the use of remote technology.

For example, Refugee Action, Solace's partner in Bradford, has been developing groups of Experts by Experience (EBE) to inform the development of their services and to raise awareness of refugee issues. To more effectively support their EBE, they have asked Solace to deliver training to run their groups safely and to provide ongoing monthly wellbeing sessions, which provide an opportunity to discuss relevant issues and learn strategies to manage stress and anxiety.

[Read the full article here](#)



Rosemary

I specialise in Creative Therapies (eg Art, Writing, Music, Play), Trauma work, Creative Supervision, Mindfulness & Relaxation and Bereavement/Griefwork.

[Full Article](#)



Gayle

I am a BACP accredited counsellor using an integrative humanistic approach. I incorporate mindfulness, relaxation techniques and body oriented approaches into my work to support clients.

[Full Article](#)



Brian

I am a recently qualified child and adolescent psychoanalytic psychotherapist with a background in working in children's residential care and education.

[Full Article](#)



Andrew

I worked in addiction services residential and community based for 15 years. I currently work for Time to Listen a not-for-profit organisation for 4 1/2 years working with families and children as a psychotherapist/counsellor and DDP practitioner and alongside this I worked for the Haven for 6 months.

[Full Article](#)



Azam

Congratulations to Azam, who has joined the Solace therapy team having successfully completed her qualification. The admin team will miss her a lot, but are also very proud that she is following her dream of working therapeutically with refugees and asylum seekers.

[Solace Website team page](#)



This year we have said thank you and cheerio to therapists Paula, Kate and Avin.

Brilliantly, Paula and Kate remain involved in Solace in supervisory capacities.

Avin has moved to Holland to be with family and is greatly missed. We wish her all the best.

[Solace Website team page](#)



Solace Volunteer Janet host an online Women's Wellbeing Group

For many of our Solace clients, this year must have been more difficult than for most, but still they bring a warmth and life to the Zoom meetings each time, choosing to participate and take from it whatever helps them; maybe just seeing other people even on a screen, or doing something physical which connects them with their bodies; and I hope valuing their bodies, when many of them will not be receiving touch from others.

[Read Janet's full article](#)

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