



Suffolk Refugee Support Summer Newsletter 2025

www.suffolkrefugee.org.uk

38 St Matthew's Street, IPSWICH, Suffolk IP1 3EP
Registered Charity Number: 1078794

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Our work bringing communities together

Our work is driven by the belief that people matter, that each person we see has intrinsic value and that our common humanity unites us. So when others try to divide our communities or dehumanise refugees and asylum seekers, we have to respond. This happened a year ago, when there were riots and violence targeted against people seeking protection in the UK. At the time, we provided extra support, safety measures and reassurance across our services. In the year since, we have worked to bring communities together to socialise and share experiences, we have provided facts and lived reality through talks and local media, and [tackled misinformation](#) spread by others. As we see more false narratives and hostile agendas being spread, we will redouble our efforts to keep Suffolk a welcoming place for refugees.



Can you help to keep Suffolk a safe, welcoming place for refugees and asylum seekers?

Our work makes a real difference, not only in providing practical support and vital services, but in helping to change the narrative around people who deserve our understanding. If you would like to show your support for this work, scan the QR code above or donate securely online [here](#).

“When we provide a safe haven for refugees, it is not a transaction but our social responsibility as human beings as well as under international refugee law. Every human being is valuable, whatever their occupation or their level of education, simply because they are human and we should always help people for no other reason than because they are in need of help.” [from a [speech](#) given by Azita, whose family arrived in Ipswich as refugees from Afghanistan 25 years ago—see page 3]

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Summer trips and activities

Our work is increasingly countywide, and we are passionate advocates for the wellbeing benefits of sharing the beauty of Suffolk with people who might not otherwise have the opportunity to enjoy natural spaces and new experiences. So far this summer we have taken a walk around Alton Water with a group of Ukrainian clients (pictured, top right), including a visit to the smallest art gallery in Suffolk, had a glorious day in the sunshine at Flatford with our International Women's Group (bottom right), and been to see Red Rose Chain's brilliant production of Hamlet at Sutton Hoo with a group of 15 clients. We have also taken groups of young refugees and asylum seekers to Earlsway Farm near Halesworth, for fish and chips on Felixstowe beach and a day out at Orford Castle. Further trips we have planned include Freston and Pin Mill and the Shotley Peninsula. We are also delivering a 5-week summer ESOL programme for young people at Ipswich Library and a family art session with Art in Aldeburgh.



"This is a beautiful place and the farmer is so kind and everyone is so nice. I feel at peace"

Refugee Week in Suffolk

The theme of Refugee Week this year was Community as a Superpower. As well as our women's group picnic (see photo on page 1), we brought 80 people from a wide range of backgrounds together for a delicious community lunch prepared with great care and effort by some of the wonderful refugee chefs we work with. We also [highlighted](#) how community continues to make Ipswich home for Azita (pictured, top left) and her family.

Elsewhere, we were delighted to work with The Art Station in Saxmundham and artist Sophie Giller on the Port to Port installation at the First Light Festival in Lowestoft. A group of women from Ukraine, Sudan, Afghanistan, Kurdistan and Albania took part in a fascinating art process, using memorable items such as personal photos to create objects including painted tiles, textile prints and cushion covers. Participants also went on a sailing trip on the beautiful Excelsior fishing smack.



This summer, the historic Ipswich Institute has a season of events open to all, including non-members. We're delighted to be taking part in the August at the Institute Summer Sessions with our updated History of Refugees in Suffolk talk on Monday 18th August 1.30-3.30pm. So if you've ever wondered what goes on behind the hidden blue doors on Tavern St, or the refugee stories behind famous buildings and forgotten Bond girls, [book your tickets here](#).

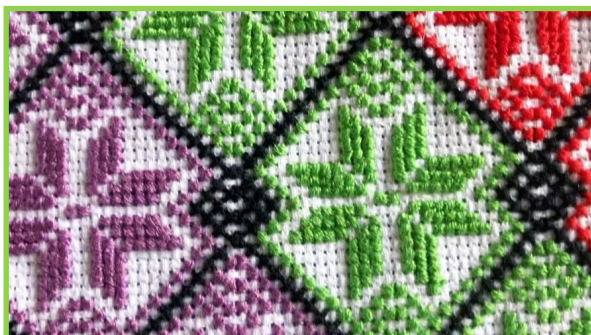
Food culture and connections

Many people we work with are expert food producers and practitioners, with a deep understanding of food cultures and keen to share their knowledge. People like Abed and Ghaydaa, who farmed in Syria before their home was destroyed and they were forced to flee. Recently, they brought these beautiful figs into our office from a tree planted in their garden in Ipswich. We also worked with Wakelyns Dal Festival this summer, who kindly provided transport for more than 20 of our clients to attend, share recipes and demonstrate their dals to people from around the UK.



Sewing group shortlisted for BBC award

We're absolutely thrilled that our Sewing Group have been announced as finalists in the BBC Suffolk Make a Difference Awards in the community category. You can hear some of the women who lead the project talking about how special the group is as a place to make friends, improve their English (and of course create beautiful items!) on Radio Suffolk [here](#) [from 2:25:45 in, available until 22nd August].



ITFC refugee football group

Our refugee football group with Ipswich Town Foundation took part in another fabulous football tournament at Portman Road earlier this summer, this time in our brand new SRS kit (thanks to a generous local funder)! Our teams had a great time and came second and third on penalties in an event featuring teams from Suffolk Fire Service, Suffolk Police and our friends at Refugee & Migrant Action (RAMA) in Colchester. Thanks to the Foundation for all their continued support and good luck to ITFC for the new season!



**STOP
PRESS**

We are recruiting!

We are looking for a **Youth Coordinator** to coordinate and deliver projects and advice to refugee and asylum-seeking young people across Suffolk. The deadline for applications is 12 noon on Tuesday 26th August. Full details here: suffolkrefugee.org.uk/current-vacancies/

**STOP
PRESS**

We hope you've enjoyed this newsletter—we'd love to hear from you with any feedback. If you received this indirectly, and would like to join our mailing list, please email us: office@suffolkrefugee.org.uk
Thank you again for all your support, donations and volunteering - we really couldn't manage without you!