

Spring/Summer 2021



Our Mission Statement

We create together a comfortable and welcoming space especially for people who are seeking asylum or are refugees.

We offer friendship and support and respond quickly to immediate needs.

Working together, we try to ensure that dignity is maintained, hope is not lost and justice is pursued.

A very strange and difficult year

It seems such a long time ago that we were all meeting at Trinity Centre - often over 150 of us at each session. Due to the virus we had to stop providing our normal activities in March last year. Space4U is not operating as usual but there is still plenty happening as you will see in this newsletter.

We are being asked time and again 'When are we going to be back?' and we still have to say that we don't know. However, the general situation is improving. People are being vaccinated and the level of infection is reasonably low. We are planning to have more activities at Space4U over the coming weeks, including starting ESOL classes from mid-May.

Keeping in touch

Every Monday a group of us meet on Zoom to have a chat and talk about a topic. We usually have fun and there is a lot of laughter. If you want to join us, call **07561 648964**.



Volunteers have continued to support people by regular phone contact and there have been some ESOL classes by phone/Zoom.

Help and Information

At Space4U, the Help Desk has continued to open each Thursday for one-to-one appointments with Pete and Ruth. People have referred themselves or been referred by other organisations. Often help can be given over the phone or even by *WhatsApp* or *Zoom* but sometimes that isn't enough especially if someone is feeling very stressed, anxious or depressed or where communication is difficult.

Space4U's Mission Statement begins 'Together we create a comfortable and welcoming place' Coming together has always characterised Space4U and being able to come together in person is so important. As well as the thermometer in Trinity Reception area, at the Help Desk, safety is managed with PPE, screens, sanitisers, etc. It's not quite 'as it was' however the appointments go a long way to providing and continuing that connection that is needed.



Food deliveries

The food store team have continued to prepare food parcels for those in need. A few are collected at the door of Space4U, but most of them are delivered to people's homes with the help of other volunteers from Space4U.

The number of people supported, varies from week to week depending on individual circumstances, but it is usually between 6 and 10 at the moment.



Clothing

The clothing team have spent a lot of time sorting clothes and shoes from donations received. They have distributed clothing to individuals and families, particularly those most recently arrived in Cardiff.

Sometimes they have also added other items such as bedding, towels and toys.

Trinity Centre

We were delighted to hear that Fflur has had a baby boy. Jack is now working at Trinity while Fflur is on maternity leave.

Refugee Week is 14th - 20th June. There will be a number of events around Cardiff including at Trinity Centre.

People from Space4U make comments about the last year

Lockdown was hard for all people

It's been tough staying at home - really boring

My confidence has deteriorated

It's affected my physical and mental health

Finance and Planning

In January, Space4U was awarded a grant of £4,000 by Community Foundation Wales from the Wales Respond and Recover Fund. This grant has funded extra space for the help desks, together with the costs of screens and all extra sanitising etc. and we've been able to provide masks and sanitisers to others too where needed.

In November, we received the second tranche of funding from the Co-op Local Community Fund, bringing the total grant to £1,728. This grant is currently supporting phone credits to help everyone keep in touch with each other.

Lead volunteers and Trustees have been meeting regularly by Zoom to plan the way forward and have been reviewing Space4U's policies.

Space4U wishes to thank all of the organisations and individuals that have donated funds, food and other items to support our work during this difficult year.

Space4U meets at the Trinity Centre
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