

# The Quiet Word



Garden work party at Carlton Hill: 'many hands make light work'

## Dates and Events

**Sunday Meeting for Worship** 10:45 at all Meetings except Ilkley which is at 10:30am .

**A special LAQM looking at Assisted Dying** is to be held at Carlton Hill Quaker Meeting House, 188 Woodhouse Lane, Leeds LS2 9DX on **Thursday 1<sup>st</sup> May** with Worship from 6pm to 7pm, food from 7pm to 7.30pm then 'preparing a LAQM minute for Meeting for Sufferings on Assisted Dying' from 7.30pm to 9.30pm.

Our next normal LAQM will be on **Sunday 11th May** at Roundhay QMH, 36 Street Lane, Roundhay, Leeds LS8 2BW

Programme:

10.45 Worship

12.30pm shared lunch

1.15 Worship

1.30 Speaker/workshop session: **What it means to be Jewish in Leeds Today.**

2.45 break

3pm business as led

4.15 Tea

**Leeds Area Quaker Meeting** is open to all who attend Quaker Meetings in Leeds

**April:**

**Thursday 3rd 6pm to 7pm Meeting for Worship + dinner at Carlton Hill QMH**

**Saturday 5<sup>th</sup> 10am Light Group at Adel QMH**

**Thursday 10<sup>th</sup> Faith and Politics 6 for 6.30pm** Rt Hon Ann Widdecombe will deliver the Harold Wilson lecture in the Diamond Jubilee Lecture Theatre, University of Huddersfield. Free and open to all but **booking essential**. See [hud.ac/HaroldWilsonlecture](http://hud.ac/HaroldWilsonlecture) or. Phone enquiries to 01484 471198.

**Friday 18<sup>th</sup> 10am to 11am** Meeting for Worship at Carlton Hill followed by 'Hot Cross Bun' Coffee Morning from 11am to 12noon.

**Thursday 24<sup>th</sup> 2pm Securing Whose World?** Join the debate with Bruce Kent in the Quaker Meeting House, Thornhill Street, Wakefield WF1 1QN. What sense does it make, at a time of foodbanks, homelessness underfunded hospitals, poverty & debt to commit millions of our money to nuclear weapons? Small donations (up to £2) appreciated.

**Saturday 26<sup>th</sup> 10.30am Quakers in Yorkshire at Sheffield QMH**

**May:**

**Thursday 1<sup>st</sup> 6pm to 7pm Meeting for Worship + dinner at Carlton Hill** followed by a special Leeds Area Quaker Meeting from 7.30pm to 9.30pm 'preparing a LAQM minute for Meeting for Sufferings on Assisted Dying'

**Sat 10<sup>th</sup> 11am to 3.30pm Forgiveness and Reconciliation Workshop** at Carlton Hill see the back page for details.

**Sunday 11<sup>th</sup> 1.15pm to 4.15pm Leeds Area Quaker Meeting at Roundhay QMH. Topic** – What it means to be Jewish in Leeds today.

**Sat 17<sup>th</sup> Carlton Hill Meeting House, 10am to 1pm Aspects of Criminal Justice 2** Juliet Lyon, Director of The Penal Reform Trust and Dr. Fiona Macaulay, an expert on Brazilian prison reform. Nb drinks from 9.30am and light refreshments available at 1pm.

**Sat 17<sup>th</sup> Carlton Hill Meeting House, 2.30pm to 4.30pm Quaker Poets of Today** Please join us for an afternoon of Quaker poetry and tea. Celebrate the launch of the new Quaker poetry anthology. Hear from poets in the collection. Enjoy other local Quaker poets. To book for the event and/or read a poem contact: Liz Betolla on 0113 274 1933 or email [clarewigzell@virginmedia.com](mailto:clarewigzell@virginmedia.com) *All welcome — Quaker, non-Quaker, poet, listener to poetry*

**June/July:**

**Friday 4th July** Independence from America Event, by the main gates at Menwith Hill. Details to be announced but please save the date now

**Welcome to the April Quiet Word** Contributions for the next edition should be sent by Sunday 27<sup>th</sup> April to [robertkeeble@hotmail.com](mailto:robertkeeble@hotmail.com). Please note that the Quiet Word is available to anyone as it is displayed on our public website at [www.leedsquakers.org.uk](http://www.leedsquakers.org.uk)

### **Quakers in Yorkshire** by Barbara Parry, Rawdon.

On 26<sup>th</sup> April QiY is at Sheffield Central QMH and promises to offer a great deal of interest and food for thought, as well as the usual welcome opportunity to socialise with Quakers from around the region. After morning refreshments (from 10 a.m.) and meeting for worship (10.30) there will be a presentation by Paul Rogers of Bradford University's Department of Peace Studies, with an opportunity to put questions on current peace issues. Anyone who has heard Paul Rogers speak will know that he is a dynamic speaker with a clear and profound grasp of peace issues in the world today.

The afternoon will be devoted to a consideration of Meeting for Sufferings, why it matters, and what its role is, especially in relation to local meetings. (What has Meeting for Sufferings ever done for us?). Friends are asked to bring copies of *Quaker Faith and Practice*. The day will end at 4 p.m. with tea and cakes as provided by Sheffield Friends.

There will be activities for children and young people aged 5 to 15 whose parents or carers are attending the QiY meeting, including a drumming workshop in the afternoon, using traditional drums and percussion from West Africa. Please contact Vicky Mitchell 0114 2588207 [vickyweave@yahoo.co.uk](mailto:vickyweave@yahoo.co.uk) by 12 April to book places.

### **News updates from Friends House:**

Every month, staff at Friends House inform Area and Local Meeting Clerks about news and events that may be of interest to local Quakers:

**Tall Ship event blog** *April 14–19* From Monday 14 to Saturday 19 April 40 young people from across BYM will be sailing the Tall Ship Stavros S Niarchos on the Irish Sea. Follow their adventure by reading the blog that will be updated throughout the voyage which is also where departure information will be published in case those near to Liverpool would like to wave the crew off. Blog address: [www.quaker.org.uk/tall-ship-event-2014](http://www.quaker.org.uk/tall-ship-event-2014)

**YF(GM Free) Weekend Away** *20–22 June 2014, Yealand Quaker Hostel, Lancashire* Young Adult Friends aged 18–30 are invited to attend this relaxed weekend away from the hectic pace of daily life and of regular YFGM meetings for business – includes music-making, games, cake eating... [yfgm.quaker.org.uk/events/yf-gm-free](http://yfgm.quaker.org.uk/events/yf-gm-free)

**YFGM Gathering 2 – 5 May 2014, Woodbrooke, Birmingham** Young Friends General Meeting is the national organisation for Young Adult Quakers in Britain who get together for social and spiritual gatherings. We will spend time together as a community, explore our faith and ways of living out the Quaker testimonies to truth, simplicity, equality and peace. Registration open. Newcomers are welcome! [yfgm.quaker.org.uk](http://yfgm.quaker.org.uk)

**Young Adult Leadership Programme: applications now open** *Woodbrooke Quaker Study Centre, Birmingham* Woodbrooke's one-year Young Adult Leadership Programme is designed to help young adult Friends (aged 19–28) to reflect on what it means to be a Quaker today. Applications for this year's programme starting in July are now open. See poster for more information. [www.woodbrooke.org.uk/youngadults](http://www.woodbrooke.org.uk/youngadults)

**Yearly Meeting Gathering 2014 Help to make YM Gathering happen – be a Young Friend Helper** Young Friends aged 18–30 are offered the chance to 'work their passage' at Yearly Meeting Gathering helping everything run smoothly. Visit [www.quaker.org.uk/ymg](http://www.quaker.org.uk/ymg) and follow the Young Friend Helper link on the resources page. All UK travel, accommodation and food paid.

**Hurt and Healing: a conference run in partnership with Quaker Action on Alcohol and Drugs** *Friday 11 – Sunday 13 July 2014, Woodbrooke* Dr Paramabandhu Groves will share his experience of applying the practice of Mindfulness to recovery from addiction, and we will also hear about other spiritual and practical approaches. Quaker Life will support attendance, so we hope meetings will nominate a Friend as well as passing to those interested in attending. Booking: <http://bit.ly/hurtneal>

**'This Light that Pushes Me' exhibition, book launch and film festival** *Launch on 9 April, Friends House, London* In the week marking the 20th anniversary of the Rwanda Genocide Friends House will launch an exhibition and book highlighting African Quaker peacebuilders called 'This Light that Pushes Me'. The launch will feature live performances and be followed by a film and discussion series during subsequent weeks. The exhibition will be on until May 8 and the book is on sale from the Quaker Centre bookshop. For more information visit [www.quaker.org.uk/africa-peacebuilders](http://www.quaker.org.uk/africa-peacebuilders)

**William Gunn's Charity** William Gunn's Charity exists to assist individual members who are in financial need by making grants of money to them or by paying for services and/or items needed by them. Please contact you meetings Overseers to request support.

**Advert for Ecumenical Accompaniers for 2015** QPSW is advertising for Ecumenical Accompaniers working as human rights monitors based in the West Bank and Israel in 2015. There are 18 vacancies for 3 months' service and 2 vacancies for 4.5 months' service. Living allowance and benefits are provided. Applications deadline is 20 June 2014. [www.quaker.org.uk/applyeappi](http://www.quaker.org.uk/applyeappi)

**Earth and Economy newsletter** Provides information about QPSW's work on economic justice and sustainability and gives Friends and meetings a chance to share news about what they are doing on these issues. This edition includes articles on fossil fuel divestment, the Co-op Bank, trade with Israeli settlements, the need to transform our energy system and the new trade deal being negotiated between the EU and US. Suzanne Ismail, [suzannei@quaker.org.uk](mailto:suzannei@quaker.org.uk)

**The new tide of militarisation – briefing paper** This briefing examines the strategy behind the new wave of militarisation in our society. It demonstrates that the government is seeking to increase support for the military. The main reasons for this are to increase public willingness to pay for the military, to make recruitment easier, and stifle opposition to unpopular wars. QPSW hope this briefing will start a conversation about militarism in the UK. [www.quaker.org.uk/apr14mm](http://www.quaker.org.uk/apr14mm)

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**Leeds Quaker Concerns** This was the topic of our Leeds Area Quaker Meeting held on Saturday 29<sup>th</sup> March at Gildersome Quaker Meeting House. We were given updates about our work with refugees, including PAFRAS (Positive Action for Refugees and Asylum Seekers), Solace and Schools for Sanctuary. We were also reminded of the importance of Fairtrade and agreed to seek further information before considering membership of Leeds Citizens. We received wonderful hospitality from Gildersome Quaker Meeting and it was good to hear about their meeting. We also received the initial survey results from our End of Life Care Working Party which will be on our website. We agreed to hold a special LAQM so that a minute could be prepared and sent to Meeting for Sufferings regarding Assisted Dying. We also agreed to help knit a seven mile pink scarf as part of the Wool Against Weapons protest in August. The afternoon workshop began with a personal account of a Quaker Concern which is repeated below.

**Personal account of a Quaker Concern** by Robert Keeble Carlton Hill

**Walter Fredrick Keeble** (my great grandfather) enlisted with the Duke of Wellington's West Riding Regiment on the 4<sup>th</sup> August 1914 – the day that the Great War began. He sailed for France on the 14<sup>th</sup> August and was killed in action on 8<sup>th</sup> November 1914, he was 28, his body was never found and his widow, heavily pregnant with twins, had two young boys including my grandfather Stanley Walter Keeble. My Grandfather, was only two at the time, but he grew up holding a lifelong belief that war wrong – he was a Quaker by conviction and an absolutist CO in WW2 and his stand against conscription saw him imprisoned. He was a member of Peace Pledge Union and Fellowship of Reconciliation. After WW2 he sought to live a self-sufficient life in Cornwall and was quite happy with a low income as this meant he paid very little tax, some of which were spent by the government on the military, something that he deeply resented. In the late 1970's he became convinced that the only way that the military system could be defeated was to provide an alternative to it. He believed that in the Nuclear Age in which we now live, Conscientious Objection to war was becoming meaningless as all the killing could be done by a few people at the push of a button and we were paying for this capability

through our taxes. He believed that people should have the contentious right not to pay the portion of tax that would normally go to the military, but that the same portion of tax should be given to a peace building fund to enable true Peace Work to take place. He took his concern to his local Meeting, Come to Good, in Cornwall and friends supported him. He also wrote a letter to the Guardian newspaper and in the following week, the postman brought sacks of letters from people agreeing with his ideas. There were about 1,600 letters and I helped to open them. Cornish friends tested his concern at Area Meeting and forwarded it to Meeting for Sufferings with their support. In a process of testing and discernment that spanned a number of years, the concern was considered at both Meeting for Sufferings and then at Yearly Meeting. When Stanley spoke at Yearly Meeting, I remember sitting next to him and realising that he was 'Quaking' with emotion when ministering – to be able to speak to friends at Yearly Meeting was the culmination of his lifelong belief that war was wrong and that he had seen a new way forward that offered hope for us us all. Quakers went on to support the newly formed Peace Tax Campaign and that campaign continues to this day.



Stanley Keeble

**conscience** was founded in 1979 as the "Peace Tax Campaign" by Stanley Keeble. It was his vision and energy which sustained the campaign through much of its early years. As the campaign grew, others joined Stan and together they built up the campaign. Stan continued to edit the newsletter until 1982 and, though he stepped down from the committee in 1985, he remained actively involved until his death in 1996. See <http://www.conscienceonline.org.uk/>



### **Fair Trade** – time to think big by Martin Schweiger, Roundhay

Fair Trade schemes have been evolving since the mid 1940s, exploring ways to encourage trade relationships that provided reasonable pay and working conditions for producers in poorer countries and at the same time provided something that was wanted in more affluent countries.

Challenges include working at a volume that makes the trade economic, oversight that the pay and working conditions are really achieved and that the whole chain of production and supply is considered. The production and supply chain is always going to involve more individuals and organisations than the people who actually grow the coffee or run the workshop making items that will be sold as Fair Trade.

It has been a concern of Leeds Area Quaker Meeting for some time that constituent meetings use Fair Trade tea, coffee and sugar for refreshments. There is variation around the Fair Trade element in any accompanying biscuits.

Many individual Friends seek to purchase Fair Trade goods as a normal part of their shopping. The proportion of Fair Trade goods probably goes up around Christmas as we think a little more deeply about the real cost and value of our gifts.

What we do as individuals and in our meetings is worthwhile but I suggest it is time to think bigger, to use our influence to lever greater change. We all pay for local and national government services. We need to start asking questions about the proportion of the procurement budget spent on Fair Trade goods. If the figure is not known we need to ask that the figures are researched and released.

I have been privileged to join a group actively campaigning for the NHS to procure on a fair trade basis. Textiles, rubber, paper, food and even surgical instruments can be purchased on a fair trade basis. We know that there is a considerable mark up on the prices paid to individual workers producing basic surgical steel instruments in Pakistan, something in the order of US\$1 to the worker with NHS hospitals paying £70 for the item. There is great scope for savings and still paying decent wages. However there are significant barriers to be overcome. The existing surgical instrument companies will not welcome such a threat to their profits. The Medical Fair and Ethical Trade Group is gathering support from the Department of Health, the British Medical Association and the NHS Supply chain. We now need the purchasers of medical supplies to ask for Fair Trade alternatives to be included in what is made available. Please ask your local medical practice what it is doing about fair trade purchasing. If they say they cannot do it ask them to talk to NHS Supplies.

### **Gildersome Quaker Meeting by** Joanne Stevens , Gildersome



The Meeting at Gildersome continued in good heart in 2013. Our meeting house has been a place of peace and healing, light and love, much appreciated by all who were able to visit and share in the quiet worship.

An unexpected visit from the local history walking group early in the year provided a very lively exchange of information, a good chat as well as refreshments, which were most appreciated.

René and David brought their Dutch visitors to share worship with us one Sunday. Peter's daughter also came for worship when she was on a visit from France.

Mindful of the health benefits of clean water and toilet facilities, we twinned our toilet with one in Gatonda, Burundi. We received a letter of thanks and a photograph of our twinned loo.

We gave to 15 charities over the year, including the toilet twinning and we are pleased that our deposit account is with Triodos Bank so our money is invested ethically. We managed to fulfil the quota that was expected of us and giving is shared between all of us.

The Meeting House was opened to participate in "Leeds Treasures Revealed" in May. The Gildersome Scarecrow Festival in the summer was good for local outreach, with lots of people attracted through the gates by the Quaker scarecrow couple on display in the archway, discovering Quakers for the first time.

Mary and Martin Rowntree celebrated their 70th wedding anniversary in August with an Open House afternoon at Bedford Court. This was a wonderful occasion with over 80 guests, with a great many friends attending to congratulate them, a really jolly atmosphere and lots of delicious homemade cake! Although Martin had to retire a little early from the throng, which seemed to fill up the room, it was a joyous and special event.

We welcomed Anne Castle back after her year in office as Mayor of Leeds.

A notice board in memory of the late Eileen Harvey was made and installed on the outside wall of the entrance archway where a previous one had been some years ago.

The Quinquennial Inspection Survey Report – (Five-yearly) didn't uncover any nasty surprises but gave us a structured plan of work needing to be done. Rentokil inspection and a fire inspection were also carried out. The gardens received a little professional attention in 2013 and now look much happier.

Some members have been struggling with the limitations of advancing years, ill health and very sudden bereavement. The support from the members of the meeting has stood us in good stead.

We continue to appreciate the support from friends of other meetings and of other denominations, whether regular or occasional visitors.

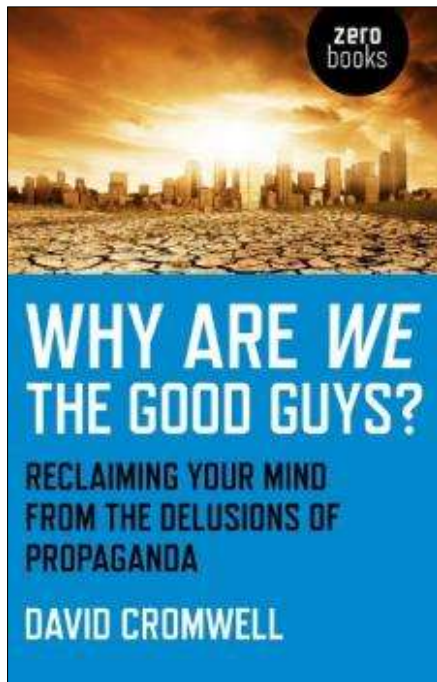
As Jan said, "We are a being Meeting rather than a doing one", but we continue to do our best to uphold one other.

## **Two Book Reviews in One! by Pascal Ansell**

*David Cromwell, Why are we the good guys? Reclaiming Your Mind from the Delusions of Propaganda and Patrick Chalmers, Fraudcast News: How Bad Journalism Supports Our Bogus Democracies*

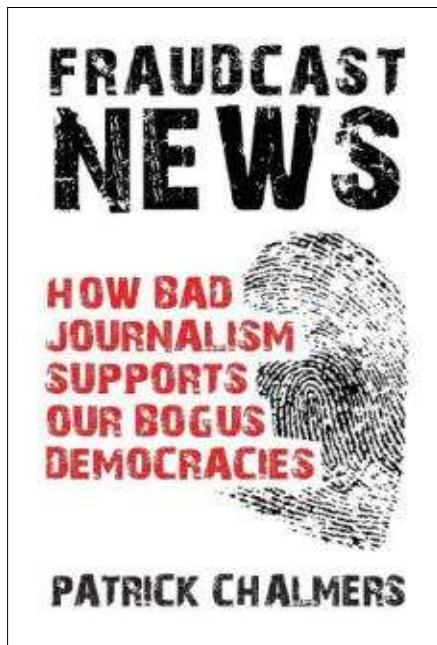
Edward Herman and Noam Chomsky's 1988 book Manufacturing Consent offered a 'Propaganda Model' for analysing our dysfunctional mainstream media system, four





of whose 'five filters' David Cromwell outlines as: 'heavy dependence [of corporate media] on advertising revenue; reliance on approved news sources such as governments and business; the threat, and use, of flak by powerful interests to keep the media in line; and an ideological framework that demonises state-designated enemies'. (The fifth filter is corporate ownership of the mainstream media.) These two books provide worthy vindications of this model.

Why Are We the Good Guys? interweaves autobiography with Cromwell's work for Media Lens, the media-monitoring group whose exposures of the British press's failings have won the praises of Chomsky and John Pilger. Focussing on that central pronoun, 'we', he provides an abundance of powerful examples of UK press negligence, with a particular focus on the UN sanctions and war against Iraq.



A determination to begin a career in 'socially meaningful journalism' provides the narrative backbone for Patrick Chalmers' Fraudcast News.

His experiences at Reuters (where he worked as a journalist) convinced him that the radically-minded reporter will endure 'inevitable taunts from peers of being polemical, cynical or biased'. Moreover, the stance of presumed 'objectivity' was simply a way of shying away from uncomfortable truths. Chalmers urges journalists to discard the pretence of objectivity, which 'has the perverse effect of neutralising news, making it utterly spineless'.

Interestingly, while he says that Media Lens' news alerts on Iraq helped him 'learn how to decipher what politicians say and to see how conventional reporters tend to swallow their arguments pretty much whole',

he is sceptical about the value of their approach, at least when it comes to changing reporters' mindsets, noting that 'people resist having their delusions pointed out to them, tending to attack the messenger rather than hear what's being said' (personal communication).

News agencies like Reuters bear 'hugely important influences over what we know of global issues and what we don't know. That in turn determines what we can or can't do in order to tackle them.'

The significance of such influences can hardly be overstated. These two books help us to see through the ways in which the media — often subtly — condones Western states' brutality.

*'This review originally appeared in Peace News: [www.peacenews.info](http://www.peacenews.info)*

## Self-Publishing – a Cottage Industry at Adel



It used to be the case that having their manuscript turned down by literary agents spelt the end of an author's dream of publication, unless they were prepared to finance a costly print run themselves. But now it is possible for anyone to publish electronically, and indeed to even bring out their work in printed book form, without significant capital outlay. This is just what Pat Gerwat and Neil Ashcroft of Adel meeting have done by self-publishing their own, very different, literary efforts.

Some Friends will remember that Pat married Michael Gerwat, a blind musician and piano tuner at Adel in 1988. Within a year he suffered a serious hearing loss and soon became completely deaf. What is the world like if you are totally deaf and blind? How do you communicate? How do you survive? Michael and Pat have written *Touch Me Please* to answer these questions and tell the story of his life.

Devastated by the onset of deafness, Michael looks back in the book on his childhood, education and successful career including working with many famous rock bands. He talks of his grief at the loss of his beloved

music. Pat describes what it was like when he lost his hearing, and their struggle to build a meaningful life for him.

In those early dark days they were lovingly supported by Friends at Adel and there are many references to people you may know or remember. Although there are moments of intense sadness there are many touches of humour, and Michael's indomitable spirit shines through. Pat so much admired the courage with which he faced his difficulties, that she felt it was a tale that readers would find uplifting.

Although Neil Ashcroft's work is fictional, it is based on the real-life story of someone who also suffered from considerable handicaps in his passage through life. Writing as "Russell Croft" Neil has published *Bring Him in Mad*, a historical novel closely based on the William Windham Lunacy Trial of 1861/2. Windham, the eccentric young squire of Felbrigg Hall in Norfolk, was subjected to this public inquisition into his sanity by his aristocratic relatives, who abhorred his marriage to a famous society courtesan named Agnes Willoughby.

Neil's book brings to life the principal characters involved in the affair and charts the twists and turns of a trial that was extensively covered in the press and which gripped public attention for weeks. Though often humorous, the book is a serious reminder of the relationship between madness and morality, which is as relevant today as it was in Victorian times.

Both of our Adel authors have found it challenging to publicise their writing without having the commercial clout of a publisher behind them. Friends who would like to support Adel's burgeoning cottage industry – and those who are simply looking for a good read! – can find both titles available on Amazon, in Kindle and print editions, at a modest price.

Neil Ashcroft and Pat Gerwat (both from Adel)

## Aspects Restorative Justice Part 1: Saturday Seminar of 15 March 14



We were very fortunate to have Martin Wright, a former director of the Howard League for Prison Reform, Edwin Bircumshaw of West Yorkshire Probation and his colleague Karen Henshaw, a skilled mediator, to talk to us about aspects of restorative justice (RJ).

Ed likened RJ to good parenting, allowing a child to face his hurt, repair the damage and to learn how people have been affected by his actions. In RJ the offender learns about the consequences of his actions and takes responsibility for them while the victim learns why the offence has occurred and hopes, that because of going through the process, the offence will not be repeated.

The process experienced by the offender from arrest was outlined and the responsibilities of the probation team explained. The preparation by probation of the PSR (pre sentencing report) allows the offender's side of the story to be put to the court.

Whether the sentence is served in the community or in prison the probation service develops the programme to be followed by the offender in the hope that the needs of the offender are met and there will be no further offending behavior. The offender will be supervised throughout this programme. The cost of this process is in the region of £60 billion.

Ed pointed out that until recently, the victim's needs had not been a priority in the offender management process. The offence is against the state (Regina v.....) and the normal process is a question of risk management. Ed quoted figures from the Home Office which suggested that 33% of victims felt that the CJS had not met their needs, 75% of crimes are not reported and 58% of offenders re-offend. The process does not seem to work well.

RJ involves the victim; allowing their voice to be heard in impact statements and informs the offender of what happened in the life of the victim. Offenders are encouraged to engage with the victim, respond to the harm they have caused and find

some way to recompense the victim. RJ results in between 15% and 27% reduction in offending and 85% victim satisfaction.

Karen told the moving story of one incident of RJ where the offender was sentenced for manslaughter. He met the mother of the person he killed after she wrote a letter asking to meet him. After many months of preparatory work they did meet, in the presence of Karen as facilitator. Towards the end of this encounter the offender apologized and his apology was accepted. He reached out his hand to the woman who shook it. The offender, having been terrified of the encounter, was elated by the meeting and astonished that the woman could be so forgiving. In a later debriefing he described her as "amazing" and she said she had achieved everything she wanted from the meeting and in addition now had "an overwhelming sense of peace".

RJ in this context is a process which requires correct and sensitive timing and well trained facilitation. There were suggestions that volunteers might be able to take on this role.

Martin Wright is really the guru of RJ having been involved for many years in all aspects of the work. He has travelled widely, written and edited many books received many awards and continues as a volunteer mediator in his home area of London.

Martin took us through some of the historical milestones of RJ citing in particular cases in Canada, Scandinavia and New Zealand. He compared the system of the criminal justice system (CJS) as it is now and RJ and clearly showed that the CJS was concerned with blame and punishment whereas RJ was about who was affected, and what needed to be done to put things right.

The nonsensical approach of retributive justice where "you harm people who harm other people to teach them that harming people is wrong" is we know not successful in preventing reoffending. Martin outlined how serious crimes of domestic violence, rape, sexual assault and white collar crimes of the powerful were not treated in a way which addressed the needs of the victim nor causing any change in the behavior of the offender.

A restorative society could use restorative practices at different levels: decision making, conflict resolution, reparation of harm or restorative justice in the cases of crime. But Martin stressed that it can't be realized unless there is a structure to deliver it, which is lacking at present. It could be done by existing personnel, at a little extra cost for training. Setting up a new service would cost more, though not so much if lay/volunteer facilitators were used. The ideal might be a network of local voluntary services under a national umbrella.

Martin feels that in the UK RJ is being allowed to happen rather than being made to happen.

A very lively plenary session followed and then networking continued for some time after the meeting had ended. The overheard conversations were themselves of great interest.

The second RJ seminar will be held on 17 May 2014 when Juliet Lyon the Director of the Prison Reform Trust and Fiona Macaulay of Bradford University and an expert on Brazilian penal reform will be speaking from 10am to 1pm at Carlton Hill. We encourage those who think they may be coming to register before - hand (with [judyed.kessler@sky.com](mailto:judyed.kessler@sky.com)) to give us some idea of the numbers attending – we wouldn't want to be short of good coffee and superior biscuits!

## **Schools of Sanctuary**

Yael Arbel (Roundhay)

Schools of Sanctuary is an initiative of Leeds City of Sanctuary, aimed at primary and secondary schools. We support schools to take positive steps and to be proud of being places of inclusion for all, and in particular to refugees and asylum seekers. We also recognise and celebrate schools that are committed to welcoming and supporting people seeking sanctuary.

At the moment there are four recognised Schools of Sanctuary in Leeds, but since the grant was given a further 7 schools have been working towards the award and some of them will receive the award this year in June, during Refugee Week.

The recognised Schools are: Hovingham Primary, City of Leeds Academy, St. Mary's Primary, Talbot Primary. The schools that are working towards the award are: Lawnswood High School, Ingram Road Primary, New Beverley Community School, The Co-operative Academy, South Leeds Academy, Beeston Primary and Bracken Edge Primary.

Our schools of sanctuary show their commitment in many ways. Many schools organise collections for PAFRAS and invite speakers to tell how they came here seeking sanctuary. Talbot school is now collecting school uniforms for newly arrived Syrian refugees; Lawnswood High School is producing an animated documentary about the life of an asylum seeking student from year 11; Beeston Primary is building a Garden of Sanctuary and Ingram Road offers free breakfast to asylum seekers and their families. This is only a fraction of what inspiring teachers and committed students are doing.

We wish to thank LAQM trustees for supporting SoS with a grant of £1,000, which was used to cover the printing costs of 1000 leaflets and two months worth of work for our development worker, in a capacity of about 7 hours a week. We hope LAQM will continue to be part of the City of Sanctuary movement in many different ways.

**Solace – surviving exile and persecution** David M Robson (Otley)

It all began with a legacy to Otley Meeting. How should this be used? It was not 'huge' but it should be spent if possible to make a difference rather than a series of small donations. Jo came to meeting in her running kit – not unusual. With a young family and a job you combine your opportunities for running and religious observance. She asked us to sponsor her on the Great North Run. As the only person under 65 in the meeting, we were keen to support her effort to help **solace**, one of several organizations working with asylum seekers in Leeds, of which she was a trustee.

Three things then came together. Could Otley use this legacy – Lois Hockley had spent her life helping disadvantaged young people? **Solace** had just started a Child and Adolescent counselling service and its Quaker Treasurer suggested that 'seed corn' funding would encourage other donors. QPSW small grants scheme wanted local meetings to apply for grants to support their local concerns – up to £15,000 over three years. So if we used our talents they could be multiplied.

How does an individual - or in our case a small meeting – with a concern to achieve something, raise the profile of this concern? How does an Area Meeting act in a corporate manner yet feel that it is engaging each of its parts? Otley Meeting used the legacy by committing £5,000 in each of two years. We approached Leeds AQM to support this in principle, so that we could ask each local meeting and the AM trustees if they would contribute some of their fundraising efforts over two years and in the event for a third. With the backing of this support Otley Meeting was enabled to complete the application process to QPSW small grants committee. This was successful in 2011 and based upon the reports from **solace** the grants were repeated in 2012 and 2013.

At the end of this period **solace** reflected that, overall it has been a hugely beneficial experience to set up a new and much needed service for a large number of children, adolescents and families. One of the clearest issues was that it is doubly hard for women asylum seekers to deal with parenting as well as their own worries about being detained and deported. The pressures are huge about the really basic things in life – where to live, having enough food, not being able to work, plus the enormous strain and stress of the asylum process. Children pick up on their parents' anxieties and frequently develop behavioural problems themselves.

Initially the work was envisaged as family therapy. It soon became clear that there was as much work outside the therapy room as inside it. Families seeking asylum are really struggling to understand Britain whilst schools and social services had no understanding of their needs. **solace** needed to be involved on behalf of the asylum seekers to make sure that their children's needs are

understood and met by mainstream services. In return it has to explained to the families what is required from them.

Throughout this period **solace** has been struggling to obtain sustainable funding. Their holistic pattern of work does not fit the models of care funded by the statutory services. Thus in the summer of 2013 the child and adolescent services had to be limited. Fortunately two new grants may enable a level of restoration.

So what has been learned? QPSW said: *“We hope that the project, with local meeting support, may be encouraged by the success of the venture thus far and find the alternative finances for this acutely needed service that we are no longer able to provide.”* In its reflection **solace** reported: *“The effects of your support will have lasting impact on the lives of the families and young people that your help has touched. For some it may have been moments of kindness and love in a terrifying world: for many it will have helped them turn a corner and get their feet on the ground.”*

Otley Meeting have been able to say: this is the sort of work and the sort of people that Quakers are concerned for, we have worked together to give more money than we started with, and we have learned how we are already giving care and service. And when we do it together it multiplies.

### **PAFRAS UPDATE:** by Christine Majid, Founder and Manager

Wow! what a year for PAFRAS. It has been the most challenging and exacting year since I began PAFRAS in 2003. Most of last year was spent away from the drop-in where I worked, looking at long-term strategy and working on funding bids. Funding was critical but extremely hard to secure. Funders have slit their bids; if you applied for £10,000, they offered £5,000, and this is happening throughout the Trust funders. PAFRAS receives no Government or Local Authority Funding whatsoever.

It was the most stressful and exacting year for me personally. To run PAFRAS for the next three years I needed to find £200,000, which in the funding climate was virtually impossible.

PAFRAS has to sustain three sites, all of which we pay rent and utility bills for: the food room, which is extremely small on an industrial site in Harehills, costs 3K per year with utility bills on top; St Aidan's Church Hall, where we pay a significant amount of money and huge water bills; and the office base, which costs over £3,000 a year, again with all the utility bills on top; plus salaries for the 3.5 staff we have.

I worked on trying to find premises that would incorporate the food room in it, to cut costs, but there was nowhere suitable and rents were high. By September



2013 we were in a critical situation and there was no option but to close the Tuesday drop-ins as we could not afford the rent and the added costs.

The Trustees had to make difficult decisions, with the aim of securing a longer term future. From mid-October we lost the Information and Communication role (hence no more newsletters). I decided to cut hours and the food operations run by Alex were cut dramatically; it is a miracle how we managed to run a drop-in with the hours we were all working.

At the same time we learnt of the devastating news that Refugee Council was closing in Leeds as well as Refugee Action, both on 31 March 2014; this dreadful news would impact on PAFRAS services directly. Things have never seemed darker for the refugee and asylum sector in Leeds and the people whom we work to support.

Two members of staff gave their notice in to leave the week before Christmas, although they had a year of their funding left. There were only 2.5 staff left at our busiest time of the year; regardless of cut hours, we worked all the time for the huge unmet need left within the city and, between us, managed to feed 200 people and pack nearly 170 food parcels for the Christmas period and New Year.

We are still operating with reduced hours but have managed with determination to keep our doors open. I was only notified last week that we have been granted funding for the next three years; other bids have been slashed to half. The Red Cross who have worked with PAFRAS since 2005 are supporting us as well, and I am still awaiting news of a further bid.

Despite the challenges we faced at PAFRAS during the year, we had: 8, 735 Visits, 1,535 Case work sessions, 6,719 Hot meals cooked and served at PAFRAS, 3,932 Food parcels packed and distributed, 592 Mental Health Crisis Intervention, including mental health assessments, counselling and referrals into mainstream health services

Other Services PAFRAS provides: Hardship Payments to destitute clients; Travel Costs to Legal Appointments Leeds / London; Bus Tickets for Health Appointments; Maternity Packs and clothing for pregnant women; Bus Tickets for Short Stop Accommodation Lash; Nappies and baby clothes; Pushchairs and prams; Red Cross Vouchers; Clothing; Toiletries

HIV screening and testing is now provided at the drop-in by Skyline; York Street Health Practice also attend the PAFRAS drop-in, registering people who are destitute, to be able to see a GP/Dentist; Built up services for women who suffer from gender specific issues: Female Genital Mutilation, Trafficking and rape victims;

Assisting destitute clients to re-engage with the asylum system: at PAFRAS we helped 24 Clients back into Section 4 accommodation; 20 clients submitted Fresh Claims and 15 were granted Leave to Remain in the UK.

We thank you all at the Quakers for your long and steadfast support and the part you are all still playing in improving the lives of destitute asylum seekers. PAFRAS has turned a corner but we still cannot be complacent; we have come through a very tough year, but our doors are still open. With more and more homeless asylum seekers accessing our services we constantly need more and more resources.

**The 'Big Day' at Friends' House, London** Mark Woodhead Carlton Hill  
**Conflict in meetings:** Leaders of this workshop posed some questions to participants, such as 'what might deter your meeting from seeking help; from us?' and 'what would you expect from us?' This proved to be quite a helpful way into the subject. The question 'what might deter you...' prompted various responses, such as concerns about confidentiality, not knowing what help might be available, and feeling that conflict was an issue to be dealt with locally without bringing in people from outside. However, I think that by the end of the session most people were convinced that people from the Quaker Life Network conflict in meetings group could provide valuable assistance in situations of conflict.

Another matter, which I found interesting, was some reference to the possibility of some level of denial about the existence of conflict in meetings. The phrase that came to my mind to sum up this attitude was 'we don't have conflict here; we are nice people; in fact we are Quakers'. If the reality is that there is conflict, then a recognition of the existence of the conflict is an essential early stage before much work can be done towards addressing the conflict constructively.

There was some fear expressed that, in bringing in someone from outside to help in a situation of conflict, the person making contact with Friends House to seek help might (whether accidentally or deliberately) skew the presentation of the issue, presenting it in a biased or partisan way. However, I think it was clear by the end of the session that the Friends House team would be aware of this possibility and would seek to guard against it or to open up exploration of other perspectives on the conflict.

In all of this discussion, it became clear that the kinds of conflict that can and do arise in meetings cover a wide range of matters; money, buildings, personality clashes, behaviour deemed by some to be inappropriate... the list could go on.

There was, I think, some recognition of the fact that in some cases a result of conflict in a meeting might be that one or more people involved in the conflict might simply cease to be involved in the meeting. It was felt that, in most circumstances at least, this was not an ideal outcome, and that in most cases an approach to dealing with the conflict should be sought – and this was the approach that the Quaker Life Network people would try to take – where a resolution to the conflict could be achieved in which no-one involved felt so alienated that they would cease to be involved in the meeting.

**Mental health issues in Meetings:** We discussed the matter of people needing to be listened to. I shared an example from my own work, in a previous job, where I had helped a Methodist Church in Castleford to set up a community café. After the café had been open for a short time, the volunteers working in the café realised that quite a few of the people coming into the café were coming there not simply for tea or coffee but for someone to talk to. These were people who were in some cases lonely, depressed, grieving, anxious, and so on. This led to my providing a session of very basic listening skills training for the café volunteers – making it very clear that this was a basic introduction to listening skills and that I was not equipping them as counsellors.

There seemed to be quite a widespread view, in the group, that there is often a similar need in meetings – people wanting someone to listen to them.

Different thoughts and feelings about silence. Quaker meetings are often characterised by quite a lot of silence, and it was pointed out that for some people, with certain kinds of mental health problems, silence might be difficult to cope with.

A booklet is to be produced by Quakers nationally about mental health issues and meetings. I don't know the details of content or the timescale for this – I think these things were still to be finalised at the time of the conference. It might be worthwhile to look out for this resource when it materialises.

There was some acknowledgement of the fact that in many cases it will not just be the person with a mental health problem who needs support – family members and/or carers may need support as well. There was a reference to the need for flexibility of response; different people will have different needs. It will not be a case of 'one size fits all'.

Some people in Meetings, trying to deal with issues to do with mental health, are clearly feeling overwhelmed. In some places mental health first aid courses are available – I have attended such a course – and this kind of training might be helpful. Knowledge of sources of help on mental health issues, places to which people can be referred, may also be helpful. However it emerged clearly in discussion that the availability of such help, such places to refer people to, varies greatly from one part of the country to another. For example, one participant, a social worker from Cumbria, gave the impression that in that part of the country very little professional help on mental health issues is available.

Following on from this, I made the point that we should also seek to be aware of other possible sources of help, beyond narrowly defined 'professionals' such as doctors and social workers. I referred to the activities of local MIND groups, and also Expert Patient Programmes that, in some areas at least (including Leeds) offer a range of groups or course including activities specifically aimed at people with mental health problems.

There were some comments about 'difficult behaviour'. I had mixed feelings about these comments. On the one hand, I did not wish to deny or belittle the experience of people in other meetings, where these people clearly felt that there are some people in meeting, people with mental health problems of various kinds, whose behaviour is difficult for others in the meeting to cope with – disruptive, or over-demanding, for example. On the other hand, I would not like us to be too ready to apply labels such as 'difficult' or 'challenging' or 'a problem' to people with mental health issues in meetings, or to make such people feel unwelcome.

One aspect of all of this, that we scarcely touched upon, is the preventative or 'upstream' aspect. Thinking about the workshop afterwards, from my 'public health' perspective, I wonder if I should have pushed this perspective a bit more in the workshop. In other words, it got me wondering what meetings can do or are doing to promote good mental health. An example of this preventative perspective on mental health issues is the work of the New Economics Foundation on 'Five Ways to Wellbeing', these 5 ways being – Connect, Be active, Take notice, Keep learning and Give. There is more about these '5 ways' and the thinking behind this approach at [www.neweconomics.org](http://www.neweconomics.org).

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## **Forgiveness and Reconciliation Workshop**

**Saturday 10<sup>th</sup> May 11am to 3.30pm at Carlton Hill.**

Examine the links between forgiveness, reconciliation and peace.



We will be led for part of the day by Marion Partington author of **"If You Sit Very Still"**, look at Advice and Queries numbers 31 & 32 and we will look outwards – what are you drawn to do? Cost will be £10 / £5 & lunch is provided. Book by 27<sup>th</sup> April: phone 0113 2786 351 or email [pauline@paulineleonard.plus.com](mailto:pauline@paulineleonard.plus.com) Any money raised above expenses will be given to The Forgiveness Project