



Rice and Bikes

Building communities (Bristol)

Supporting refugees and asylum seekers: Members take in dry goods, (pasta, rice, etc) to a centre for refugees and asylum seekers in the centre of Bristol which is managed by another charity.

The volunteers stay to chat with the people living there, to offer encouragement, helping people to feel valued and welcomed by representatives of the wider community. Many of the refugees are facing real hardship, and both the practical help and the encouragement that members offer is much appreciated.

Members also encourage their families and friends to donate old bikes, to the Bristol Bike Project. Refugees are then taught how to repair them, and can keep the bike they worked on, to help them travel around their community for free.



For general guidelines about setting up and developing outreach initiatives, go to the members' section of the Mothers' Union website www.themothersunion.org