

August 2021 update from Boaz



This month we'd like to tell you about all the good things that are happening at Boaz. This isn't to ignore all that is troubling and worrying in our world; rather it is a way for us, as the chaplain Laura Jean Truman says, to *'keep our outrage turned towards justice...and remind us that all of this, every bit of it, is for love.'*

There is lots of lovely, encouraging news to read this month. There's our gardening projects, which are thriving across several of our houses, a client picnic that brought some of us together last month and a write up about why our trauma-informed yoga classes have been so important for some of the women we support.

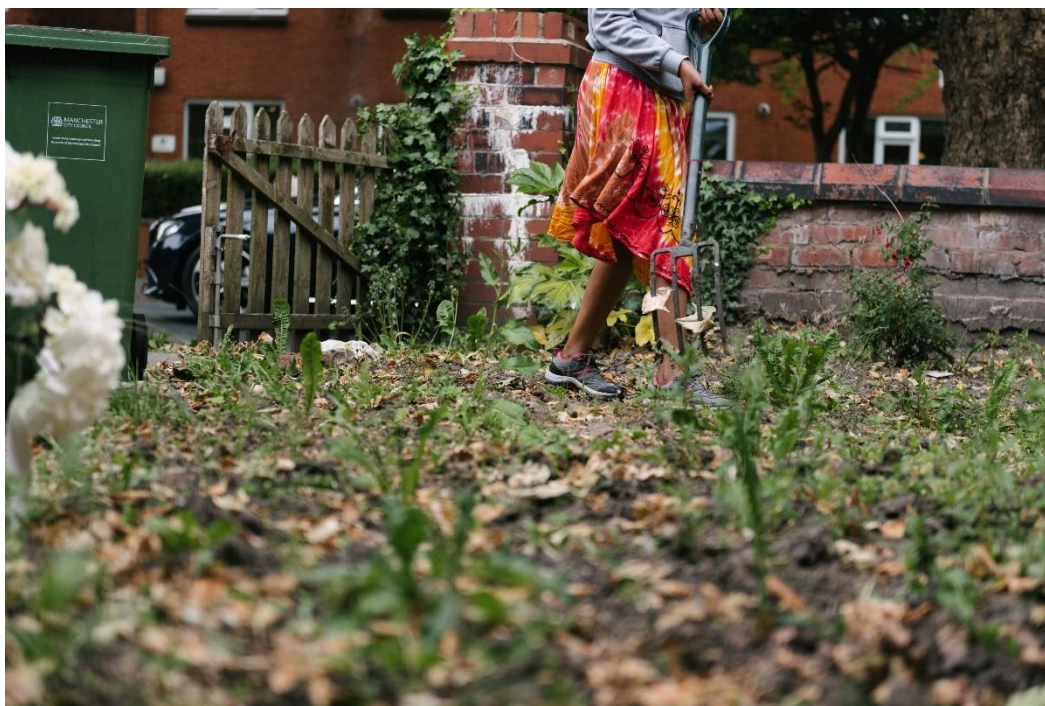
In the last month we have also managed to deliver some delicious fresh produce to all of our sanctuary seeking households, donated to us by the Unicorn Grocery in Chorlton. We've also been gifted lots of cake from M&S, which has been the perfect accompaniment for meet ups with clients.

While our office remains closed to visitors until at least the end of September, we're starting as staff to spend some of our time in the office (though in reduced numbers and with our Covid measures still in place). It's a tentative step towards reconnecting as a team and we're hopeful of what it might mean for us.

With thanks for your support and encouragement,
All of us at the Boaz Trust.

PS: If you liked the reference by Laura Jean Truman, you can read the prayer in full: A prayer for the tired, angry ones.

Making our gardens grow



We know we've talked about this a *lot* in recent weeks, but we really are delighted by how much joy our gardening projects have brought to our clients, as well as to the team at Boaz.

Clients across several of our shared Boaz houses are now growing vegetables including tomatoes, courgettes, cucumbers and runner beans, as well as chillies and herbs, and geraniums and sweet peas.

We have once again been met with generosity from our house owners who have helped us to purchase planters and pots, as well as friends and supporters who gifted us seedlings and garden furniture.

We have loved receiving WhatsApp messages from our clients with images showing the appearance of vegetables, as well as sunny spots in the garden where clients have been able to relax with a cup of tea.

We're ever hopeful that our garden projects will continue to grow.

Trauma-informed yoga



During the pandemic, several of our female clients have been practicing yoga with us; both online and, most recently, in-person. Clients who have taken part in the classes have shared that they feel more relaxed, are able to sleep better and feel stronger in themselves.

Many of the clients who we work with have experienced trauma and some are living with post-traumatic stress. This often means that individuals experience dysregulation within their nervous system, which can manifest as symptoms such as anxiety, a heightened sense of danger, difficulty concentrating, and difficulty falling and staying asleep. Trauma-informed yoga is a way for our clients to use movement and breath to help calm the body's nervous system over time.

You can read more about our trauma-informed yoga classes in [this piece on our website](#).

Client picnic



At the end of last month, a small group of clients and staff met together for a picnic. It was the first time that we had been able to be together in this way in almost eighteen months. It was a lovely opportunity for clients living in different houses to see one another and connect in conversation.

We're conscious that things could change at any point, but we remain hopeful that in the coming months there may be more opportunities for us to meet together socially and to reconnect. At the moment we're generally focused on activities outdoors, exploring ways that we can meet together safely.

We know that many of our supporters have missed not being able to be in each other's company and, as and when it feels safe to, we'll explore ways for Boaz supporters and friends to come together again.

Would you like to invite us to share about our work?

As society opens up once more, we are starting to think about the ways that we can reconnect with you, our supporters, and those who may be interested in our work. Mindful of the ever changing environment, we are tentatively exploring ways that we can share, in-person, our work at the Boaz Trust. If your faith congregation or community group might be interested to learn about the issues affecting people seeking sanctuary and why the work of Boaz is so crucial, we would love to hear from you. We can explore together possibilities for an in-person talk (or an online gathering). Drop us an email on engage@boaztrust.org.uk.



boaztrust
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