

Please send any comments or items for future issues to Mary Bradley 01326 312 768 mary@corisande.plus.com

➤ **FOOD BANK UPDATE 2023 with Jo Crook from Highway Church on Tues 14 Feb 1.45-2.45pm in St Mary's Church Hall, Killigrew St, Falmouth TR11 3PR - All welcome**

GOOD NEWS

AFRICA'S ELECTRIC MOTORBIKE REVOLUTION

A Swedish firm is kick-starting an electric vehicle revolution in east Africa. Designed in Kenya, built by a 40% women's workforce, with battery powered motorbikes which are emissions free and are cheaper to run.

BLACK BARBERS GIVING POOR MENTAL HEALTH A CHOP

In the London Borough of Islington, barbers are being trained as mental health ambassadors as part of an NHS initiative to help young black men. As counsellors and listeners, they are mental first aiders and as one barber says, "My customers know what's happening, they know what they are coming for". (For black men young and old, barbers fulfil the role of pubs and clubs).

FRESH VEG ON PRESCRIPTION

Families on low incomes are being prescribed fresh fruit & veg as an initiative in tackling health inequality.

ST AUSTELL RC JUSTICE AND PEACE GROUP

are supporting the provision of mobile phones and bikes for the Devon and Cornwall Refugee Support.

FOR PRAYER AND REFLECTION

THE FORGOTTEN FEW

Last year 128 people returned to the UK after release from prisons abroad. Jason said: "I left the UK when I was 4 years old and moved to Thailand with my father. I lived a normal sort of life, going out with friends, I just enjoyed life. In 2010 things took a turn very quickly as sadly my father died and three weeks later, I was arrested and sent to prison. When I was 23 years old, I was sentenced to 37 years and three months in a Thai prison for possession of a small quantity of drugs. I was 35 by the time I was released from detention. I was in different prisons, including a high security prison, a prison like a military training centre which was gruelling and punishing. Moved around again I became unwell and caught TB, there were diseases all around. In the hospital wing, adjusting my thought process was the only way I could manage. I decided to look forward and

and never to look back. When I was eventually released, and moved to the Immigration Detention Centre, I felt was I returning to a foreign country; having left UK at 4 years of age, I knew nothing about England, where to go. It was the first time I had walked on pavements, been on an underground etc, I was really fearful."

There is no probation service for people like Jason.

Fortunately, the NGO "Prisoners Abroad" resettlement service stepped in, otherwise Jason would have been utterly alone and on the streets.

PERSPECTIVES from Daniel O'Leary

We have a choice about how we see things. One way leads to a more creative, abundant way of living. The other feeds all that is negative within us.

COMMUNITY INITIATIVES taken this week by our J and P group:

- **FOODBANKS**, we were in touch this week with our local foodbank, they have a great need for toothpaste and deodorants at present. Boots have started a drop in box in their Falmouth store for hygiene items for the food bank. So I requested to see the manager of our Superdrug store to request that they do the same. Apparently, I now have to do this to their HQ online.
- **THE GRAPEVINE STORE** (JP foods Ltd) have a Falmouth store stocked with nuts, dried fruits, seeds, spices, oils, all goods that could be Fairly Traded. With Fair Trade Fortnight coming up, we have written to their office, extolling the advantages of having Fair traded products, both for them and for the thousands of poor farmers who produce these goods for us to buy and consume.

ACTIONS FOR THE WEEK

- Go to Prisoners Abroad website and read about the difficulties and conditions experienced by British persons in prisons worldwide, and their families.
- Consider what practical everyday steps I can take in peace building in this coming week.
- Who else are "the Forgotten few"?
- Prayer for Peace in Ukraine and other places of conflict.