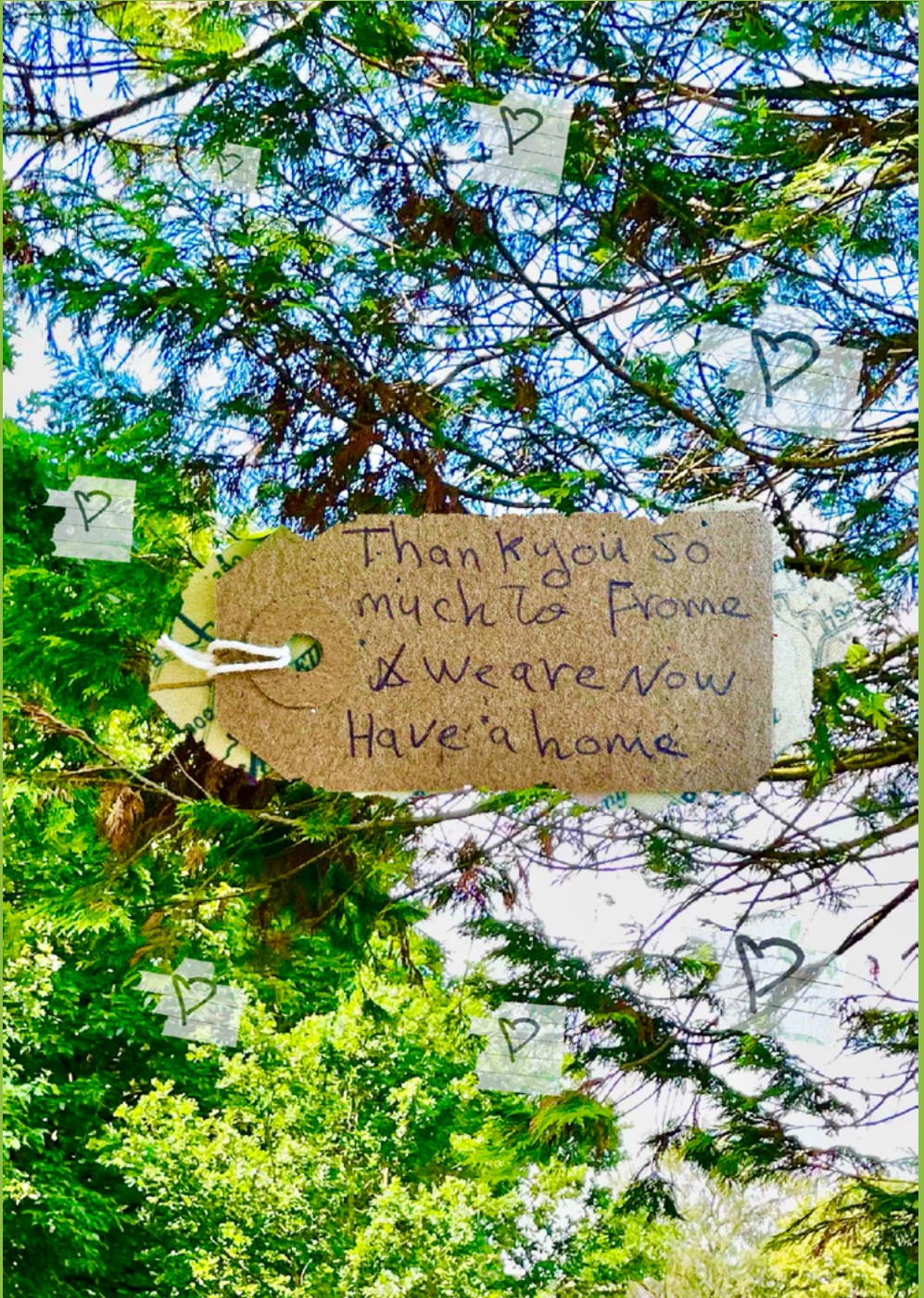


We Are Neighbours



a community zine

Lana and Melissa

"We've been in Frome for 4 months, 1 year in the UK. We were in Leigh on Mendip before. We had a very nice network with children of the same age. We would visit Frome once or twice a week. The first time I ever visited Frome, then suddenly I was living here.!

It's funny, it's exactly how I imagined an English town..."

'I was a huge fan of the UK before I came here. I already liked the country, the beauty of architecture and history. I feel like I'm in a movie!

I always wanted to travel around the UK, but .. be careful what you wish for..'



'Frome library is one of my favourite places, a great place for creative mums. There's always someone to help. I love knitting, crochet and Millie Moons, and I'm part of the Mother Maker group. My husband says I'm a Granny stuck in a 30 year old body!'

I learnt
American
English so used
to say 'trash'
and 'diapers'.. I
now have
'rubbish' and
'nappies!'

'but, it's bittersweet. I'm a single mum, with no husband here. Melissa hadn't seen her father for 16 months, we just wanted to share this place with him...

We've just returned after 3 weeks in Ukraine. It was quite overwhelming, and scary to hear air raid alarm because of Russian missiles in the middle of the night. But it was very nice and sweet to hug my husband and see my parents again..'



'We visit all the baby groups, there's so much to do. I complain that I'm always late as I'm always bumping into people..'



Soumaya

'We're from Syria, We've lived in Frome and Bristol. We love Frome, people are really kind. The school my children go to is very kind...they want us to be here.'

'My favourite places are the parks, we spend a lot of time there. The schools have helped the children, they are really happy and have made good friends. They have freedom...'

'We have traditional Syrian food and enjoy cooking. The children are learning too. We enjoy sharing meals with our neighbours in Frome, who are very kind..'



Soumaya's vine leaf recipe...

Crape vine recipe
First boiling the vine with hot water about
Ten minutes
after that we put the stuff it is contain
rice and tomato, onion, mint
and parsley and olive oil and
mix them together
and we need a dip pan for cook (Soumaya)



You can put the vine and put some
stuff inside and boil it and put it
in the pan and you can put
potato, carrot, onion between
the vine and when
finish use hot water to cover
them and switch on the cooker until
they will be ready they must take soft
you can use lemon juice and olive oil

Niloofar and Sayed

'We're from Afghanistan. We have 3 grown up children with one son about to go to University to do civil engineering..

We lived in Helmand Province, in a very quiet town. I worked for the British Army, which is why we were able to come here..

My daughter was at University in Kabul, we had to leave home 2 weeks before she completed her studies..'

'I'm remembering our garden in our home, it was 2000 sq foot.

We lived altogether with our family. Niloofar would cook for everyone.. 24 people, all sitting on rugs outside.

We have family in Afghanistan, and all over the world, but not here in Frome. Niloofar doesn't speak much English so can feel isolated. She likes sewing and would like to join a group. We would also like to find other Afghan speakers here...'

'We love the park and the meadows. We have a very kind neighbour from South Africa.. We travel to Birmingham to see family and to Bristol for the shops and handicrafts...'

Arriving

Connecting

Community

Creative

Safe

سكراة فروم
من سمنه - رشان - رتاج
زید - أسامة
أختی لکم السلام والخیر
دائماً



Growing

Frome - Lakshar (capital of Helmand) The place we are now. The town I was born. Quiet, safe, together and kind.

Thank you Frome, I hope you are all living in peace

Niloofar, Sayed, Susan, Zakaria and Mostabshera

Iryna.

'My heart and soul go out to my homeland, I miss it very much. But it's much easier to go through difficult times when community is so welcoming, and residents are willing to help. I feel this atmosphere/ culture of giving something to people, being ready to share things and knowledge'

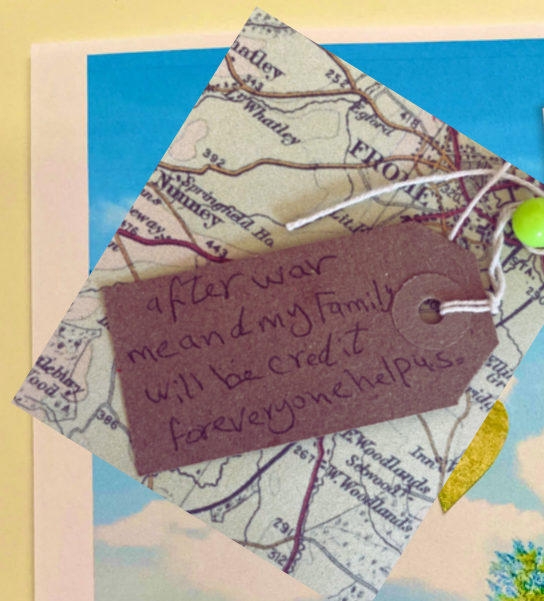
I consider myself to be lucky to have this opportunity to live in a lovely village not far Frome with a great couple Nell and Denise who opened their house for me and my 2 children.

'I moved to the UK in May of 2022. It was a forced decision because the war in Ukraine changed the lives of Ukrainians.'

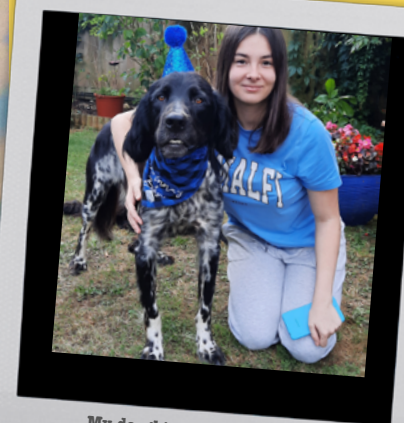
I will always remember this vibrant and charming town and its kind and generous residents.

I like Frome immensely because it has this old architecture and lots of green spaces. There are lots of different activities for residents and guests. A perfect town to enjoy your life.

'There will always be a special place in my heart for this small town that gave us shelter and safety. Frome is a synonym to me for being safe, a second home.'



Yulia, Iryna, Olha, Maria, Nastia and Katia



My daughter Yulia and Alfie. I have never had a pet but now I cannot imagine my life without 2 lovely dogs Alfie and Callie

Iryna's Borshch recipe*

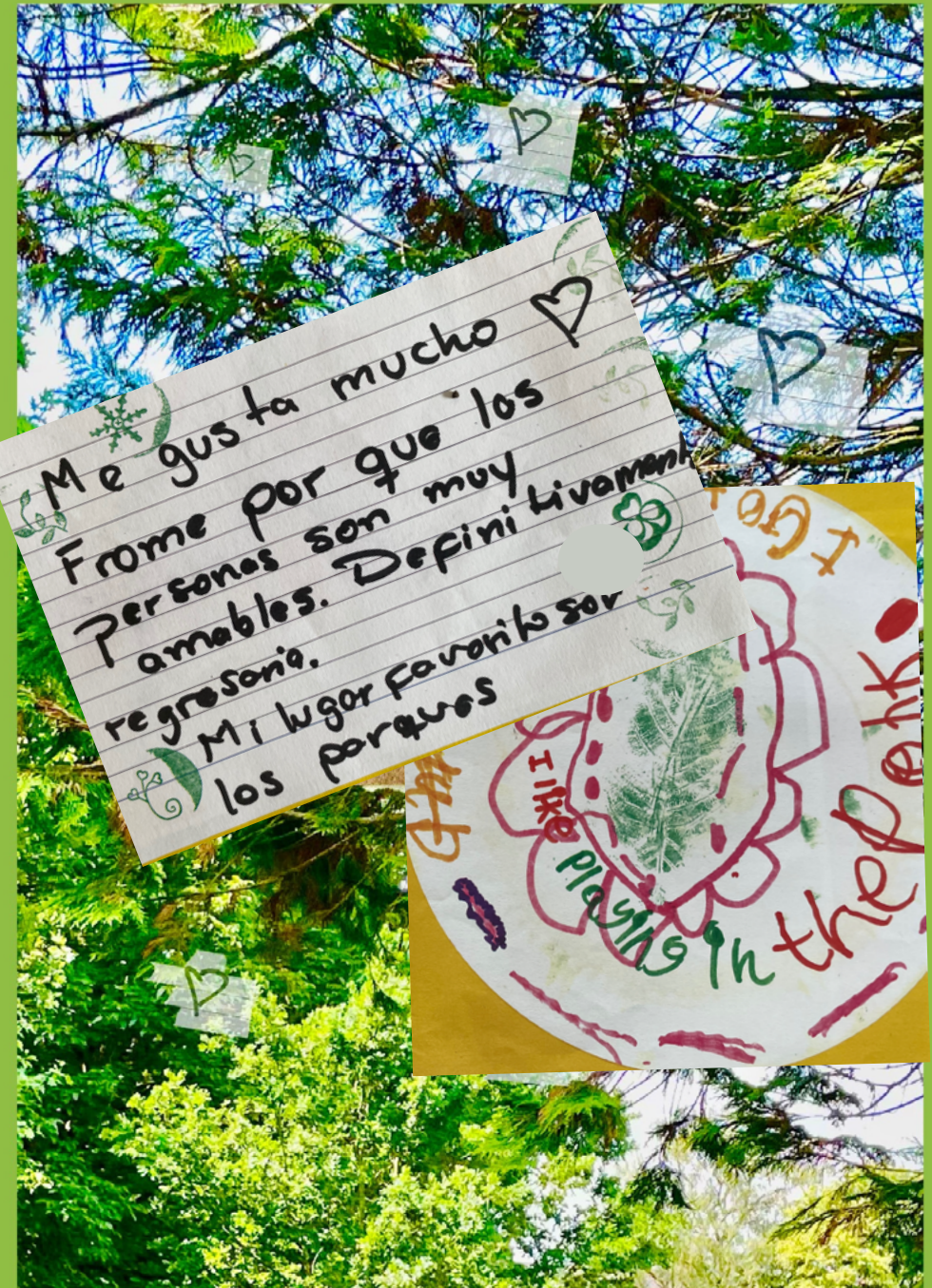
Red beets
Cabbage
Potatoes
Carrots
Onion
Dill
Tomato paste/juice
Bay leaves
Beef or pork or chicken meat
Beans
Salt & pepper
Served with sour cream

*UNESCO recognized the Ukrainian borshch-making tradition in need of urgent safeguarding in July 2022, during Russia's invasion.



favourite places and feelings about Frome..

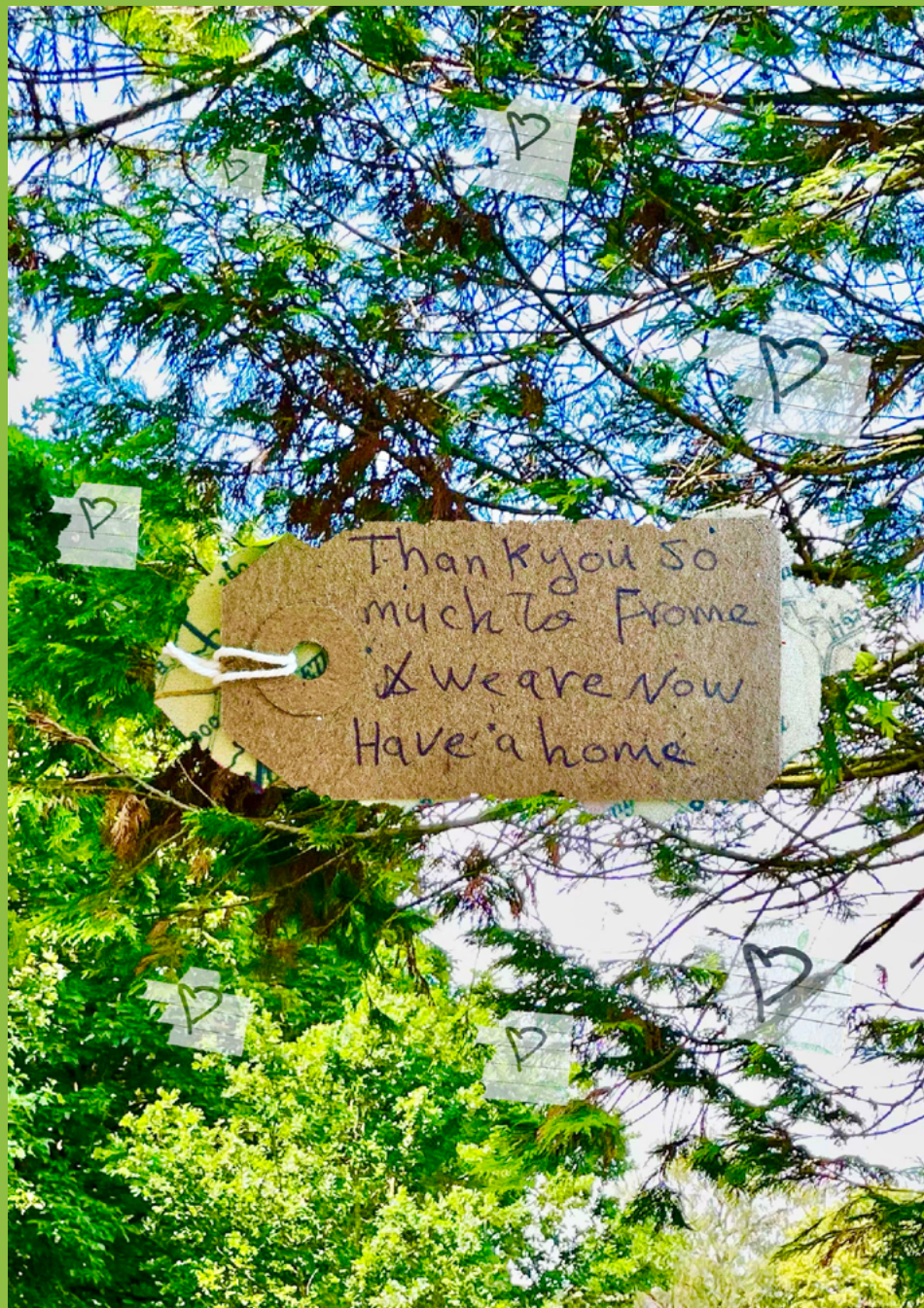
a collaboration between Frome Refugee Hub and Caravan Arts. Thanks to all who contributed



a space to share the stories of our neighbours who have arrived and made homes here

**Come along to the Refugee Hub for connection and support.
Frome Town Hall Cafe, 10-3pm every Tuesday**

There are lots of ways to support and connect with displaced people here in Frome



Visit www.frometowncouncil.gov.uk/support-for-refugees
to find out how