

# FACES OF RESILIENCE

A photography exhibition to honour  
courage, hope, and the human spirit.

## Contact

The exhibition is available for staging.  
Please direct enquiries to:

**[info@contemporaryheadshot.com](mailto:info@contemporaryheadshot.com)**

# Introduction

The United Kingdom has a long and proud history of helping others in their hour of need. Introduced in March 2022 by Secretary of State Michael Gove, The Homes for Ukraine scheme offers a lifeline to those Ukrainians who have been forced to flee following the invasion of their country. Under the scheme, Individuals, charities, and businesses can sponsor Ukrainians seeking safety in the UK, regardless of family ties. Since its introduction, over 200,000 Ukrainians have arrived in the UK

Faces of Resilience relates the stories of Ukrainian women who fled the war and sought refuge in the UK

"Freedom isn't something you have. It's something you do."

Oksana Zabuzhko

Ukrainian Novelist & Poet



February 2025 will mark 3 years since the Russian invasion of Ukraine. The ongoing conflict in Ukraine has faced challenges in maintaining global attention due to other geopolitical events in the Middle East and elsewhere.

Ukraine's counter-offensive in the south has encountered difficulties, leading to concerns of war fatigue among Western allies. Some capitals are showing reluctance to continue providing advanced weapons and funds to Ukraine.

The war has left an indelible mark on the country's men and women fighting for a free world. Millions have also been forcibly displaced, and essential civilian infrastructure lies in ruins. The displaced are women and children, uprooted, disrupted in their education, and separated from family members.

The loss of stability and safety has been particularly devastating for these young lives and plunged families into economic hardship. Poverty rates have soared,

exacerbating the challenges faced by displaced women and children. Necessities like food, shelter, and healthcare are often out of reach. Over two years of violence and displacement have triggered a mental health crisis.

While the supply of US-made F-16 warplanes and advanced anti-aircraft defences can significantly improve Ukraine's war effort, there are other steps we can take beyond the front lines.

It's essential to acknowledge the urgent humanitarian requirements of displaced women and children. By providing compassionate support and raising awareness, we can ensure that the situation in Ukraine remains at the forefront of everyone's consciousness.

This aligns with the mission of Faces of Resilience

Stephan De Quaire

# Joining forces with local partners

The Faces of Resilience project is presented by Stephan De Quaire in partnership with Community Works, Adur Ukraine Support Association, and Worthing 4 Refugees, who together support Ukrainians in the Adur and Worthing area



We support charities, not-for-profits and community groups to deliver positive social action across Adur & Worthing and Brighton & Hove.

I listened to the stories told by the girls back in February having organised a 'Living Library', which was an acknowledgement of two years since the full scale invasion by Russia. Our girls showed enormous courage in telling everyone their stories. The resilience and courage of the participants lie in the fact that despite the possible condemnation of fellow Ukrainians, they speak out and thus highlight the issues of Ukrainian refugees. I found in the 'Faces of Resilience' all the reflections of courage and bravery, which are hidden under the shadow of calmness and confidence and a belief that everything will be fine in the end. Freedom is too important for us to neglect in the 21st century.

## Iryna Tyazhkorob

Ukrainian Community Coordinator

[Iryna@communityworks.org.uk](mailto:Iryna@communityworks.org.uk)

We are a support organisation for Ukrainians staying in Adur and their hosts. We support health and wellbeing and promote Ukrainian Heritage and Culture

Adur Ukraine Support Association was founded in the early months after the full-scale invasion of Ukraine to serve the needs of those fleeing to safety and arriving in the Adur & Worthing area. Sponsors, hosts, guests and volunteers work together to achieve the aims of the association being the support of physical and mental well-being, through the promotion of cultural heritage, helping our Ukrainian guests. We always welcome volunteers

## Robin Sadler

Chair

[www.adurukrainesupport.org.uk](http://www.adurukrainesupport.org.uk)

With a team of over 100 volunteers, and partnering with other organisations, we provide a range of services and support across the town to help refugees and people seeking asylum to integrate with the local community in Worthing as they begin a new phase in their life.

I attended the launch event of the Faces of Resilience Exhibition at Worthing library, and I was struck by the quality of photography, and the touching stories of the brave women willing to share their experiences before and after moving to West Sussex.

I'm aware that for most of these women, there is an uphill struggle to remind us that the Ukraine war continues, because our news feeds often drop news from Ukraine (and other parts of the world experiencing war). But for these women the war never leaves them, even though for now they live in safe West Sussex. So it's important for us to hear their stories.

## Gay Jacklin

Charity Lead

[info@worthing4refugees.org.uk](mailto:info@worthing4refugees.org.uk)

My photography centres around people. Although I always thrive for perfection in my lighting, poses and facial expressions, it's always the perfection of imperfections that fascinate me the most in the sitters I photograph.

It can be normal to feel overwhelmed by the amount of bad news and bad things happening in the world and detached from the struggles of others. All that negative energy contributes to isolate us rather than empowering us for action. This is where visual arts step in and invite us to engage with the work. It's remarkable how a powerful photograph can awaken our senses, connect us and spark meaningful conversations.

I joined forces with compassionate individuals and local charities dedicated to supporting Ukrainians in West Sussex and together, we strive to amplify their voices so they don't get lost.

## Stephan De Quaire

Photographer

[info@contemporaryheadshot.com](mailto:info@contemporaryheadshot.com)



## Nina

Nina lived in Kyiv before the war. She enjoyed painting, playing volleyball, and meeting friends. On the day of the invasion, traffic was very heavy, so she couldn't leave in the morning. But when the bombing started, she was able to leave in the evening and drove to Chernivtsi, South West of Ukraine, where she stayed for 3 weeks with a friend-of-a-friend. Then she moved to Romania and stayed with other contacts. She found a UK host on Telegram and applied to come to the UK. She arrived in June 2022. The UK is a miracle country she says. The people are very kind and they believe in God. They are very friendly.

**“All the people here smiled at me, and it was very nice because I was stressed. I feel very happy with English people.”**

## Olesia

Prior to the war, Olesia and her sons lived a happy life in southern Ukraine. Her world shattered on the morning of 24th February 2022 when Russia launched a full scale invasion. Fleeing with her children to the UK via Crimea, Georgia, and Turkey, they left behind their hometown, which soon after, fell under occupation and faced devastating destruction. Adjusting to life in the UK was initially challenging, marked by feelings of guilt for being safe. Perseverance helped to learn English and finding employment. The children are now enrolled in school and fully integrated.

**“My children and my new British friends keep me going. Dear British people, I’m grateful for everything you have done for us, for the fact that not only your doors, but also your hearts have opened for us.”**



# Booking the exhibition

The exhibition is available for staging. Please direct enquiries to:

## SPACE REQUIRED

A minimum of 9 linear metres of space is required to display 10 images format A1. For best results, the images should all be grouped together in the same room.

## LIST OF WORKS

Some of the works are shown at the bottom of this page. There are 20 images in total to choose from at the time of writing but we are adding images all the time. We recommend 10 images for the exhibition.

## FRAMING

All works are provided unframed on Foamex 3mm. You can add your own frames. See Equipment section for more options for the works.

## PREVIOUS VENUES

The works have been shown as part of the Worthing Festival (Worthing Library) and the Jubilee Library in Brighton.

## INTERPRETATION

The exhibition can be contextualised using the following:

- Text for exhibition introduction panels and photographs captions
- Text for participating partners introduction & leaflets
- QR codes linking to the digital exhibition

## HIRE FEE

There is no hire fee to stage the exhibition. You must have insurance to protect the works on your site during the exhibition

## TRANSPORT

The works are stored in Sussex. Free transport can be arranged within Sussex.

## CONTACT

[info@contemporaryheadshot.com](mailto:info@contemporaryheadshot.com)

## MARKETING

We can help you with promotion material for the web and social media.

## INSURANCE

Faces of Resilience will be responsible for two way transport within West Sussex. Venues are responsible for insurance of the works on site.

## EQUIPMENT

The works are professionally printed on 3mm thick Foamex panels. The panels are very light, enabling hanging from small non-heavy wall fixings. High resolution files can also be provided for self printing. Interpretation text can also be provided.



Image is for illustration purposes only



A close-up portrait of Iryna Tyazhkorob, a woman with light brown hair, looking slightly to the right. She is wearing a white top and a necklace. The background is dark.

# FACES OF RESILIENCE

**Iryna Tyazhkorob, Founding member & Secretary of Adur Ukraine Support Association , writes about the project:**

I became involved in this project earlier than the exhibition itself.

I listened to the stories told by the girls back in February having organised a 'Living Library', which was an acknowledgement of two years since the full scale invasion by Russia. Our girls showed enormous courage in telling everyone their stories. People should understand that in Ukrainian culture it is not normal to share your personal experiences, dramas, depressive states and stories.

Everyone has stories about experiences they had and those continue even now. For example; Relatives live in the occupied territories. One participants' mother is buried in a mass grave in Mariupol and she will never be able to find or visit her grave. Another has a nephew in captivity and she cannot be active in social networks because it could endanger him. Their resilience is expressed precisely in such examples; not in the fact of coming to Great Britain, but in living life here.

A few Ukrainians even condemn such public manifestations as this project. There is an idea that we do it for personal popularity. Maybe this is true for some. I work with totally vulnerable people, and sometimes their actions manifest in unpredictable ways.

The resilience and courage of the participants lie in the fact that despite the possible condemnation of fellow Ukrainians, they speak out and thus highlight the issues of Ukrainian refugees.

To summarise my thoughts:

I found in the 'Faces of Resilience' all the reflections of courage and bravery, which are hidden under the shadow of calmness and confidence and a belief that everything will be fine in the end. Freedom is too important for us to neglect in the 21st century.

[www.facesofresilience.com](http://www.facesofresilience.com)