The iron curtain was giving way or at least becoming permeable in the age of perestroika. After writing letters for 20 years while teaching Russian at two schools in Exeter, Patricia was at last successful in setting up an exchange with a school in Moscow, and in 1992 she was awarded a grant to establish a hospice in Exeter's twin city – Yaroslavl.

She negotiated some time off from family life and gave up her job in order to promote the growth of civil society in Russia. She retrained in conflict management, mediation, diplomacy and other skills and in 1993 was appointed to represent Quakers in Russia and to work with others to establish a Friends House in Moscow.

At a time of challenging social unrest, she lived in Moscow and travelled widely from the Caucasus to the Arctic working on Quaker concerns for peaceful relationships and for the sick, the vulnerable and victims of violence and war.

Patricia and Roger live in Lewes not far from their children and grandchildren.

All profits from the sale of this book will be donated to Friends House Moscow.







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PATRICIA COCKRELL

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## PATRICIA COCKRELL

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