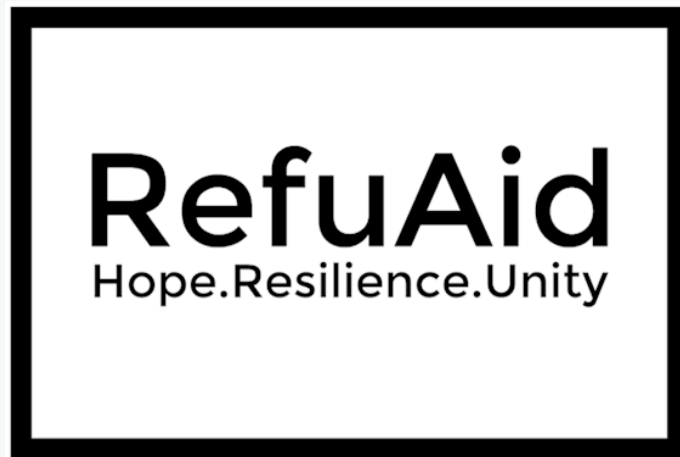


Signposting Directory



Updated August 2023

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Children & Family

Organisation	What they do	Website	Contact
Child Benefit Calculator	<i>Calculate how much money you may be entitled to from the government, if you have children</i>	https://www.gov.uk/child-benefit	
Childcare Cost Calculator	<i>Calculate how much child care help you may be entitled to</i>	https://www.gov.uk/childcare-calculator	
School enrollment	<i>Helpful page which takes you through all the steps to enrol your child at school</i>	https://www.gov.uk/guidance/schools-admissions-applications-from-overseas-children	
Baby Banks UK	<i>Clothing, equipment and furniture for new babies</i>	https://littlevillagehq.org/uk-baby-banks/	https://littlevillagehq.org/contact-us/
Little Village London	<i>Clothing, toys and equipment for under 5's</i>	https://littlevillagehq.org/	hello@littlevillagehq.org
Refugee Therapy	<i>Therapy especially for children and young people who are refugees</i>	https://refugeetherapy.org.uk/	info@refugeetherapy.org.uk 0207 272 1565
Young Minds	<i>Charity supporting parents concerned about their child's mental health. Offer practical advice and support</i>	https://youngminds.org.uk/	Parents helpline - 0808 802 5544 Young person text line, TEXT YM to 85258
Child Bereavement UK	<i>Support for children, adults and families suffering bereavement</i>	https://www.childbereavementuk.org/	helpline@childbereavement.org 0800 02 888 40
Lullaby Trust	<i>Supports families who have lost a baby or child</i>	https://www.lullabytrust.org.uk/bereavement-support/	support@lullabytrust.org.uk 0808 802 6868
Rainbow Trust	<i>A charity that supports families who have a seriously ill child</i>	http://rainbowtrust.org.uk/	enquiries@rainbowtrust.org.uk
BIBIC	<i>BIBIC support children and families</i>	https://bibic.org.uk/home/	01458 253344

	<i>who have a child with brain injuries, wide range of developmental disabilities, learning difficulties or are undiagnosed</i>	about-us/	https://bibic.org.uk/contact/
MENCAP	<i>Charity supporting families who have a child with learning difficulties or a disability</i>	https://www.mencap.org.uk/	020 7454 0454
KIDS	<i>National charity supporting children with disabilities and their families. Providing advice, support, play and social days and mediation</i>	https://www.kids.org.uk/	https://www.kids.org.uk/Pages/Contact.aspx
Kidscape	<i>Runs an advice line for parents on how they can best support their child who is being bullied</i>	https://www.kidscape.org.uk/advice/parent-advice-line/	07496 682785 (call or whatsapp) parentsupport@kidscape.org.uk
Home-Start	<i>Run local support groups for parents to meet and talk. Specific group for refugees and asylum seekers</i>	https://www.home-start.org.uk/homestart-groups	https://www.home-start.org.uk/contact
Family Lives	<i>Runs a 24 hours confidential helpline offering support and advice. Also runs local support groups and parenting workshops</i>	https://www.familylives.org.uk/	askus@familylives.org.uk 0808 800 2222
Care For The Family	<i>Directory of helpful websites for mums, dads and single parents on parenting your child</i>	https://www.careforthefamily.org.uk/Family-life/parent-support/parent-support-or-organisations	mail@cff.org.uk 029 2081 0800
Single Parents	<i>Helpful support and advice for single parent families, with a directory of local support groups</i>	http://www.singleparents.org.uk/	
Family Action	<i>Charity providing practical, emotional and financial support to those experiencing poverty, disadvantage and social isolation in the UK</i>	https://www.family-action.org.uk/	familyline@family-action.org.uk 0808 802 6666
Relate	<i>A charity offering relationship support, mediation services and separation and divorce advice</i>	https://www.relate.org.uk/which-service-right-you	Contact your local centre here Find your online centre Relate
Red Cross	<i>Charity offering support for families</i>	https://www.redcross.org.uk/	

	<i>to reunify here in the UK</i>	k/get-help/get-help-as-a-refugee#Family	
Together Now	<i>Charity offering support for families to reunify here in the UK</i>	http://togethernow.org.uk/	enquiries@togethernow.org.uk
The Children's Society	<i>Works to support vulnerable children</i>	https://www.childrensociety.org.uk/what-we-do/our-work/young-refugees-migrants	0300 303 7000

Education

Organisation	What they do	Website	Contact
UK ENIC	<i>Compare and translate overseas qualifications to the UK equivalent. Essential if you wish to attend university or requalify</i>	https://www.enic.org.uk/	Contact Us 44 (0)330 912 0030
Find ESOL	<i>Helps you find ESOL classes in your area</i>	https://www.esolcourses.com/	
Afghan & Central Asian Association	<i>ESOL Classes both online and face to face</i>	ACAA – Helping Afghans and Central Asians prosper in the UK.	ESOL SIGN UP FORM
Citizen Literacy	<i>Offers free support for those who cannot read or write</i>	https://citizenliteracy.com/ https://citizenliteracy.com/app/	Tutor Handbooks and Learner Workbooks https://citizenliteracy.com/handbooks-and-workbooks/
Find GCSEs	<i>Google 'free adult gcse (area)' to find a local college providing English/Maths GCSEs</i>	https://www.google.co.uk/	
Find access and diploma courses	<i>Online course finder for all access to higher education and diploma courses in the UK and online</i>	https://www.accesstohe.ac.uk/course-search	
Find apprenticeships England	<i>Online directory of apprenticeships available in England</i>	https://www.gov.uk/apply-apprenticeship	
Find apprenticeships Scotland	<i>Online directory of apprenticeships available in Scotland</i>	https://www.apprenticeships.scot/	
Find apprenticeships Wales	<i>Online directory of apprenticeships available in Wales</i>	https://gov.wales/apprenticeships	
Find University courses	<i>Online course finder for all courses offered by universities in the UK</i>	https://digital.ucas.com/search	

The Open University	<i>Free courses offered online by the open university, in several subject areas</i>	http://www.open.ac.uk/about/open-educational-resources/openlearn/free-learning	
STAR (student action for refugees)	<i>Student action for refugees helps both asylum seekers and refugees access higher education</i>	http://www.star-network.org.uk/	info@star-network.org.uk 0207 697 4130
Refugee Education UK	<i>Supports young asylum seekers and refugees into higher education</i>	https://www.reuk.org/home	hello@reuk.org
Student Finance UK	<i>A government backed loan to help pay for the cost of university tuition and living costs</i>	https://www.gov.uk/student-finance	
Advanced learner loans	<i>A government backed loan to help pay for the cost of courses at college and further training</i>	https://www.gov.uk/advanced-learner-loan	
Nightline Association	<i>Nightline is a listening and support service run by university students for university students</i>	https://www.nightline.ac.uk/about/	https://nightline.ac.uk/contact-us/
National Careers Service	<i>Free classes in using computers basic-advanced including coding and maths</i>	https://nationalcareers.service.gov.uk/find-a-course/the-skills-toolkit	0800 100 900
Alison	<i>Offers free online courses in many areas</i>	https://alison.com/courses?query=free	https://alison.com/contact-us
Code Your Future	<i>Coding school for refugees, all over the UK and online</i>	https://codeyourfuture.io/	
Free 2 Learn	<i>Free courses funded by the government for those who are unskilled or unemployed</i>	https://free2learn.org.uk/courses/	
Free Online Courses UK	<i>Free courses in many areas offered online and funded by the UK government</i>	https://freecoursesonline.co.uk/	0800 001 5910
Futurelearn	<i>Offers free short courses in different subject areas</i>	https://www.futurelearn.com/courses	https://www.futurelearn.com/info/about/contact-us
Home Study Centre	<i>Offers free courses by independent providers in different subject areas</i>	https://www.oxfordhomestudy.com/free-online-courses-with-certificates	info@oxfordhomestudy.com 01865686162

The Skills Network	<i>Offers free and low cost courses in a range of different subjects</i>	https://theskillsnetwork.com/learners	enquiries@theskillsnetwork.com 01757 210022
Vision 2 Learn	<i>Offers free short courses in different subject areas</i>	https://www.vision2learn.net/courses	0191 215 4100
WEA	<i>Offers free courses in all different skills and hobbies</i>	https://www.wea.org.uk/	0300 303 3464

Employment

Organisation	What they do	Website	Contact
National Careers Advice Service England	<i>Offers advice on education routes, CVs, job hunting, career changes and much more</i>	https://nationalcareers.service.gov.uk/careers-advice	0800 100 900
My World of Work Scotland	<i>Scotland's national career and skills agency. Can help with Cvs and offer employment advice</i>	https://www.myworldofwork.co.uk/	0800 917 8000
Careers Wales Wales	<i>Careers Wales helps plan your career, offer advice, training and support</i>	https://careerswales.gov.wales/	0800 028 4844
Careers Service Northern Ireland	<i>Offers advice on education routes, CVs, job hunting, career changes and much more</i>	https://www.nidirect.gov.uk/campaigns/careers	0300 200 7820
Job Centre Guide UK	<i>Lots of advice on CVs, cover letters, CV templates, job searching and interviewing</i>	https://www.jobcentreguide.co.uk/	
Shaw Trust UK	<i>UK charity helping the disadvantaged look for work and support the employed</i>	https://www.shawtrust.org.uk/what-we-do/#employability-and-skills	https://www.shawtrust.org.uk/contact-us/ 0300 30 33 111
NCAS CV support	<i>National careers advice service offer advice, tips and feedback on building a good CV</i>	https://nationalcareers.service.gov.uk/careers-advice/cv-sections	
Young Women's Trust	<i>Coaching and CV support women aged 18 to 30</i>	https://www.youngwomenstrust.org/get-support/	workitout@youngwomenstrust.org 0808 808 8099
Suited For Success	<i>Charity offering interview coaching, mock interviews, review of your CV and advice on an interview day outfit for both men and women</i>	https://www.suitedforsuccess.co.uk/	info@suitedforsuccess.co.uk 0121 236 7770
Smart Works	<i>Offer interview practice and</i>	https://smartworks.org.uk/	020 7288 1770

Various UK cities	<i>training for women. They also offer a stylist and free interview clothes if required</i>		
FutureLearn	<i>Free online course on how to succeed in an interview</i>	https://www.futurelearn.com/courses/interviews	
TERN	<i>Supports and provides mentoring to entrepreneurial refugees in the UK</i>	https://www.wearetern.org/	hello@wearetern.org +44 7490 858126
Workers Rights	<i>Gov UK site detailing all rights of those employed in the UK</i>	https://www.gov.uk/employment-status/worker	
ACAS	<i>Offers free and confidential advice for all employees in the UK for any workplace problem</i>	https://www.acas.org.uk/	0300 123 1100
Indeed	<i>UK's biggest search engine for jobs</i>	https://www.indeed.co.uk/	
Linkedin	<i>Build your professional network by connecting with others in your field</i>	https://gb.linkedin.com/	

Local

Organisation	What they do	Website	Contact
RM Centre Birmingham + surrounding	<i>Birmingham based charity helping asylum seekers and refugees into employment</i>	https://rmcentre.org.uk/get-help/	info@rmcentre.org.uk 0800 0663 444
The Launchpad Collective Brighton	<i>Brighton charity that helps refugees with job applications, interviews and CV preparation</i>	https://www.wearetlc.org.uk/job-seekers	brightontlc@gmail.com
ACH Bristol	<i>Provides employment advice, support and training for refugees</i>	https://ach.org.uk/training-employment-programmes	https://ach.org.uk/contact-ach
The CAE Cardiff	<i>Charity supporting asylum seekers and refugees to get ready for work and find employment</i>	https://www.caentr.org/ab-out-us	info@caentr.org 01792 475 933

Refugee Centre Coventry	<i>Assists refugees and asylum seekers with rights to work to find employment and training</i>	https://www.covrefugee.org/employment-team	info@covrefugee.org 02476 227 254
RETAS Leeds	<i>Leeds based group helping refugees and asylum seekers with training and employment advice</i>	https://retasleeds.org.uk/what-we-do/	info@retasleeds.org.uk 0113 380 5630
MRSN Liverpool	<i>Merseyside Refugee Support Network offer employment help and advice to refugees in Liverpool</i>	https://mrsnliverpool.org.uk/	info@mrsnliverpool.org.uk 0151 709 7557
Our Liverpool Liverpool	<i>Group run by Liverpool city council to help refugees find employment</i>	https://liverpool.gov.uk/our-liverpool	https://liverpool.gov.uk/contact-us/service-area/our-liverpool-support-for-asylum-seekers-and-refugees/
Breaking Barriers London, Birmingham & Manchester	<i>Helps refugees with integration through employment support.</i>	https://breaking-barriers.co.uk/	enquiries@breaking-barriers.co.uk 020 4541 0155
Groundwork London	<i>Charity supporting refugees into employment through language support and trial/volunteering opportunities with employers</i>	https://www.groundwork.org.uk/supporting-refugees-into-work-in-the-uk/	bryn.cochrane-milne@groundwork.org.uk 07809202551
RISE London	<i>RISE offers employment support to asylum seekers and refugees eligible to work</i>	https://renaisi.com/rise/	info@renaisi.com 020 7033 2600
MRSN Manchester	<i>Charity offering employment support to asylum seekers and refugees eligible to work</i>	http://mrsn.org.uk/refugee-employment-support/	info@mrsn.org.uk 0161 868 0777
Jet North Newcastle	<i>A charity made of professional advisors to offer support, advice and training for finding work</i>	https://www.jetnorth.org.uk/	julie22@jetnorth.org.uk 0191 273 5761
Aspire Oxfordshire	<i>Charity offering full employment support and mentoring once in employment</i>	https://www.aspireoxfordshire.org/Pages/Category/employment-support-projects	info@aspireoxford.co.uk 01865 204450
Adviza Reading & Slough	<i>A charity supporting with CVs, interview skills and job opportunities</i>	https://www.adviza.org.uk/support-for-refugees	info@adviza.org.uk 0118 402 7050
Refugee Council Scotland	<i>Offer training on where to look for work, building a CV and</i>	https://www.scottishrefugeecouncil.org.uk/direct-supp	employability@scottishrefugeecouncil.org.uk

	<i>interviewing advice</i>	ort/employment/	0808 196 7274
New Beginnings Project Sheffield	<i>Helps build skills and confidence to secure employment. Offers employment advice and support</i>	http://www.sheffieldvolunteercentre.org.uk/new-beginnings-project	vc@vas.org.uk 0114 253 6649
Refugee Support Suffolk	<i>Charity offering advice, employment support and training</i>	https://suffolkrefugee.org.uk/what-we-do/	01473 400785
Migration Yorkshire Yorkshire	<i>Charity offering 6 months of employment advice, support and skills training</i>	https://www.migrationyorkshire.org.uk/refugee-integration-service	admin@migrationyorkshire.org.uk 0113 378 8188

Food Banks

Organisation	What they do	Website	Contact
How food banks work	<i>Useful site explaining how food banks work, how to access them and what to expect when visiting</i>	https://www.trusselltrust.org/what-we-do/how-foodbanks-work/	
Trussell Trust	<i>Biggest food bank organisation in the UK. You can self-refer or ask us to refer you</i>	https://www.trusselltrust.org/get-help/find-a-foodbank/	0808 2082138
Independent Food Aid Network	<i>Helps you find an independent food bank located close to you</i>	https://www.foodaidnetwork.org.uk/independent-food-banks-map	admin@foodaidnetwork.org.uk
Citizens Advice Bureau	<i>If you need a referral to your local food bank this can be done by a citizens advice centre</i>	https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/contact-us/	England - 03444 111 444 Wales - 03444 77 20 20 Scotland - 0800 028 1456

Furniture & Clothing

Organisation	What they do	Website	Contact
Free Ads	<i>Free furniture, garden items, toys</i>	https://www.freeads.co.uk/	
Free To Collect	<i>Find free stuff near you</i>	https://freetocollect.co.uk/	
Freecycle	<i>Free furniture items including baby and children's item</i>	https://www.freecycle.org/	
Freegle	<i>Find free stuff near you</i>	https://www.ilovefreegle.org/	
Gumtree	<i>Find free stuff near you</i>	https://www.gumtree.com/freebies/uk/free+and+free	
Pre Loved	<i>Pre-owned items that people are giving away for free</i>	https://www.preloved.co.uk/	
Reuse Network	<i>Find local reuse centre with affordable furniture and household items</i>	https://reuse-network.org.uk/find-items/#/	
Give your best	<i>Charity for women that allows them to 'shop online' and choose clothes. Free to refugees, asylum seekers and those with NRPF.</i>	https://www.giveyourbest.uk/howtoshop	https://www.giveyourbest.uk/contact-us
End Furniture Poverty	<i>National charity with advice on how and where to find furniture and grants for furniture</i>	https://endfurniturepoverty.org/get-help-with-furniture/	https://endfurniturepoverty.org/contact/

Local

Organisation	What they do	Website	Contact
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Aid Box Bristol	<i>Bristol based charity offering food, clothing and household items for asylum seekers and refugees</i>	https://www.aidboxcommunity.co.uk/	welcome@aidboxcommunity.co.uk 0117 336 8441
City Mission Birmingham	<i>Helps provide food, clothing and furniture for those in need</i>	https://www.birminghamcitymission.org.uk/bcm-shop	bookshop@birminghamcitymission.co.uk 0121 384 3650
Boomerang Cardiff	<i>Charity providing household items and furniture to those in need</i>	https://www.boomerangcardiff.org.uk/	info@boomerangcardiff.org.uk 02920 497724
Rainbow of Hope Cardiff	<i>Provides clothing and shoes for asylum seekers and destitute refugees</i>	http://www.rainbowofhope.co.uk/	info@rainbowofhope.co.uk 02920 494 317
Fresh Start Edinburgh	<i>Helps those who have been destitute or homeless with new home starter packs</i>	https://www.freshstartweb.org.uk/what-we-do	https://www.freshstartweb.org.uk/contact
Refuweegee Glasgow	<i>Helps those in need with home starter packs</i>	https://www.refuweegee.co.uk/about	enquiries@refuweegee.co.uk 0141 401 0756
Furniture Bank Gloucestershire	<i>Furniture bank offering free and reduced-price furniture. Would need a referral from RefuAid</i>	https://www.strouddistrictfurniturebank.org.uk/referrals	info@strouddistrictfurniturebank.org.uk
Necessary Furniture Kent	<i>Charity offering very low cost furniture for those in need</i>	http://www.necessaryfurniture.org.uk/	necessary_furniture@hotmail.com 01227 712680
Open Hands Leicester	<i>Drop-in charity providing hot meals, food, clothes, furniture and household items</i>	https://www.openhandsleicester.org.uk/	admin@openhandsleicester.org.uk 0116 2558672
Asylum Link Liverpool & Merseyside	<i>Charity providing clothing, food and support services for asylum seekers ONLY</i>	https://www.asylumlink.org.uk/services/	info@asylumlink.org.uk 0151 709 1713
Westminster Almshouses London	<i>Grant up to £500 for white goods for women</i>	https://www.westminsteralmshouses.com/grants.htm	clerk@westminsteralmshouses.com 0207 828 3131
Mustard Tree Manchester	<i>Provide clothes and furniture for those located in Manchester</i>	https://mustardtree.org.uk/get-help/community-shops/	information@mustardtree.org.uk
Wesley Community Furniture Manchester	<i>Very low cost furniture and white goods for those in need in Manchester.</i>	http://wesleycommunityfurniture.co.uk/referrals/	info@thewesley.org.uk 0161 226 9051

Alice Charity Newcastle & Stoke	<i>Charity providing furniture and baby items for vulnerable families</i>	https://alicecharity.org/services/	info@alicecharity.org 01782 614 838
Furniture Project Nottinghamshire	<i>Providing second-hand furniture for those in need at low-cost</i>	https://www.thefurnitureproject.net/	recycle@thefurnitureproject.net 01623 836410
Furniture Helpline Surrey, Hampshire + West Sussex	<i>Furniture bank offering free and reduced price furniture. Referral required</i>	https://www.furniturehelpline.co.uk/about-us	info@fhl.org.uk
Furni Store Surrey	<i>Furniture bank offering reduced-price furniture.</i>	https://furnistore.co.uk/shop	enquiry@furnistore.co.uk 01737 773133
WCFP Woking	<i>Furniture bank offering lost cost furniture and household items</i>	http://www.wokingcfp.co.uk/	wokingcfp@gmail.com 01483 750005

Friends

Organisation	What they do	Website	Contact
Jubilee Refugee Network	<i>Directory of local projects for asylum seekers and refugees including social activities</i>	https://jubilee-plus.org/refugee-network/find-your-local-project/	
Meet Up	<i>Join groups and events in your area that you are interested in</i>	https://www.meetup.com/	
Together Friends	<i>Site for women to find friends in the UK</i>	https://www.togetherfriends.com/	
Men's Shed	<i>Site for men to find friends in the UK</i>	https://menssheds.org.uk/	
Host Nation	<i>Connects local residents to refugees through small acts of kindness, inclusion and friendship, in-person meet-ups. Provides travel and phone allowance</i>	https://www.hostnation.org.uk/	
Befriending Networks	<i>Helps locals connect to those in their area looking to make friends</i>	https://www.befriending.co.uk/about/find-a-befriender/	
Student Minds	<i>Organisation running online and face to face support meetings for students</i>	https://www.studentminds.org.uk/ourpeersupportprogrammes.html	
UK Student Life	<i>Join online student groups to make friends at your new university or college</i>	http://www.ukstudentlife.com/Personal/Relationships/Friends.htm	
National Volunteer Centre	<i>Find volunteering positions in your area and meet like-minded people</i>	https://www.ncvo.org.uk/ncvo-volunteering/find-a-volunteer-centre	
Do-It	<i>Directory of charities looking for volunteers to help you meet like-minded people</i>	https://doit.life/	

Health - General

Organisation	What they do	Website	Contact
NHS GP England	<i>Find and register with a GP in England</i>	https://www.nhs.uk/service-search/find-a-gp	
NHS Dentist England	<i>Find and register with a dentist in England</i>	https://www.nhs.uk/service-search/find-a-dentist	
NHS GP Scotland	<i>Find and register with a GP in Scotland</i>	https://www.nhsinform.scot/scotlands-service-directory/gp-practices	
NHS Dentist Scotland	<i>Find and register with a dentist in Scotland</i>	https://www.nhsinform.scot/scotlands-service-directory/dental-services	
NHS GP Wales	<i>Find and register with a GP in Wales</i>	https://111.wales.nhs.uk/LocalServices/?s=GPSurgeries	
NHS Dentist Wales	<i>Find and register with a dentist in Wales</i>	https://111.wales.nhs.uk/LocalServices/Default.aspx?s=Dentist	
NHS 111	<i>Free advice line for urgent health needs. They will then direct you to the service you need. Available in England, Scotland and Wales</i>	https://www.england.nhs.uk/urgent-emergency-care/nhs-111/	111
Help with NHS costs	<i>Some NHS services require you to pay, but many exemptions are available. See the link for details to your entitlements</i>	https://www.nhs.uk/using-the-nhs/help-with-health-costs/	
PALS (Patients Advice and Liason Support)	<i>Offers advice and helps resolve any NHS concerns or complaints</i>	https://www.nhs.uk/nhs-services/hospitals/what-is-pals-patient-advice-and-liaison-service/	Find the nearest service HERE
Charity Choice	<i>Directory that helps you to find a</i>	https://www.charitychoice	

UK	<i>charity related to a specific health condition</i>	co.uk/charities/health	
Better Health NHS	<i>Information from the NHS on living a more healthy life</i>	https://www.nhs.uk/better-health/	
Patients Association	<i>Excellent information on dealing with all aspects of life when suffering from a long-term health condition</i>	https://www.patients-association.org.uk/long-term-conditions	0800 345 7115
POhWER	<i>Supports those with disabilities or long-term illnesses to get the support they need and voice their concerns with their healthcare</i>	https://www.pohwer.net/	pohwer@pohwer.net 0300 456 2370
Carers UK	<i>Provides support, advice and an online forum for anyone who is a carer</i>	https://www.carersuk.org/help-and-advice/get-support	advice@carersuk.org 0808 808 7777
Disability Rights UK	<i>Provide free services offering support, advice, local service information, education and skills training</i>	https://www.disabilityrightsuk.org/	enquiries@disabilityrightsuk.org 0330 995 0400
Dial UK	<i>A national network run by disabled people for disabled people. Offer advice on local services and all aspects of living with a disability including services for children</i>	https://www.dialuk.info/	https://www.dialuk.info/contact-us
Positively UK	<i>National charity supporting those living with HIV or AIDs. Offers support, counselling, advice and referrals to other services</i>	https://positivelyuk.org/	0207 713 0444 https://positivelyuk.org/contactus/

Health - Mental Health

UK

Organisation	What they do	Website	Contact
Anxiety UK	<i>A charity providing support if you have been diagnosed with an anxiety condition.</i>	http://www.anxietyuk.org.uk	03444 775 774 (Monday to Friday, 9.30am to 5.30pm)
Beat	<i>Charity providing advice and support for those suffering from an eating disorder and their family</i>	https://www.beateatingdisorders.org.uk/	Helplines - Beat (beateatingdisorders.org.uk)
CALM	<i>Emotional support especially for men</i>	https://www.thecalmzone.net/	0800 58 58 58 Or chat online
Cruse Bereavement	<i>Charity supporting those who have suffered a bereavement</i>	https://www.cruse.org.uk/	0808 808 1677
Human Trafficking Foundation	<i>Directory of support services based all over the UK offering support to those who have been victims of human trafficking or slavery</i>	https://www.humantraffickingfoundation.org/support-services	info@humantraffickingfoundation.org 020 3773 2040
Freedom From Torture	<i>UK charity providing therapy, support and survivor activism for those who have been victims of torture</i>	https://www.freedomfromtorture.org/	020 7697 7777 https://www.freedomfromtorture.org/contact-us
IAPT (improving access to psychological therapy)	<i>Find the local MH treatment team. Self referral only</i>	https://www.nhs.uk/service-search/other-services/Psychological%20therapies%20(IAPT)/LocationSearch/10008	
QWell	<i>Offer support to adults to help them find the right mental health support</i>	https://www.qwell.io/	Access via signing up on their website

Mind	<i>Promotes the views and needs of people with mental health problems</i>	http://www.mind.org.uk	0300 123 3393 (Monday to Friday, 9am to 6pm)
No Panic	<i>Voluntary charity offering support for sufferers of panic attacks and obsessive-compulsive disorder (OCD). Offers a course to help overcome your phobia or OCD.</i>	http://www.nopanic.org.uk	0300 772 9844 (daily, 10am to 10pm)
PTSD UK	<i>Provides information on finding local support to help deal with PTSD.</i>	https://www.ptsd.uk/	
PTSD Survivors	<i>Local support groups for PTSD survivors all over the UK.</i>	http://www.ptsdsupport.co.uk/	info@ptsdsupport.co.uk 07903 544 585
Rape Crisis	<i>Directory to find you local crisis centre for male and female victims of rape and sexual assault</i>	https://rapecrisis.org.uk/	0808 500 2222 Rape Crisis Online Chat
Refugee Therapy	<i>Therapy, especially for refugees</i>	https://refugeetherapy.org.uk/	info@refugeetherapy.org.uk 020 7272 1565
Sane	<i>Offers emotional support to all via phone, email or messenger</i>	https://www.sane.org.uk/how-we-help/emotional-support	support@sane.org.uk 0300 304 7000
Self Help Org	<i>Find local support groups all over the UK dealing with a wide range of different mental health issues.</i>	https://www.selfhelp.org.uk/directory	info@selfhelp.org.uk 0115 911 1662
Shout	<i>Text service offering 24-hour help for those in a crisis</i>	https://www.giveusashout.org/	Text SHOUT to 85258
Survivors Trust UK	<i>Directory of services for survivors of domestic abuse, sexual abuse or child abuse</i>	https://www.thesurvivorstrust.org/find-support	08088 010818
The Mix	<i>Offers under 25's confidential advice and 8 weeks of counselling</i>	https://www.themix.org.uk/	0808 808 4994 Or chat online
Victim Support	<i>Offers confidential advice and support for anyone who has been a victim of crime</i>	https://www.victimsupport.org.uk/	0808 1689 111

Local

Organisation	What they do	Website	Contact
Therapeutic Service Birmingham	<i>Birmingham based service offer crisis intervention, counselling and group therapy sessions. Can self refer</i>	https://www.refugeecouncil.org.uk/get-support/services/birmingham-therapeutic-service/	birmingham.therapeutic@refugeecouncil.org.uk
BERTS Brighton & Hove	<i>Offers specialist trauma counselling and psychotherapy for asylum seekers and refugees. Referral needed</i>	https://www.brightonandhovecbt.com/BERTS.html	s.r.munt@sussex.ac.uk
Trauma Foundation Bristol & South West	<i>Offers psychotherapy and counselling to traumatised asylum seekers and refugees. Can self refer</i>	https://www.tfs.co.uk/	tfs@tfs.co.uk Referrals Tfs
CCAWS Cardiff	<i>Mental health and wellbeing charity offering counselling and befriending in several languages</i>	https://www.ccaaws.org.uk/	info@ccaaws.org.uk 02920 345 294
Ubuntu Devon	<i>Devon charity offering a multicultural approach to counselling. GP referral required</i>	http://ubuntucounsellingservices.org.uk/index.php/our-services/counselling/	info@ubuntucounsellingservices.org.uk 01392 201572
Solace Leeds, Sheffield, Bradford, Hull, & York	<i>A charity providing psychotherapy for refugees and asylum seekers affected by trauma. Can self refer</i>	https://www.solace-uk.org.uk/	info@solace-uk.org.uk 0113 8246 796
Pafra Leeds	<i>A charity providing mental health support to asylum seekers only</i>	https://pafra.org.uk/	info@pafra.org.uk 0113 262 2163
Talk Liverpool Liverpool	<i>NHS mental health services in Liverpool and surrounding services. Can self refer</i>	https://www.talkliverpool.nhs.uk/	https://www.talkliverpool.nhs.uk/contact-us/
Helen Bamber Foundation London	<i>Provides counselling and psychotherapy for survivors of human trafficking and torture. Can self refer</i>	http://www.helenbamber.org/	referrals@helenbamber.org 020 3058 2022

Nafsiyat London	<i>Intercultural charity offering therapy to refugees in several languages. Free if referred by a GP</i>	https://www.nafsiyat.org.uk/	admin@nafsiyat.org.uk 020 7263 6947
New Roots London & Sheffield	<i>Therapy sessions for refugees, HP or family reunification clients only. Referral only</i>	https://www.refugeecouncil.org.uk/get-support/services/new-roots-refugee-therapy/	London.therapeutic@refugeecouncil.org.uk
Refugee Resources Oxfordshire	<i>Provide counselling and psychotherapy to asylum seekers and refugees. Can self refer</i>	https://www.refugeeresource.org.uk/	info@refugeeresource.org 01865 403280
Shaeliya Edinburgh & Glasgow	<i>Provides counselling, therapeutic support and organised social activities in Edinburgh and Glasgow. For WOMEN only. Can self refer</i>	http://www.saheliya.co.uk/	info@saheliya.co.uk Edinburgh - 0131 556 9302 Glasgow - 0141 552 6540

Addiction Services

Organisation	What they do	Website	Contact
Help For Dependency	<i>Charity supporting all and every type of addict with advice on services to aid recovery</i>	https://www.helpfordependency.co.uk/	Contact Us Help For Dependency
Alcoholics Anonymous	<i>Helps those suffering from alcohol addiction towards recovery through regular free local meetings and sponsors</i>	https://www.alcoholics-anonymous.org.uk/	help@aamail.org 0800 917 7650
Narcotics Anonymous	<i>Helps those suffering from drug addiction towards recovery through regular free local meetings and sponsors</i>	https://ukna.org/	0300 999 1212
Talk to FRANK	<i>Frank offers information and support for drug users</i>	https://www.talktofrank.com/	0300 123 6600
Gamblers Anonymous	<i>Helps those suffering from gambling addiction towards</i>	http://www.gamblersanonymous.org.uk/	info@gamblersanonymous.org.uk

	<i>recovery through regular free local meetings and sponsors</i>		0300 094 0322
Quit	<i>Charity that helps those who wish to quit smoking. They offer advice, community programmes and helplines</i>	http://www.quit.org.uk/	0800 00 22 00
Sex Addicts Anonymous	<i>Charity helping those recovering from sex addiction. Has local meetings and women-only meetings</i>	http://saauk.info/en/	info@saauk.info Phone numbers on website

Housing

Organisation	What they do	Website	Contact
NACCOM	<i>Directory of all organisations supporting refugees and asylum seekers facing destitution and homelessness</i>	https://nacom.org.uk/projects/	office@nacom.org.uk 0161 706 0185
Refugees At Home	<i>Organisation placing refugees and asylum seekers in homes with those who have spare rooms</i>	https://www.refugeesathome.org/	info@refugeesathome.org
Rooms For Refugees	<i>Organisation placing refugees and asylum seekers in homes with those who have spare rooms</i>	https://www.roomforrefugees.com/	home@positiveactionh.org 0141 353 7962
Shelter	<i>Offer free advice on all housing issues to alleviate homelessness</i>	https://www.shelter.org.uk/	0808 800 4444
Centrepont	<i>Support asylum seekers or refugees aged 18-25 with housing issues</i>	https://centrepont.org.uk/	supportercare@centrepont.org 0800 800 0661
Homeless	<i>Provides information, hostels and day centres for those homeless or at risk of becoming homeless</i>	https://www.homeless.org.uk/	info@homelesslink.org.uk
Micro Rainbow	<i>Provides safe housing to LGBTQIA+ asylum seekers and refugees, as well as employment support as part of their moving on programme and social inclusion activities.</i>	Micro Rainbow - Changing people's lives, one at a time	housing@microrainbow.org info@microrainbow.org

Local

Organisation	What they do	Website	Contact
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BIRCH Birmingham	<i>Organisation placing refugees and asylum seekers in homes with those who have spare rooms and befriending services</i>	https://birchnetwork.org/	https://birchnetwork.org/contact/
ACH Birmingham, Bristol, Coventry & Wolverhampton	<i>Housing programme helping refugees find housing and preventing homelessness</i>	https://ach.org.uk/refugee-accommodation-housing-uk	https://ach.org.uk/contact-ach
Destitution Project Bolton	<i>Charity helping asylum seekers and refugees who face homelessness or have housing issues</i>	https://www.boltondp.org/casework-services	shaheda.destitutionproject73@gmail.com 07421 352829
Abigail Housing Bradford & Leeds	<i>Charity providing housing and support for asylum seekers and refugees facing destitution</i>	https://www.abigailhousing.org.uk/	refugee@abigailhousing.org.uk asylumseeker@abigailhousing.org.uk
Home4U Cardiff	<i>Helps homeless asylum seekers and refugees find accommodation</i>	http://home4ucardiff.org/	info@homes4ucardiff.org 02920 679 833
One Roof Leicester	<i>Charity helping asylum seekers and refugees with emergency housing and finding housing</i>	https://www.oneroof.org.uk/	info@oneroof.org.uk 0116 442 2007
New Start Liverpool	<i>Charity providing accommodation and advice to those who are homeless, have 'no housing choices' or are vulnerable</i>	https://www.newstarthomes.org.uk/	info@newstarthomes.org.uk 0151 708 7103
Renters Union London	<i>Renters rights (in several languages) applies to all renters in England</i>	https://londonrentersunion.org/cantpaywontpay/know-your-rights/	https://londonrentersunion.org/wp/wp-content/uploads/2019/05/LRU-member-support-booklet-v1.pdf
Boaz Trust Manchester	<i>Provides housing support and advice to failed asylum seekers and refugees in Greater Manchester</i>	https://www.boaztrust.org.uk/	info@boaztrust.org.uk 0161 202 1056
Stride G.Manchester & Lancashire	<i>An organisation that helps provide housing advice and support for refugees who have just got their status ONLY</i>	https://stridepartnership.org.uk/	info@stridepartnership.org.uk 01942 418318
NERS Newcastle, Middlesbrough & Sunderland	<i>Supported housing and advice for asylum seekers and refugees in Newcastle, Middlesbrough and Sunderland</i>	https://refugee.org.uk/supported-housing/	Newcastle@refugee.org.uk Teesvalley@refugee.org.uk Sunderland@refugee.org.uk 0191 245 7301

Arimathea Trust Nottingham	<i>Provides advice, support and accommodation options to asylum seekers, new refugees and those homeless</i>	https://www.nottinghamarimathea.org.uk/get-help	0115 924 9920 Contact Nottingham Arimathea Trust
Connection Support Oxfordshire, Buckinghamshire & Milton Keynes	<i>Helps anyone with a housing need who lives in Oxfordshire</i>	https://www.connectionsupport.org.uk/services/housing-support-service/	Connection Support Contact Us
PAIH Scotland	<i>Scottish charity helping asylum seeker and refugees facing destitution find housing</i>	https://www.paih.org/	home@positiveactionh.org Online Chat Help
ASH Scotland	<i>Charity helping asylum seekers in Scotland with housing</i>	https://www.infosource.org.uk/ash.html	contact@ashproject.org.uk 07736 646 197
ASSIST Sheffield	<i>Charity helping asylum seekers in Sheffield with emergency housing, advice and support</i>	https://www.assistsheffield.org.uk/	admin@assistsheffield.org.uk 0300 2010072

Legal

Organisation	What they do	Website	Contact
The Law Society England & Wales	<i>Directory to help find a legal aid lawyer in England or Wales</i>	https://solicitors.lawsociety.org.uk/	England +44 (0) 20 7242 1222 Wales +44 (0) 29 2064 5254
The Law Society Scotland	<i>Directory to help find a legal aid lawyer in Scotland</i>	https://www.lawscot.org.uk/	lawscot@lawscot.org.uk 0131 226 7411
Advocate	<i>National charity that helps find free legal advice. Run by volunteer barristers</i>	https://weareadvocate.org.uk/	enquiries@weareadvocate.org.uk 020 7092 3960
Citizens Advice Bureau	<i>Offers free legal advice on any legal issue</i>	https://www.citizensadvice.org.uk/about-us/contact-us/contact-us/search-for-your-local-citizens-advice/	England - 03444 111 444 Scotland - 0800 028 1456 Wales - 03444 77 20 20
Civil Legal Aid England & Wales	<i>Free and confidential legal advice for debt, discrimination, education, family, housing and welfare issues ONLY</i>	https://www.gov.uk/civil-legal-advice	
The Law Centre Network	<i>Directory to help find local legal advice for free</i>	https://www.lawcentres.org.uk/	
Law Works	<i>Drop-in centres run by legal professionals offering free legal advice on all issues</i>	https://www.lawworks.org.uk/legal-advice-individuals/find-legal-advice-clinic-near-you	
Asylum Aid	<i>Charity run by immigration lawyers offering free legal advice to asylum seekers</i>	https://www.asylumaid.org.uk/	advice@asylumaid.org.uk 020 7354 9631

Migrant Help	<i>Provide legal services and support to asylum seekers</i>	https://www.migranthehelpuk.org/	0808 8010 503 Contact Migrant Help (migranthehelpuk.org)
Just For Kids	<i>Charity specialising in legal support for issues surrounding children</i>	https://justforkidslaw.org/	enquiries@justforkidslaw.org 0203 174 2279
Rainbow Migration	<i>Charity offering legal advice for LGBT+ asylum seekers and refugees</i>	https://www.rainbowmigration.org.uk/en	hello@rainbowmigration.org.uk 020 7922 7811
Rights of Women	<i>Provide free legal advice for women run by all female solicitors and barristers. Advice areas include family law, criminal law and immigration and asylum law</i>	https://rightsofwomen.org.uk/	info@row.org.uk Advice Lines
Casa Latina	<i>Provides legal and social advice, as well as employment and education support, to Latin American communities in the UK</i>	https://casalatina.org.uk/	info@casalatina.org.uk 020 7372 8653

LGBTQIA+

Organisation	What they do	Website	Contact
National LGBT+ directory	<i>Directory of LGBT+ charities</i>	https://www.consortium.lgbt/member-directory/	admin@consortium.lgbt 020 7064 6500
LGBT+ Switchboard	<i>Organisation providing information, support and referral services to LGBT+ individuals</i>	https://switchboard.lgbt/	hello@switchboard.lgbt 0800 0119 100
Rainbow Migration	<i>Offer help and advice to people seeking asylum</i>	https://www.rainbowmigration.org.uk/en	hello@rainbowmigration.org.uk 020 7922 7811
Stonewall	<i>Charity offering support to those seeking asylum, refugees and the whole LGBT community</i>	https://www.stonewall.org.uk	https://www.stonewall.org.uk/contact-us
Galop	<i>Charity supporting LGBT+ people who have been victims of hate crime, domestic or sexual abuse</i>	http://www.galop.org.uk/	help@galop.org.uk 0800 999 5428
Mindline Trans+	<i>Confidential support line who for those who identify as transgender, agender, gender fluid or non-binary</i>	http://mindlinetrans.org.uk/	0300 330 5468
Equality Network Scotland	<i>Network of LGBT+ support groups in Scotland</i>	https://www.equality-network.org/	en@equality-network.org 0131 467 6039
LGBT Refugee Project Scotland	<i>Offer health and wellbeing advice and support in all different areas</i>	https://www.lgbthealth.org.uk/services-support/	0300 123 2523

Local Support Groups

England

Organisation	What they do	Website	Contact
English Refugee Council	<i>Good starting point for how to find local help for asylum seekers and refugees in England. Infoline that offers advice in all areas.</i>	https://www.refugeecouncil.org.uk/	0808 196 7272 (infoline) Contact Us - Refugee Council
Find Support Groups in England	<i>Helpful site listing some available support groups all over England</i>	https://cityofsanctuary.org/groups/	Individual contacts for your local group on the website
Local council services	<i>Find your local council so you can find any local services and information</i>	https://www.gov.uk/find-local-council	
BWR Bath	<i>Small charity offering advice and support. Email them for information on current projects</i>	https://www.bathwelcomesrefugees.org.uk/	info@bathwelcomesrefugees.org.uk
Restore Birmingham	<i>Charity offering employment advice, befriending services and local activities</i>	https://www.restore-uk.org/	catherine@restore-uk.org https://www.restore-uk.org/contact-us/
RMC Birmingham & Black Country	<i>Charity offering immigration, housing, employment, benefit and education advice</i>	https://rmcentre.org.uk/	info@rmcentre.org.uk 0800 0663 444
Refugee Action Bradford	<i>Bradford branch offers help and advice for asylum seekers in all areas</i>	https://www.refugee-action.org.uk/project/bradford-asylum-services/	bradfordreferrals@refugee-action.org.uk 07703608969
Voices in Exile Brighton	<i>Offer immigration, housing and welfare advice. Run group community activities</i>	https://www.voicesinexile.org/	01273 082105

Borderlands Bristol	<i>Charity offering a drop-in centre for food, meeting others, housing support and financial advice</i>	https://www.borderlands.uk.com/	hello@borderlands.org.uk 01179 040479/ 07925133225
Brass Bolton	<i>Community centres offering advice and support for refugees and asylum seekers in all areas</i>	https://www.brassbolton.org/	admin@brass-bolton.org.uk 01204 397 152
CRRC Cambridge	<i>Offers employment, education, and practical advice and support</i>	https://www.cambridgerefugees.org/get-help-en.html	info@cambridgerefugees.org
Refugee Action Colchester	<i>Provides education, employment, money, wellbeing and practical advice.</i>	https://rama.org.uk/	rama@rama.org.uk 01206 638454
Refugee & Migrant Centre Coventry	<i>Centre offering employment, therapy and translation services and general advice</i>	https://www.covrefugee.org/	info@covrefugee.org 02476 227254
Refugee Support Devon & Cornwall	<i>Drop-in centre that provides information and advice and practical day to day guidance</i>	https://www.refugeesupportdevon.org.uk/	01392 682185 Contact Us - Refugee Support Devon
Sanctuary Cafe Eastbourne	<i>Drop in cafe offering advice and information for asylum seekers and refugees</i>	http://www.eastbournenetworx.org/	networxeb@gmail.com
RAMFEL Essex & London	<i>Charity offering immigration, housing and integration advice</i>	http://www.ramfel.org.uk/	020 7052 5212 Contact - RAMFEL
GARAS Gloucestershire	<i>Drop-in centre offering advice, emergency supplies and counselling</i>	https://www.garas.org.uk/services/	info@garas.org.uk 01452 550528
Refugee Partnership High Wycombe	<i>Help refugees find employment and asylum seekers with food, clothing and furniture</i>	https://www.wycombe-refugees.org/	contactus@wycombe-refugees.org
RAIS Lancaster	<i>Helps refugees and asylum seekers with advice and support</i>	https://rais.org.uk/	07731 552259 Or contact through website
LASSN Leeds	<i>Leeds based network offering support, advice and befriending to asylum seekers</i>	https://lassn.org.uk/	admin@lassn.org.uk 0113 373 1759
Refugee Forum Leeds	<i>A refugee-led organisation offering advice, information and social activities</i>	http://www.leedsrefugeeforum.org.uk/	info@leedsrefugeeforum.org.uk 0113 244 9600

Meeting Point Leeds	<i>A local community centre offering drop-in sessions for advice and support</i>	http://meetingpointleeds.org.uk/services-we-offer	emma.c@ccacp.org.uk 0113 279 6700
Leicester Sanctuary Leicester	<i>City council community hub offering lots of different services for refugees and asylum seekers</i>	https://leicester.cityofsanctuary.org/services	contactus@leicester.cityofsanctuary.org
LARA Liverpool	<i>Provides information and advice for refugees and asylum seekers in all areas</i>	https://laraliverpool.wordpress.com/	lara_liverpool@yahoo.com 07843173788
SLRA South London	<i>Charity offering advice, casework and counselling</i>	https://www.slr-a.org.uk/	admin@slr-a.org.uk 0203 490 3443
MRSN Manchester	<i>Manchester charity offering housing, employment and legal advice and befriending services</i>	http://mrsn.org.uk/	info@mrsn.org.uk 0161 868 0777
Revive Manchester	<i>Manchester charity providing practical support and advice and referral to other organisations</i>	http://www.revive-uk.org/	info@revive-uk.org 0161 223 5668
HOPE Young Refugee Service Greater Manchester	<i>Supports Unaccompanied asylum-seeking young people (13-25) with life skills, such as with interviews, CVs and activities</i>	https://www.trafforddirect.org.co.uk/kb5/trafford/fsd/service.page?id=M8wNCNbfZY	0161 868 0382
WERS Newcastle	<i>Charity running drop-in advice centres and befriending scheme</i>	http://www.wers.org.uk/	info@wers.org.uk 0191 273 7482
NERS Newcastle, Sunderland & Teesside	<i>Charity providing legal, housing and employment advice. They also offer Interpreting and translation</i>	https://www.refugee.org.uk/	newcastle@refugee.org.uk 0191 245 7301
New Routes Norwich	<i>Charity offering integration support and befriending</i>	https://newroutes.org.uk/projects/adults/	info@newroutes.org.uk 01603 662648
Notts Refugees Nottingham	<i>Charity offering advice, support and community meetups</i>	http://www.nottsrefugeeforum.org.uk/	info@nottsrefugeeforum.org.uk 0115 9601230
Asylum Welcome Oxford	<i>Helps asylum seekers and refugees with advice, food, education and social activities</i>	https://www.asylum-welcome.org/	advice@asylum-welcome.org 01865 722082
Refugee Support Plymouth	<i>Drop-in centre that provides information and advice and practical day to day guidance</i>	http://dcrs-plymouth.org/	hub@dcrs-plymouth.org 01752 265952

Friends Without Borders Portsmouth	<i>Drop-in centre and social space for refugees and asylum seekers also offers advice and support</i>	http://www.friendswithoutborders.org.uk/	coordinator@friendswithoutborders.org.uk 023 9283 9222
RVA Reading	<i>Charity offering practical advice and support to refugees and asylum seekers</i>	https://refugeesupportgroup.org.uk/help-and-resources/	info@rrsg.org.uk 0118 9505356
Refugee Support Group Reading & Slough	<i>Berkshire charity offering drop-in centres for befriending, advice and support</i>	https://refugeesupportgroup.org.uk/help-and-resources/	info@rrsg.org.uk 01189 505 356
Refugee Support Slough	<i>Charity offering immigration advice, benefits advice and English classes</i>	https://www.sloughrefugeesupport.org.uk/what-we-do	srsinfo@sloughrefugeesupport.org.uk 01753 537142
ASSIST Sheffield	<i>Charity helping asylum seekers in Sheffield with advice and support</i>	https://www.assistsheffield.org.uk/	admin@assistsheffield.org.uk 0300 201 0072
Support Refugees Shropshire	<i>Local support group offering advice in all areas, English classes and lots of other activities</i>	https://www.shropshiresupportsrefugees.org/what-we-do	info@shropshiresupportsrefugees.org 07143 216 758
Charis Refugees Somerset	<i>Provides community sponsorship to help with all things and ESOL signposting for all of Somerset</i>	https://charisrefugees.org/esol	welcome@charisrefugees.org 07493 410 580
Clear Southampton	<i>The clear project offer advice services, employment support and ESOL classes</i>	https://clearproject.org.uk/	reception@clearproject.org.uk 023 8022 1111
Harbour Project Swindon	<i>Charity offering drop in session for support and advice and English classes</i>	https://harbourproject.org.uk/what-we-do/drop-in-help-advice/	info@harbourproject.org.uk 01793 611 682
SWAP Wigan	<i>Local support group offering advice, educational support and support groups</i>	https://www.swapwigan.org/	info@swapwigan.org 01942 516572
Wirral Change Wirral	<i>Advice on education, employment, health and wellbeing</i>	https://wirralchange.org.uk/	info@wirralchange.org.uk 0151 649 8177
Refugee Action York York	<i>Centre open to asylum seekers and refugees offering practical support, advice and social gatherings</i>	http://www.refugeeactionyork.org/	meg@refugeeactionyork.com 075105 44692
Heart4Refugees Merseyside / Wirral	<i>A charity seeking to help refugees integrate into their local</i>	https://www.heart4refugees.org/services	enquiries@heart4refugees.org

communities

Scotland

Organisation	What they do	Website	Contact
Scottish Refugee Council	<i>Good starting point for how to find local help for asylum seekers and refugees in Scotland. Information in various languages</i>	https://www.scottishrefugeecouncil.org.uk/	0800 196 7274 (helpline)
Find Support Groups in Scotland	<i>Helpful site listing some available support groups all over Scotland</i>	https://cityofsanctuary.org/groups/	Individual contacts for your local group on the website
Local council services	<i>Find your local council so you can find any local services and information</i>	https://www.mygov.scot/find-your-local-council/	
Refugee Survival Trust	<i>Scottish based charity helping asylum seekers and refugees in all areas</i>	https://www.rst.org.uk/	info@rst.org.uk 07769 505 297
Scottish Faiths Action For Refugees	<i>Run social groups and provide support and advice through the churches in Scotland</i>	http://www.sfar.org.uk/supporting-refugees-in-scotland/	schalmers@churchofscotland.org.uk 07341 478 174
Multi-Cultural Centre Aberdeen	<i>Local community centre offering support and social activities</i>	https://aberdeenmela.wordpress.com/about/contact/	a.habib@abmc.org.uk 01224 478 203
The Welcoming Edinburgh	<i>Community group offering advice, it classes and befriending services</i>	http://www.thewelcoming.org/	info@thewelcoming.org 0131 346 8577
Scottish Action For Refugees Glasgow	<i>Scottish-based charity helping asylum seekers and refugees in all areas of life in Glasgow</i>	https://www.scottishactionforrefugees.org/	https://www.scottishactionforrefugees.org/get-in-touch.html
Unity Centre Glasgow	<i>Offers support to asylum seekers all over Scotland, but based in Glasgow. Offer legal advice and drop-in centre services</i>	https://unitycentreglasgow.org/	info@unitycentreglasgow.org 0141 427 7992
Refuweegee Glasgow	<i>Offers a welcoming community space, activities and a free 'shop' providing clothes, household items etc</i>	Home Refuweegee	selina@refuweegee.co.uk

Wales

Organisation	What they do	Website	Contact
Welsh Refugee Council	<i>Good starting point for how to find local help for asylum seekers and refugees in Wales. Information in various languages</i>	https://wrc.wales/	0808 196 7273 (helpline)
Find Support Groups in Wales	<i>Helpful site listing some available support groups all over Wales</i>	https://wales.cityofsanctuary.org/	wales@cityofsanctuary.org
Local council services	<i>Find your local council so you can find any local services and information</i>	https://gov.wales/find-your-local-authority	
All-Ages Support Group Cardiff	<i>Community drop in centres for asylum seekers and refugees</i>	https://www.refugeecardiff.com/	refugeecardiff@gmail.com
Family Support Group Cardiff	<i>Meet monthly for advice, local services information, support and socialising</i>	https://raceequalityfirst.org/	029 2048 6207
Oasis Cardiff	<i>Runs community centres to promote integration and runs social activities</i>	https://www.oasiscardiff.org/	info@oasiscardiff.org +44 (0)29 2046 0424
All-Ages Support Group Swansea	<i>Community drop in centres for asylum seekers and refugees</i>	https://sass.wales/	vol.sbassg@gmail.com 07853 717017
Women's Support Group Swansea	<i>Support group especially for female asylum seekers and refugees in Swansea and surrounding areas</i>	https://www.scvs.org.uk/swansea-womens-asylum-refugee-support-group-may19	scvs@scvs.org.uk 01792 544000

Men's Services

Organisation	What they do	Website	Contact
CALM	<i>Emotional support especially for men</i>	https://www.thecalmzone.net/	0800 58 58 58 Or chat online
DVIP	<i>Domestic violence intervention project helping support men who are abusing others and wish to stop</i>	https://dvip.org/services-for-men-women/mens-services/	dvip.vpp@richmondfellowship.org.uk See website for contact numbers
Families Need Fathers	<i>Advice, meetings and online forums to support any issue facing a father</i>	https://fnf.org.uk/	admin@fnf.org.uk 0300 0300 363 (helpline)
HIM Fertility	<i>Advice for any men experiencing fertility issues</i>	https://www.himfertility.com/	
The Laurence Trust	<i>Charity supporting men with eating disorders</i>	https://www.thelaurencetrust.co.uk/	07510 371 335 (helpline)
Male Survivor Partnership	<i>Support for men who are victims or survivors of sexual abuse, rape or sexual exploitation</i>	https://malesurvivor.co.uk/	Contact Us- The Male Survivors Partnership
ManKind Initiative	<i>Confidential advice line for men experiencing abuse</i>	https://www.mankind.org.uk/	01823 334244 (helpline)
Men's Advice Line	<i>Support for men experiencing domestic abuse</i>	https://mensadvice.org.uk/	0808 8010327 (helpline)

Men's Health Forum	<i>Advice for any and all health issues affecting men</i>	https://www.menshealthforum.org.uk/	
Men's Sheds	<i>Growing community of men finding friends with common shared interests</i>	https://menssheds.org.uk/	admin@ukmsa.org.uk 0300 772 9626
Only Dad's	<i>Advice and support for men who have little or no contact with their children but wish to</i>	https://www.onlydads.org/	See here for how to get in touch

Money & Finance

Organisation	What they do	Website	Contact
British Red Cross	<i>Provide emergency funds to refugees and asylum seekers in urgent need</i>	https://www.redcross.org.uk/get-help/get-help-as-a-refugee##	Contact your local BRC office
Gov UK	<i>Benefit calculator to calculate any benefits you may be entitled to</i>	https://www.gov.uk/benefits-calculators	
Gov UK	<i>Information on Refugee integration loan you may be entitled to</i>	https://www.gov.uk/refugee-integration-loan	
Money Advice Service	<i>Offers advice on managing your money and where you might be entitled to money</i>	https://www.moneyadviceservice.org.uk/en	Contact us MoneyHelper
Step Change	<i>Charity providing free and confidential advice and support for anyone worried about debt</i>	https://www.stepchange.org/	0800 138 1111
How to open a bank account in the UK	<i>Document detailing how to open a bank account in the UK</i>	https://www.paih.org/resources/Bank-accounts-uk-asylumseekers	
Metro Bank UK Bank	<i>Easy to open an account for both asylum seekers and refugees</i>	https://www.metrobankonline.co.uk/store-locator	
Monzo UK Bank	<i>Very easy to open a bank account online, only for refugees</i>	https://monzo.com/blog/2018/05/30/getting-bank-ac	

		count-refugee	
Nationwide UK Bank	<i>Easy to open an account for both asylum seekers and refugees</i>	https://locations.nationwidebranches.co.uk/search	
Unizest	<i>An app-based e-current account, easy to set-up and use</i>	UK Bank Alternative: App for workers & studentsUnizest	help@unizest.co.uk

Grants

Organisation	What they do	Website	Contact
Turn 2 Us	<i>Helps you find any local grants you may be entitled to</i>	https://grants-search.turn2us.org.uk/	
Glasspool	<i>Directory of grants available from charities in the UK</i>	https://www.glasspool.org.uk/	grants@glasspool.org.uk
STAR	<i>List of grants that can be used to fund university</i>	https://star-network.org.uk/access-to-university/scholarships/additional-financial-support/	
Talisman Grant	<i>Provide grants to those struggling financially</i>	http://www.talismancharity.org/	
National Zakat Fund	<i>Four different grants available for Muslims living in the UK</i>	https://nzf.org.uk/apply/hardship-relief-fund/	
Professional Aid Guild	<i>Provide grants for professionals needing financial assistance</i>	https://www.pcac.org.uk/	admin@professionalsaid.org.uk
Ruth Hayman Trust	<i>Educational grants for people who have come to settle in the UK, whose first language is not english</i>	http://www.ruthhaymantrust.org.uk/	info@ruthhaymantrust.org.uk
Restart	<i>Grant interest-free loans and provide Dentists with specific industry support</i>	https://www.restartrefugeesupport.org/	https://www.restartrefugeesupport.org/contact
Hope For The Young	<i>Grants for those under 28 for tuition fees, exam fees, transport cost and living allowance</i>	https://hopefortheyoung.org.uk/grants-and-advocacy/	info@hopefortheyoung.org.uk 0740 565 4630
The Family Fund	<i>Provides grants for families with</i>	https://www.familyfund.org	Contact us - Family Fund

	<i>disabled children for essentials</i>	.uk/	
Disability Grants	<i>Directory of grants available for those who are disabled or who have disabled children</i>	https://www.disability-grants.org/	
Smallwood Trust	<i>Make small grants to women in financial difficulty</i>	https://www.smallwoodtrust.org.uk/grants	info@smallwoodtrust.org.uk 0300 365 1886
London Churches Refugee Fund	<i>Grants to charities who then allocate the funds. General hardships e.g travel, food, data up to £850.</i>	https://www.lcrf.org.uk/grants	grants@lcrf.org.uk
Cosaraf	<i>Hardship grants - must be applied for by a 3rd party (a recognised social organisation)</i>	https://www.cosaraf.org/what-we-do/hardship-grants/	info@cosaraf.org
Home Office	<i>Pregnant asylum seekers can claim a £300 pregnancy grant and extra asylum support for children under 3</i>	https://maternityaction.org.uk/advice/asylum-seekers-financial-support-and-housing/	
Al-Mizan Trust	<i>Grants for refugees, asylum seekers and UK citizens for things like education</i>	www.almizantrust.org.uk	admin@almizantrust.org.uk
Professional Aid Guild	<i>Grants for course costs</i>	www.pcac.org.uk	admin@professionalsaid.org.uk
Vegetarian Charity	<i>Grants for vegetarians under 26 towards education costs</i>	www.vegetariancharity.org.uk	The Vegetarian Charity Contact us
Gingerbread	<i>Information about grants and money in an emergency</i>	https://www.gingerbread.org.uk/	0808 802 0925 (helpline)
Family Action Grant	<i>Welfare and Education grants to families</i>	https://www.family-action.org.uk/what-we-do/grants/	info@family-action.org.uk 020 7254 6251
Tons of Help Beattie UK	<i>Grants of £100 for residents of Birmingham</i>	https://tonsofhelp.com/apply	
Buttle	<i>Grants for children and young people in the UK who have experienced crisis</i>	https://bettleuk.org/apply-for-a-grant/	General enquiries - Buttle UK

Religious Support Groups

Organisation	What they do	Website	Contact
Charity Choice	<i>Find a local charity connected to your chosen religion</i>	https://www.charitychoice.co.uk/charities/religious	enquiries@charitychoice.co.uk 020 7324 2365
The Buddhist Network	<i>A network of Buddhist organisations all over the UK</i>	https://www.nbo.org.uk/	nboadmin@nbo.org.uk
Christian Peace	<i>Network of Christian organisations across the UK providing all services</i>	http://ncpo.org.uk/	enquiries@ncpo.org.uk 01865 250781
Scottish Faith Action For Refugees	<i>Helps all newly arrived Christian refugees in Scotland integrate and find the help they need</i>	http://www.sfar.org.uk/	schalmers@churchofscotland.org.uk 07341 478 174
Christian Helpline	<i>Confidential helpline for all members of the Christian faith for advice on any issue</i>	https://christianhelplines.co.uk/services.html	mail@christianhelplines.co.uk
Hindu Council UK	<i>Promotes the Hindu voice within the UK and provides lots of links to Hindu organisations</i>	http://www.hinducounciluk.org/	admin@hinducounciluk.org
Hindu Matters in Britain	<i>Helpful resources for all Hindus new to Britain. Also provides a directory of local community groups</i>	https://www.hindumattersinbritain.co.uk/Home/Index	info@hindumattersinbritain.co.uk
Jewish Council UK	<i>Jewish council for racial equality supporting refugees and asylum seekers</i>	https://www.jcore.org.uk/	admin@jcore.org.uk

Association of Jewish Refugees	<i>A charity providing support, social services and referrals for Jewish victims of oppression in the UK</i>	https://ajr.org.uk/	enquiries@ajr.org.uk 020 8385 3070
Jewish Helpline UK	<i>Confidential helpline for all members of the Jewish faith for advice on any issue</i>	http://www.jewishhelpline.org/	helpline@jcare.org 020 8922 2222
The Islamic Council UK	<i>Provides advice and support to all Muslims with a focus on wellbeing and family harmony</i>	https://theislamiccouncil.co.uk/	info@theislamiccouncil.co.uk 0800 622 6111
Muslim Council of Britain	<i>Runs a welcoming refugees project which promotes the needs of newly arrived refugees</i>	https://mcb.org.uk/project/welcoming-refugees/	admin@mcb.org.uk 0845 26 26 786
Muslim Community Helpline	<i>Helpline run by Muslims for Muslims who need any form of advice</i>	https://muslimcommunityhelpline.org.uk/	ess4m@btinternet.com 0208 904 8193
Sikh Council UK	<i>Representing the views and advocating for the wellbeing of the UK Sikh community</i>	http://sikhcounciluk.org/	info@sikhcouncil.org.uk
Sikh Helpline UK	<i>Sikh helpline and advice services. Provides full directory of all local Sikh support groups</i>	https://www.sikhhelpline.com/covid19-support-groups/	info@sikhhelpline.com 03000 3000 63 07999 0043 63
Recovering from Religion	<i>Directory of all local support groups for those who have left religion or those with changing views</i>	https://faithschoolersanonymous.uk/further-advice/leaving-a-religion/	

Transport

Bikes

Organisation	What they do	Website	Contact
BRAT	<i>Offer bikes to asylum seekers in Birmingham</i>	https://bratclub.co.uk/bikes-for-refugees/	Michael@bikebus.org
The Bristol Bike Project	<i>Offers bikes to asylum seekers and refugees who are willing to 'earn' it by helping for two hours to fix it up</i>	https://thebristolbikeproject.org/community/earn-a-bike/	hello@thebristolbikeproject.org.uk 0117 951 9692
Oasis Cardiff	<i>Offers bikes to asylum seekers and refugees and shows them how to do repairs</i>	https://www.oasiscardiff.org/bicycle-maintenance	info@oasiscardiff.org
Hertfordshire Welcomes Refugees	<i>Bicycles for asylum seekers and refugees in Hertfordshire</i>	https://www.hwsf.org.uk/bicycle-scheme.html	Contact (hwsf.org.uk)
StreetBikes	<i>Bicycles for asylum seekers and refugees in Huddersfield and West Yorkshire</i>	https://streetbikes.org.uk/	01484 654530
Asylum Welcome Bikes	<i>Bicycles for asylum seekers and refugees in Oxfordshire</i>	https://www.asylum-welcome.org/services/recycled-bicycles/	To enquire phone, text or whats app: 07740108550
Bikes For Lancaster	<i>Bicycles for asylum seekers and refugees in Lancaster</i>	http://refugeehome.uk/bikes-for-lancaster/	holdensue@gmail.com 07490 459265
Glos Bike Project	<i>Bicycles for asylum seekers and refugees in Lancaster</i>	https://gloucestershirebikeproject.co.uk/	info@glosbikes.co.uk 01452 690 979
The Bike Project	<i>Bicycles for refugees in London and the West Midlands</i>	https://thebikeproject.co.uk/pages/refugee	Please contact your RefuAid caseworker if you would like to be referred for this service

New Routes	<i>Bicycles for asylum seekers and refugees in Norwich</i>	https://newroutes.org.uk/projects/outreach/welcome-wheels/	Please contact your RefuAid caseworker if you would like to be referred for this service
COMAC Project	<i>Bicycles for asylum seekers and destitute refugees in Sheffield</i>	https://comac.org.uk/	comacworkshop@gmail.com
Bikes For Refugees	<i>Bicycles for refugees in Scotland, you can apply online</i>	https://www.bikesforrefugees.scot/	admin@bikesforrefugees.scot
Bikes In Needs	<i>Bicycles for asylum seekers and refugees in York</i>	https://yorkcyclecampaign.bike/2020/08/05/organised-cycling-bikes-in-need/	enquiries@bikesinneed.co.uk

Women's Services

Organisation	What they do	Website	Contact
Refugee Women's Association	<i>Offering Women advice, training and workshops, employment and volunteering support</i>	https://www.refugeewomen.org.uk/Aboutus%20/services	info@refugeewomen.org.uk 0207 923 2412
NHS Pregnancy and Baby guide	<i>NHS information on pregnancy and what services you can access through the NHS</i>	https://www.nhs.uk/conditions/pregnancy-and-baby/	
Maternity Action	<i>Explains all your rights as an expectant mother whether you are an asylum seeker or refugee</i>	https://maternityaction.org.uk/women-from-abroad/	info@maternityaction.org.uk
Fertility Network UK	<i>National charity offering support and advice for those who wish to have a baby</i>	https://fertilitynetworkuk.org/	info@fertilitynetworkuk.org 01424 732361
British Pregnancy Advisory Service	<i>Advice and support if you are considering an abortion. Clinic referrals and contraception advice</i>	https://www.bpas.org/	info@bpas.org 03457 30 40 30
Miscarriage Association	<i>Provide support and information on local services for those who have lost a baby during pregnancy</i>	https://www.miscarriageassociation.org.uk/	info@miscarriageassociation.org.uk 01924 200799
PANDAS	<i>Charity providing support for women suffering from prenatal or postnatal depression or psychosis</i>	https://pandasfoundation.org.uk/	0808 1961 776 (helpline)
Birth Trauma Association	<i>A charity who support women who have suffered birth trauma and PTSD</i>	https://www.birthtraumaassociation.org.uk/	support@birthtraumaassociation.org.uk 0203 621 6338

Refugee Women Connect	<i>Charity who run drop-in centres, friending services and children's groups for female asylum seekers and refugees who are victims of human trafficking</i>	https://www.refugeewomenconnect.org.uk/	info@refugeewomenconnect.org.uk 0151 305 1070
Women's Aid	<i>Directory of all domestic abuse support charities in the UK. A specific section for BME individuals</i>	https://www.womensaid.org.uk/domestic-abuse-directory/	helpline@womensaid.org.uk Live Chat Women's Aid
Refuge	<i>A charity supporting women and children suffering from domestic abuse</i>	https://www.refuge.org.uk/	0808 2000 247 (helpline)
Haven	<i>A charity supporting female victims of domestic and sexual abuse</i>	http://www.havennetwork.org.uk/	info@wfhaven.org.uk 020 8520 0755
Karma Nirvana	<i>National charity supporting those who are afraid they may become a victim of honour-based violence or survivors of honour-based violence</i>	https://karmanirvana.org.uk/	0800 5999 247 (helpline)
Halo Project	<i>National charity supporting victims of honour-based violence and forced marriage. Can provide EMERGENCY help, if required</i>	https://www.haloproject.org.uk/	01642 683 045
Against Forced Marriages UK	<i>Charity for those who are either at risk of being coerced into marriage or victims of forced marriage</i>	http://www.againstforcedmarriages.org/	info@iantrust.org 0800 141 2994 (helpline)
Forced Marriage Unit UK GOV	<i>Information on forced marriage laws and how to report a suspected forced marriage</i>	https://www.facebook.com/forcedmarriage	fm@fcdo.gov.uk 020 7008 0151
NHS FGM Clinics	<i>Find a local clinic for support and health needs for women who have suffered FGM</i>	https://www.nhs.uk/conditions/female-genital-mutilation-fgm/national-fgm-support-clinics/	
FGM Specialist Network UK	<i>A directory of all charities in the UK that offer support to women who are victims of FGM</i>	https://fgmnetwork.org.uk/	
BAME Groups Wales	<i>All support services offered to female asylum seekers and refugees in Wales</i>	http://eyst.org.uk/bame-map.php	info@eyst.org.uk 01792 466980

Other

Organisation	What they do	Website	Contact
Advice Local UK	<i>Help finding local services</i>	https://advicelocal.uk/	
ASAP	<i>List of all local charities that specifically help asylum seekers</i>	http://www.asaproject.org/resources/organisations-who-can-help	
Dialexi	<i>Certified translation service for education and professional certificates</i>	https://www.dialexy.com/en	
Phone Credit 4 Refugees	<i>Help with phone top up credit for any displaced person</i>	https://www.pc4r.org/projects	info@pc4r.org
Community Tech Aid	<i>Laptops for Lambeth + Southwark residents</i>	https://www.communitytechaid.org.uk/	Please contact your RefuAid caseworker if you would like to be referred for this service
Screen Share	<i>Laptops for young refugees</i>	https://www.screen-share.co.uk/	Please contact your RefuAid caseworker if you would like to be referred for this service
Info Latinos	<i>Ofrece una red de latinos y británicos, un buddy bilingüe y sesiones de apoyo individual</i>	https://www.infolatinos.co.uk/	
Conversation Over Borders	<i>Offers free online English classes, and trauma-informed counselling, promotes digital inclusion by providing reused tech devices, and holds community events</i>	https://www.conversationoverborders.org/	info@conversationoverborders.org

SPEAK	<i>Conversational language learning groups combating social isolation. Online for anyone, f2f in Manchester, Ipswich and London</i>	https://www.speak.social/Onboarding/Onboarding?CurrentLocale=en-gb	Please sign up and register your interest as a Participant via the website
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