The Supporting Women Project TOOLKIT

FOR REFUGEE + ASYLUM-SEEKING WOMEN

A practical guide to support refugee and asylum-seeking women on issues of violence and trauma from the Evelyn Oldfield Unit and supported by Comic Relief. This is designed to support small community organisations working with women. This toolkit will be updated regularly. We welcome any feedback / notifications of inaccuracies / updates. Please also get in touch if you wish to feature in this...

Email: sheena@evelynoldfield.co.uk
Telephone: 020 7697 4103

www.evelynoldfield.co.uk
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Jobi Tan, Ambra Mercuri, Sadik Hassan, Luzi Zenika A Madi & Elisabetta Sarazani

And also of course the Sarah Menzies who was the driving force behind this project.
You can contact the EOU at any time to be sign-posted to refugee or migrant groups.

Please contact us at: volunteer@evelynoldfield.co.uk or call 0207 697 4101

Furthermore, you can find a list of refugee community organisations and the type of support they offer here:

http://www.testimonyproject.org/article/signposting/community-organisations-london
Chapter 1
How to Respond When a Woman Discloses Domestic Abuse.
24-hour National Domestic Violence Freephone Helpline
0808 2000 247
The Helpline is staffed 24 hours a day by fully trained female helpline support workers and volunteers. All calls are completely confidential. Translation facilities for callers whose first language is not English
http://www.nationaldomesticviolencehelpline.org.uk/

Against Violence & Abuse
This organisation can support your organisation directly through training, information and advice
Website: http://www.avaproject.org.uk/

Ascent
Aim at women who have experienced any form of gendered violence, including domestic violence.
Please call 0207 610 4678
Email: ascentcounselling@wgn.org.uk

Ashiana
A charitable organisation providing advice, support and guidance to women from the Asian, Turkish and Iranian community. Ashiana offers safe accommodation. They also offer one to one outreach, in-house counselling and various other projects. Specialise in support around domestic violence and forced marriage.
Website: http://www.ashiana.org.uk/
Telephone: 020 8539 0427 / 9656

Borough Community Safety Units
Please check your local borough

Chinese Information And Advice Centre
The Chinese Information and Advice Centre (CIAC) provides free information, advice and support to disadvantaged Chinese people in our community living in the UK. This includes supporting women and children who are victims, or at risk of domestic violence, working with prisoners to help reduce re-offending, and legal advice on issues such as employment, immigration, asylum and homelessness.
Website: http://www.ciacc.co.uk/women%27s%20support%20project.htm

Domestic Violence Intervention Project (DVIP)
Support for men and for women (if your partner is accessing their services); also elderly abuse support.
Telephone: 020 7401 7278
Website: www.dvip.org

Domestic Violence Team (in all boroughs) e.g. in Hackney - LBH Domestic Violence Team
The DV Team provide advocacy, advice and support to men and women experiencing domestic violence. Caseworkers provide individual support to service users. DVT also provide counselling to victims of domestic violence.
Telephone: 0800 056 0905

Eaves
It runs lots of training, projects and offer advice to women affected by violence
Website: http://www.eavesforwomen.org.uk/about-eaves

Hestia Women’s Aid
Hestia Hackney Domestic Abuse Service currently consists of:
5 refuges, providing safe accommodation and support for women and children fleeing domestic violence. All 5 refuges are for generic service users.
Telephone: 020 7378 3156
Website: http://www.hestia.org/speaking-out-on-violence-against-migrant-women/
**Home Office leaflet with advice—'Three Steps to Escaping Domestic Violence'**

**Imece**
Its aim is to empower Black, Minority Ethnic and Refugee (BMER) women, particularly Turkish, Kurdish and Turkish Cypriot women and improve quality of their lives.
Website: http://imece.org.uk/

**Imkaan**
Imkaan is a UK-based, black feminist organisation dedicated to addressing violence against women and girls.
More here: http://imkaan.org.uk/services
Website: http://imece.org.uk/pdf

**Iranian and Kurdish Women’s Rights Organisation**
KWRO is a registered charity which provides advice and support to Middle Eastern and Afghan women and girls living in the UK, it offer advice in Farsi, Dari, Kurdish, Arabic, Turkish, Pashto and English and run a free counselling service in Farsi, Kurdish, Arabic and English.
Website: http://kwro.org.uk/ourservices/

**Islington Council’s comprehensive information on responding to domestic abuse**

**Jan Trust – Asian women’s support**
Organisation with strong experiences in the fields of education, women’s empowerment, health, human rights, citizenship, community cohesion and interfaith.
Website: http://jantrust.org/

**Kurdish and Middle Eastern Women’s Organisation**
Provide support for women from Iraq, Iran and Eastern Turkey victims of domestic violence and exposed to the threat of honour killing in their countries.
Based in Islington and also operating in south London, KMEWO provides a range of support to women including advice, advocacy, training and direct DV services.
Website: http://www.kmewo.org/

**Middle Eastern Women and Society**
MEWSO is a social and cultural charity organisation that works to support Middle-Eastern women in London who may be having difficulties integrating into society or are victims of domestic violence.
Website: http://mewso.org/

**Nia project**
Nia project provide advocacy, advice and support for women and children experiencing domestic violence and other form of violence against women.
Also initiate and participate in research, campaigns and projects.
Telephone: 020 7683 1270
Website: http://www.niaendingviolence.org.uk/
RAMFEL
Offering support to those affected by domestic and sexual violence.
Telephone: 0208 478 4513
Email: appointment@ramfel.org.uk
Website: http://www.ramfel.org.uk/wordpress/violence-against-women-girls/

Rights of Women
RoW’s free telephone advice lines have provided many thousands of women with legal advice and information on a wide range of legal issues including domestic violence, child contact, sexual violence and the criminal justice process and immigration and asylum as well as other legal issues arising from relationship breakdown.

They provide a safe space for women to talk about their situation and receive expert legal advice to enable them to make important decisions about their future.
Telephone: 020 7251 6577
Telephone text: 020 7490 2562
Website: http://rightsofwomen.org.uk/get-advice/ for opening times.

Southall Black Sisters
They have been campaigning for the rights of black women since 1979 and run a helpline for women fleeing violence open Mondays to Fridays 10:00 – 5:00 (except Wednesdays 12:30 - 1:30).
Helpline: 0208 571 0800

Their services are open to all. They are also able to provide small amounts of financial support for women fleeing violence with no recourse to public funds.
Telephone General Enquires: 0208 571 9595
Website: http://www.southallblack sisters.org.uk/

Solace Women’s Aid
We are a London-based charity that supports women and children affected by domestic and sexual violence.
Website: http://www.solacewomensaid.org/

Victim Support in Hackney
Victim Support provides specialist emotional support, practical support, advocacy and information to male and female victims of domestic violence, rape, sexual assault, stalking, forced marriage, so-called ‘honour’ based violence and female genital mutilation. We also provide support to victims and witnesses attending Crown and Magistrates’ court.
Telephone: 020 7336 1760
Women's Aid
National charity offering confidential support, survivors' forum and handbook; also has a searchable local directory
http://www.womensaid.org.uk/
Advice on immigration issues and domestic violence:
section=000100010008000100350002
Survivor's Handbook (full of resources and advice):
section=000100010008000100350001

Women and Girls Network
The Women's and Girls Network, now with a Brent based service, provides free and confidential information, advice and support to women and girls experiencing domestic and sexual violence. Services include an advice line, group work, one to one support and a counselling service.
Address PO Box 13095, London, W14 0FE
Telephone 0808 801 0770 / 0808 801 0660
Website http://www.wgn.org.uk
Email: advice@wgn.org.uk

OTHER
Advice for those with insecure immigration status:

European database on DV issues information, resources, toolkits, good practice: http://eige.europa.eu/content/domestic-violence


Please let us know of any other useful resources that you may know of .. Please also let us know of any
Chapter 2
Mental Health Support for Refugee Women
### SELF SUPPORT

#### MEDITATION / MINDFULNESS

You may wish to consider taking up meditation or practicing mindfulness for self support. These places operate on a donation-only fee as opposed to charging fixed prices. All welcome.

- **Meditation on Holloway Road**: [http://www.northlondonbuddhistcentre.com](http://www.northlondonbuddhistcentre.com)
- **Meditation in Bethnal Green**: [http://www.lbc.org.uk](http://www.lbc.org.uk)
- **Mindfulness Centre in London**: [http://www.london-meditation.co.uk/mindfulness.php](http://www.london-meditation.co.uk/mindfulness.php)
- **Gaia Centre (for weekend or week long retreats) in Devon**: [http://gaiahouse.co.uk](http://gaiahouse.co.uk)

You can also partake in some mindfulness in the comfort of your own home by accessing these guided exercises:

- **5 minute meditation (follow the sound of the ringing bell)**: [https://www.youtube.com/watch?v=wGFog-OuFDM](https://www.youtube.com/watch?v=wGFog-OuFDM)
- **Jon Kabat Zinn (20 minutes)**: [https://www.youtube.com/watch?v=-q5SQqPRFdbq](https://www.youtube.com/watch?v=-q5SQqPRFdbq)
- **3 minute breathing exercise (Jefferson University Hospital) female voice**: [https://www.youtube.com/watch?v=8gcUSfTEn84](https://www.youtube.com/watch?v=8gcUSfTEn84)

### THERAPY

Here are some definitions of the main types of therapy:

- **Counselling**: is a type of talking therapy that allows a person to talk about their problems and feelings in a confidential and dependable environment.
- **Cognitive behavioural therapy - (CBT)**: is a talking therapy that can help you managing your problems by changing the way you think and behave.
- **Mindfulness**: means paying attention in a particular way: on purpose, in the present moment, and non-judgmentally to increase awareness, clarity and acceptance of our present-moment reality.
- **Psychotherapy**: Psychotherapy is a way of helping people to gain emotional support, overcome stress, relationship problems or troublesome habits. Psychotherapy is provided in a range of settings, including on an individual, group, marital or family basis.
OTHER THERAPY TYPES SUGGESTED

Art Therapy: help people express difficult thoughts and feelings through creative activities.

LIST OF FREE AND LOW COST MENTAL HEALTH SERVICES:

Your Doctor / GP

Large mental health charities like MIND – read more about the support MIND can offer here: http://www.mind.org.uk/information-support/guides-to-support-and-services/community-based-mental-health-and-social-care-in-england/?U5hBwHjdW5q

Specialised

Such as Refugee Therapy Centre, Women’s Therapy Centre (please see overleaf for further information) and services for women in London:

Hillside Club

Hillside Clubhouse is a resource for people with mental health problems that makes social inclusion and participation in everyday life a reality. Getting a paid job, having a social life and going to college are the norm for many of our members.

Referral address:
Hillside Clubhouse 29/30
North Road London, N7 9GJ
Telephone: 020 7700 6408 Fax 020 7700 0017
Website www.hillsideclubhouse.org.uk

Helios

Helios is a well established charity offering holistic therapy for people living with HIV, hepatitis and other chronic physical and psychological conditions. We provide a range of treatments, such as massage, hypnotherapy, acupuncture, reflexology, aromatherapy, osteopathy, shiatsu, healing, counselling, psychotherapy and nutrition advice. They offer a special women discreet clinic where they can receive a course of holistic healthcare therapy from our team of friendly and experienced therapists.

Opening Hours: Mon-Fri 10am-7pm.Saturday: 10am-3pm Website: http://www.helioshealth.org.uk/

ELBWO

You can get advice on health, education, employment, immigration, nationality and mental health if you’re an African or African Caribbean woman. There is also a domestic violence unit as well as an after-school club, and a befriending project. Languages spoken are French and English. Opening times: Monday-Friday 8.30am-6pm

Refugee Therapy Centre

Refugee Therapy Centre offers specialist, intercultural psychotherapy and counselling for refugees and asylum-seekers in many languages, and associated treatments. RTC also provides qualifying training and supervision.

Address: Refugee Therapy Centre N4 3RFLondon, UK
Email: aalayarian@refugeetherapy.org.uk
Website: www.refugeetherapy.org.uk
Telephone: 0207 272 2565
MULTIPLE SUPPORT

The Medical Foundation

The Medical Foundation for the Care of Victims of Torture ("the Medical Foundation") is a registered charity providing treatment and support to survivors of torture. In addition to medical care, the Medical Foundation offers access to psychiatrists, psychotherapists, psychologists, counsellors, and NB all solicitors are obliged by the SRA (regulatory body) to abide by the Solicitors Code of Conduct, and required to send client care letters detailing their responsibility to their clients and vice versa.

Referral address
111 Isledon Road
Islington
London
N7 7JW
Call 020 7697 7777
Website:
http://www.freedomfromtorture.org/about/15/7474

Women’s Therapy Centre

The Centre has a particular commitment to offering psychotherapy to women whose needs might not otherwise be met elsewhere and has a commitment to working with women who would not usually have access to therapy. This project enables women from BAME communities to utilise psychotherapy by using a community based model to overcome traditional barriers to access. The project also focuses on the needs of the staff and volunteers working with women.

Website: http://www.womenstherapycentre.co.uk/

COMMUNITY MATRON for Migrant Health

Community Matrons are highly experienced senior nurses who work closely with patients in the community to provide, plan and organise their care. They mainly work with those with a serious long term or complex range of conditions.

The Green Health Centre
Location : Wallsend
NE28 7PD
Telephone Voice: 0787 6504 047
Email: claire.hall@northtyneside-pct.nhs.uk

Tavistock

The Refugee Service at Tavistock Centre provides a culturally sensitive service to refugees and asylum-seeking people in Camden and other London boroughs. They work closely with cultural advocates and interpreters, providing emotional support to adults, children and young people.

For more information please see:
http://www.tavistockandportman.nhs.uk/

West London Rape Crisis Centre (for women who have experienced any form of sexual violence, recent or historic) - currently accepting referrals in Brent, Ealing, Harrow, Hammersmith & Fulham, Hillingdon and Hounslow.

Please call 0208 567 7347 or email rcc@wgn.org.uk to refer.
**Women and Girls Network (WGN)**

Women and Girls Network (WGN) is a pan-London service that supports women and girls affected by all forms of gendered violence. This includes: childhood sexual abuse, domestic violence, rape, prostitution (including trafficking and sexual exploitation), female genital mutilation (FGM), and so-called ‘honour’ based crimes such as forced marriage. WGN is a free, women-only service providing a holistic response to women and girls who have experienced, or are at risk of, gendered violence.

Their overall aim is to promote, preserve, and restore the mental health and wellbeing of women and girls to empower them to make a total and sustainable recovery from the experiences of violence.

Sexual Violence Helpline: 0808 801 0770  
Advice Line: 0808 801 0660  
Website: [http://www.wgn.org.uk/find-help](http://www.wgn.org.uk/find-help)

**Women & Health, Camden**

Women & Health is a charity offering a unique integrated health service. A wide range of affordable complementary therapies, counselling, health-based workshops and classes are available to women living or working in Camden.

Contact details:  
Women and Health  
4 Carol Street, London,  
NW1 0HU  
Telephone: 020 7482 2786  
Email: connect@women-and-health.org  
Website: [http://www.womenandhealth.org.uk/camden/About_Women_Health.html](http://www.womenandhealth.org.uk/camden/About_Women_Health.html)

[Search yourself here:](http://onespace.org.uk)  
[www.mind.org.uk](http://www.mind.org.uk)  
[www.nhs.uk](http://www.nhs.uk)
Chapter 3
Legal support for vulnerable woman
The National Pro Bono Centre is a charity which is designed to be a “hub” for pro bono charities across the legal sector. It supports the wide range of pro bono projects and brokerage which the charities support, helping individuals and community groups all over England and Wales.

The office on Chancery Lane provides a central resource for charities that try to help people seeking pro bono legal advice and representation.

The Centre is not able to provide legal advice, however this website should be able to point you in the direction of those who can, and also assist lawyers who are interested in pro bono opportunities.

http://www.nationalprobonocentre.org.uk/finding-legal-help

48 Chancery Lane
London
WC2A 1JF

The following organizations are listed there
http://www.nationalprobonocentre.org.uk/npbc-charities

These are some of the charities listed on the NPBC that may be recommended:

The Access to Justice Foundation

The Access to Justice Foundation was set up by the legal profession to improve access to justice for those most in need. We do this by raising funds and distributing those funds to pro bono and advice agencies throughout the country to support the provision of free legal advice.

Bar Pro Bono Unit

The Bar Pro Bono Unit is a national charity that matches members of the public who cannot afford a barrister and cannot obtain legal aid with barristers happy to volunteer their services free of charge. The Unit makes it possible for barristers to balance a dedicated practice with making a significant contribution to the community.

CILEX Pro Bono Trust

CILEX Pro Bono Trust works to facilitate delivery of pro bono legal services by CILEX members. We do this by working with other pro bono providers to develop schemes suitable for CILEX members, signposting members to pro bono opportunities and providing training and other support.

Law Works

LawWorks supports lawyers to volunteer their professional skills to assist individuals and community groups who cannot afford to pay for legal help and who are unable to access legal aid or other forms of financial assistance. Access is through a network of free legal advice clinics, information of which is available on the website.

The London Legal Support Trust

The London Legal Support Trust (LLST) is an independent charity that raises funds for free legal advice services in London and the South East.

LLST supports the provision of specialist legal advice through law centres, advice agencies and citizens advice bureaux by providing them with grant funding alongside other forms of support.

Pro Bono Community

Pro Bono Community is a new charity that has developed a specialised training programme for law students, trainees and junior lawyers aimed at preparing them for volunteering in Law Centres and other advice agencies.
**AIRE Centre (European Migrants)**
The AIRE Centre is to promote awareness of European law rights and assist marginalised individuals to exercise the rights. It brings cases to the European Court of Human Rights, provides legal advice to other lawyers and advisers in the voluntary sector and provides legal advice to individuals directly.

Referral address
The AIRE Centre, Third Floor
17 Red Lion Square
London
WC1R 4QH
Website: http://www.airecentre.org/index.php
Email: info@airecentre.org

**Asylum aid**
An independent, national charity working to secure protection for people seeking refuge in the UK from persecution and human rights abuses abroad. It provides free legal advice and representation to the most vulnerable and excluded asylum seekers, and lobby and campaign for an asylum system based on inviolable human rights principles. They also run the ‘Women’s Project’ which is another useful source of advice.

Website: http://www.asylumaid.org.uk/womens-project/

Contact details
Club Union House 253-254, Upper Street
London, N1 1RY, England
Tel 020 7354 9631 or Tel 020 7831 4276

**ASAP: Asylum Support Appeals Project**
ASAP works to protect asylum seekers’ legal rights to food and shelter. It offers free legal representation and advice to asylum seekers appealing against UKBA decisions to refuse or withdraw their housing, financial subsistence. It also provides support advice and training to frontline organisations, advice agencies and legal practitioners working with asylum seekers. However, it does not give immigration advice and advice to individual asylum seekers.

Website: http://www.asaproject.org/
Email: enquiries@biduk.org

**A4ID – Advocates for International Development**
A4ID is a global charity that believes the law can, and should, be used more effectively to eradicate global poverty.

It is our role to ensure that legal support is available for all those involved in the fight against poverty and that lawyers and development organisations have the skills and knowledge to use the law as an effective development tool.

http://www.a4id.org/legal-support
Brokerage Service or Placement Directory enquiries
Lucy Hathaway, Deputy Head of Partnerships and Legal Services: 44 (0) 20 7006 4591
probono@a4id.org
General enquiries: 44 (0) 20 7006 4378
info@a4id.org

Postal address
A4ID
10 Upper Bank Street
London
E14 5NP
United Kingdom

**Bail for Immigration Detainees**
Bail for Immigration Detainees works with asylum seekers and migrants to secure their release from detention. It works with detainees in all removal centres in the UK and with many immigration detainees held in prison. It provides free information and telephone support to detainees to help them make bail applications and prepares and presents free applications for release on bail or temporary admission for some of the most vulnerable detainees.

Website: http://www.biduk.org/
Cardinal Hume
The Centre provides free and accredited advice on basic as well as complex immigration matters. In addition, we can also provide representation at appeal for those who cannot afford legal assistance and are suffering from poverty and homelessness due to their lack of status.
3-7 Arneway Street
Horseferry Road
London
SW1P 2BG
Phone: 020 7222 1602
Fax: 020 7233 2513
info@cardinalhumecentre.org.uk

Derman – for the wellbeing of the Kurdish and Turkish communities.
For Kurdish, Turkish, Turkish Cypriot origin and EU Turkish people, who reside and/or are registered with a GP in Hackney.
The Basement
66 New North Road
London N1 6TG
Phone: 02076135944
Email: services@derman.org.uk

Greenroots Law
Greenroots Law is a not for profit agency, and is providing areas of law which are no longer covered by legal aid. It has recently opened a social enterprise (a community interest company) which is a community law firm providing immigration, employment and education law services. Please note that if people have experienced domestic violence and/or been trafficked, they may be eligible for legal aid and there is still legal aid for discrimination cases and Special Educational Needs matters.
Website: www.greenrootslaw.co.uk

Greenwich Migrant Hub
Greenwich Inclusion Project (GrIP) promotes race equality, community harmony, and the elimination of all forms of hate crime whether on grounds of age, disability, gender, gender identity, race religion or belief, sexual orientation or any combination thereof and without limitation in the Royal Borough of Greenwich and surrounding areas.
2nd Floor, Royal Sovereign House
Beresford Street
London SE18 6BF
07742 12 61 60
(Tuesdays only)
http://www.greenwichmigranthub.com/

Hackney Community Law Centre
Asylum and Immigration Advice line open
Phone: 0208 985 8364
Website: www.hclc.org.uk

Hackney Migrant Centre
Free advice for refugees, asylum seekers and recent migrants.
Website: http://www.hackneymigrantcentre.org.uk/

Haringey Migrant Support Centre
St John Vianney Church Hall
386 West Green Road
N15 3QL
Phone 07544078332
Website: www.haringeymsc.org

JCWI: Joint council for the welfare of immigrants
JCWI provides direct legal advice and assistance to those affected by the UK’s immigration control. It also gives legal training for practitioners and provides publications of reference materials.
Referral address
115 Old Street
London EC1V 9RT
Tel 020 7251 8708
Fax 020 7251 8707
Website: http://www.jcwi.org.uk/
Latin American House
Appointments for Housing Benefit Advice, Housing Law Advice, Employment Law and Immigration:
10 Kingsgate Place
London, NW6 4TA
Phone: 02073725244
Email: admin@casalatina.org.uk

Law Society
The Law Society is a very good place to start and lists solicitors by practice area. ‘Immigration’ and ‘human rights and civil liberties’ will be the best search criteria.
Website: http://www.lawsociety.org.uk/

Lewisham Refugee Network
Referrals can be done by individuals or agencies
1st Floor Parker House
144 Evelyn Street
London, SE8 5DD
Immigration enquiries: Phone: 02086940323
Email: ed@lrmn.org.uk

Migrants Resource Centre
Legal Advice Centre
Referral address
Derry House
20 Penfold Street
NW8 8HJ
Phone 02074026750
General enquiries: info@migrants.org.uk

OISC register
To check if your lawyer is OISC (Office of Immigration Services) registered, check here:
http://oisc.homeoffice.gov.uk/
how_to_find_a_regulated_immigration_adviser/

The Personal Support Unit
The Personal Support Unit (PSU) helps litigants in person, their friends and families, witnesses, victims and inexperienced court users.

We provide trained volunteers who give free, independent assistance to people facing proceedings without legal representation in civil and family courts and tribunals. Our service is offered equally to everyone who asks and it is confidential, impartial and open to all.
Website: https://www.thepsu.org/get-help/
**Praxis**
The Centre provides free and accredited advice on basic as well as complex immigration matters. In addition, they can also provide representation at appeal for those who cannot afford legal assistance and are suffering from poverty and homelessness due to their lack of status.

- **Form-filling sessions**
- **Face-to-face advice**
- **General advice queries:** advice@praxis.org.uk

**Referral address**
Pott Street, London E2 0EF
Cardinal Hume

Ask us a question or call 020 7227 1673 to see if we can help and arrange an appointment.

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**Project 17**
Project 17 works to end destitution among migrant children. We work with families experiencing exceptional poverty to improve their access to local authority support.

For advisers assisting migrant families with no recourse to public funds on housing, and financial issues

**Website:** [www.project17.org.uk](http://www.project17.org.uk)

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**RAMFEL - Refugee and Migrant Forum of East London**
Immigration advice referrals and appointments are subject to charges

020 8478 4513, for the Ilford or Barking office:

**Website:** [http://www.ramfel.org.uk/](http://www.ramfel.org.uk/)

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**Red Cross Refugee Unit**
The Red Cross specialises in helping refugees and especially family reunion with Legal Aid.


Aztec Row
5 Berners Road
Angel
London N1 0PW
0207 7045 670

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**Refugee Action**
Refugee Action provides advice about claiming asylum, the asylum process, asylum support and assisted voluntary return as well as help for refugees.

Refugee Action
Victoria Charity Centre, 11 Belgrave Road, London SW1V 1R8
0207 952 1511

**Website:** [http://www.refugee-action.org.uk/](http://www.refugee-action.org.uk/)

**Contact details**
For general enquiries: info@refugee-action.org.uk
Asylum Advice via Asylum Help (0808 8000 630)

**Website** [http://www.refugee-action.org.uk/get_help_advice](http://www.refugee-action.org.uk/get_help_advice)

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**Refugee Council - Brixton Destitution Project**
Destitute clients can receive practical advice and support, health support, a meal, and emergency provisions at our drop-in destitution services.

The Brix @ St Matthew’s, 4th floor
Brixton Hill, London SW2 1JF
Open Tuesday 10.00-14.00 & Thursday 10.00-14.00

Tuesdays only Immigration Legal Advice surgery with Lambeth Law Centre/South West London Law Centre from 11:00 – 13.30

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**Rights of Women**
They provide free and confidential legal advice to women on the following advice lines:

- Family law advice line
- Criminal law advice line
- Immigration and asylum law advice line
- Ascent advice line for women and advisers in London.

**Website** [http://rightsofwomen.org.uk/](http://rightsofwomen.org.uk/)
Chapter 4
Funding support for education and for community groups
**Funding for individuals:**

**CARA (Council for Assisting Refugee Academics)**
This Charity provides practical support to displaced academics and their dependents, helping rebuild their shattered lives and ensuring that “their special knowledge and abilities may contribute to the benefit of mankind.”

London South Bank University
Techpark
90 London Road
SE1 6LN
London
UK
Phone: +44 (0)207 021 0880
Fax: +44 (0)207 021 0881
Email: info.cara@lsbu.ac.uk
Website: [www.academic-refugees.org](http://www.academic-refugees.org)

**Frank Buttle**
They provide practical solutions that give children a fighting chance in life. Their “Small Grants” provide a personal and fast response to families living in crisis, when there is no one else that can help. By paying for basic items such as a cooker, fridge or bed, our grants offer relief from a critical situation. They also distribute grants through the BBC Children In Need Emergency Essentials Programme.

Website: [http://www.buttleuk.org/pages/who-we-are.html](http://www.buttleuk.org/pages/who-we-are.html)
Referral address: 5 Greycoat Place,
London, SW1P 1SB.
Tel 020 7828 7311
Email: nfo@buttleuk.org

**HELENA KENNEDY FOUNDATION**
The Helena Kennedy Foundation is an organisation that supports people from disadvantaged backgrounds in completing high education.

The organisation offers various bursary schemes for undergraduate study.

Telephone: 02082232027
Email: enquiries@hkf.org

**Exiled Writers INK**
Facilitates the wider dissemination of work by writers in exile, assists in the publication of their work, gives a higher profile to translators, develops literary creativity in the refugee community and acts as a pressure group against racism. Exiled Literary Café held on the first Monday of the month in London for exiled

31 Hallswelle Road
London NW11 0DH
Telephone: 020 8458 1910
E-mail: jennifer@exiledwriters.fsnet.co.uk
Website: [www.exiledwriters.co.uk](http://www.exiledwriters.co.uk)
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<th>Funding organisation</th>
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Chapter 5
Accommodation
There are many agencies offering temporary accommodation for vulnerable people, Refugees and Asylum seekers. Some of these also offer trainings and support.

Such examples include:

**ACKEE HOUSING**

Housing for single homeless black women aged 17-21 with low support needs. Must have a local connection to LB Haringey. Priority to those who have been in local authority care. Will not accept those with drug or alcohol problems or with a history of serious violence. Accept self referrals and referrals from agencies on approved referral agencies list. Self referrals phone Mon-Fri 10am-4.30pm. Min stay - 6 months, max stay - 2 years.

Referral address
6-8 Palatine Road
London
N16 8SX (areas of Stoke Newington, Stamford Hill, Shacklewell, Dalston, Newington Green, Hackney.)

Telephone: 020 7254 5159
Email: mail@ackeehousing.org
Website PROJECT: http://www.homelessuk.org/details.asp?id=HO1000317

**Catch22 - London Housing Service**

Referral address
London Housing Service
27 Pear Tree Street
London
EC1V 3AG (Finsbury, Moorfields Eye Hospital, Islington)

Phone 020 7336 4800
Website: www.catch-22.org.uk

Target group
Young single homeless people aged 17-21, including care leavers and ex-offenders, with medium support needs. Two mother and child schemes (8 spaces). Priority given to those with local connection.

**Cardinal Hume Centre**

They offer hostel accommodation to homeless young people (16 – 21 year olds) and housing advice and advocacy.

http://www.cardinalhumecentre.org.uk/
3-7 Arneway Street,
Horsferry Road,
London, SW1P 2BG
020 7222 1602

**COMMUNITY MATRON for Migrant Health**

The Green Health Centre
Wallsend
NE28 7FD

Telephone Voice: 0787 6504 047
Email: clare.hall@northtyneside-pct.nhs.uk

Home visits to new arrival families.
Christian Action Housing
Accommodation
Referral address
Benedict House
61 Island Centre Way
Enfield
EN3 6GS (Enfield)
Phone 01992 765900 Fax 01992 765999 Email info@christianaction.org.uk
Website www.christianaction.org.uk
Target group - Single people with low to medium support needs who are homeless or at risk of homelessness. Accept referrals aged 16-22 from Enfield, and aged 18-49 from Haringey. Must have a local connection to Enfield or Haringey (at least 6 months).

Irish Centre Housing - Bethany House
Referral address
c/o LB Islington Referrals Co-ordinator
38 Devonia Road
London
N1 8UY (Barnsbury, Canonbury, Kings Cross, Islington, Pentonville, De Beauvoir Town, Hoxton, Hackney)
Contacts 020 7527 4169 or 4656 or 8282
Fax 020 7527 4188
Email referrals.co-ordinator@islington.gov.uk
Website www.irishcentrehousing.org.uk
Target group - Single homeless women with support needs, including care leavers, and those with substance abuse problems who are on a support programme. Must have a local connection to LB Islington.

Harrow Churches - low support schemes
Referral address
First Floor
13 St John's Road
Harrow
HA1 2EE (Harrow, North Harrow, Northwick Park)
Telephone 020 84242776/020 84209016
Fax 020 8427 6371
Email: info@hcha.org.uk
Website: www.hcha.eu
Target group - Young single homeless people aged 18-24 with low to medium support needs. Must have a connection to LB Harrow.

Kingston Churches Action on Homelessness
Referral address
36a Fife Road
Kingston upon Thames
KT1 1SU
Phone 020 8255 7400 Fax 020 8274 8405
Email: info@kcah.org.uk
Website www.kcah.org.uk

Irish Centre Housing - Bethany House
Referral address
c/o LB Islington Referrals Co-ordinator
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N1 8UY (Barnsbury, Canonbury, Kings Cross, Islington, Pentonville, De Beauvoir Town, Hoxton, Hackney)
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Referral address
36a Fife Road
Kingston upon Thames
KT1 1SU
Phone 020 8255 7400 Fax 020 8274 8405
Email: info@kcah.org.uk
Website www.kcah.org.uk
Look Ahead - Manor Place
Referral address
c/o LB Southwark Housing Options Centre
25 Bournemouth Road
London
SE15 4UJ (areas of Nunhead, Peckham, Lewisham)
Phone: 020 7525 5950
Email: housing.options@southwark.gov.uk
Website: www.lookahead.org.uk
Target group - Single homeless women with medium to high level support needs including those with mental health issues, alcohol and/or drug use and women escaping domestic violence. Must have a local connection to Southwark and some basic life skills.

Lee Housing Association
Referral address
227 High Street
Ponders End Enfield
EN3 4DX
Phone: 020 8805 0348 Fax 020 8805 6520
Email: reception@leeha.co.uk
Website: www.leeha.co.uk
Target group - Single people aged 18 and over in housing need with no additional support needs and a local connection to the area.

Marsha Phoenix Memorial Trust
Referral address
c/o LB Lewisham SHIP Team
38 Winslade Way
Catford
London
SE6 4AF (Lewisham)
Phone: 020 8314 3020 or 3898
Fax 020 8314 3620
Email: ship@lewisham.gov.uk
Website: www.marshaphoenix.org
Target group - Young single homeless women aged 16-21. Priority to those with a Lewisham connection.

Missionaries of Charity - Home of Peace
Referral address
179 Bravington Road
London
W9 3AR (Westminster)
Phone: 020 89692631/020 89602644
Fax 020 8960 2644
Target group - Single homeless women with no support needs who do not have access to any other means of support.

MST - SUPPORTED HOUSING
Referral address
Metropolitan Printworks
1st floor, 139 Clapham Road
London, SW9 0HP
Phone: 020 3535 3535
Website: www.metropolitan.org.uk
Target group - Single homeless women with identified low support needs including those escaping violence, those with a history of drug, alcohol or mental health issues, and ex-offenders. Priority to those with a local connection to LB Wandsworth.
MST - SUPPORTED HOUSING

Referral address
Metropolitan
Printworks
1st floor, 139 Clapham Road
London
SW9 0HP
Phone: 020 3535 3535
Website: www.metropolitan.org.uk

Target group - Single homeless women with identified low support needs including those escaping violence, those with a history of drug, alcohol or mental health issues, and ex-offenders. Priority to those with a local connection to LB Wandsworth.

Peter Bedford Housing Association - Hackney

Referral address
Stamford Works
Gillett Street
London
N16 8JH
Phone: 020 7923 9255
Email: housing@peterbedford.org.uk
Website: www.peterbedford.org.uk

Target group - Single people aged 23-65 who are homeless or living in inappropriate or insecure accommodation, and those with mental health issues or learning disabilities. Priority to those with a local connection to LB Hackney.

Praxis Community Project

Praxis Community Projects is committed to working with vulnerable migrants. They are deeply concerned for the safety and well being of refugees, asylum seekers, refused asylum seekers, people with limited or no recourse to public funds as a result of their immigration status, young unaccompanied asylum seekers, and victims of human trafficking, foreign national offenders and others who find it difficult to settle in the UK. Praxis also provides advice for other professionals working with migrants on their advice line, 020 7749 7608, Monday to Friday 10am to 1pm and 2pm to 4pm.

From 2011 they support London hosting development team - the ‘London Hosting- Temporary Homes for Destitute Migrants’ is an initiative which aims to develop hosting capacities across London by recruiting, assessing, training and continuously supporting people who are able and willing to host migrants in a difficult situation, and matching them with potential guests in the best way possible.

https://londonhosting.wordpress.com/get-involved/
http://www.praxis.org.uk/preventing-destination-page-59.html

Pott Street, London E2 0EF
Tel: 020 7729 7985 Fax: 020 7729 0134
Minicom: 020 7729 0154
Email: admin@praxis.org.uk

Target group - Single homeless people who have low support needs. Priority to those with a local connection to RB Kingston upon Thames.
**Riverside ECHG - Queen Mary Mental health service**

Referral address  
28 Greencoat Place  
London  
SW1P 1DX  
Phone: 020 7976 6338 Fax 020 7630 7831  
Website: www.riverside.org.uk  
Target group - Single homeless women with mental health issues requiring medium to high support. Priority given to referrals made by identified Westminster mental health agencies and building-based services. 5 emergency beds for single homeless women.

**Release**

Referral address  
102-116 Windmill Road  
Croydon  
CR0 2XQ (CR: Croydon)  
Phone 020 7993 8498  
Email: info@rylease.org.uk  
Website: www.rylease.org.uk  
Target group - Women who are homeless ex-offenders.

**Stonewall Housing**

Referral address  
Unit 2a, Leroy House  
436 Essex Road  
London  
N1 3QP  
Phone: 020 7359 6242 Fax 020 7359 9419  
Email: info@stonewallhousing.org  
Website: www.stonewallhousing.org  
Target group - Young lesbians, gay men, bi-sexual and transgender people aged 16-25 in housing need, with medium support needs. Priority to applicants with a local connection to LBS Hackney, Haringey, Islington or Newham.

**St Mungo's Broadway - North London Women's Hostel**

Referral address  
Confidential address  
Phone: 020 7249 5294 Fax 020 7254 8095  
Email: info@mungosbroadway.org.uk  
Website: www.mungosbroadway.org.uk  
Target group - Vulnerable single homeless women with support needs, including physical or mental health problems, drug or alcohol issues or domestic violence. Priority given to women with a Hackney connection.
The Marylebone Project - Bradbury House

Referral address
1-5 Cosway Street
London
NW1 5N
Phone: 020 7262 3818 Fax
020 7402 8752
Email: daycentre@churcharmy.org.uk
Website: www.maryleboneproject.org.uk

Target group - Single homeless women with mental health, drug, alcohol, or life skills issues or multiple needs. 4 low support emergency spaces, maximum stay 10 nights. 14-bed medium support mental health unit. Must have local connection to Westminster.

The Refugee Council -
The Refugee Council is one of the leading charities in the UK working directly with refugees. Their Destitution support consists of practical advice and support, pastoral care, emergency provisions and time limited projects. In London they offer drop-in destitution services.

London Destitution Services
Services: Tuesday, Thursday, Friday

Tuesdays and Thursdays, 10.00 - 14.00
Brixton Destitution Service
The Brix at St Matthew’s
St Matthew’s Church
Brixton Hill
London SW2 1JF

Fridays, 11.00 - 16.00
Hackney Day Centre
Red Cross Building
92 Dalston Lane
Hackney
London, E8 1NG
Website: http://www.refugeecouncil.org.uk/how_can_we_help_you/i_need_destitution_support
Chapter 6: Post-natal depression support
Useful contacts:

**Mind**
Mind Info line: 0300 123 3393  
(Monday to Friday 9am to 6pm)  
email: info@mind.org.uk  
website: mind.org.uk  
Details of local Minds and other local services, and  
Mind’s Legal Advice  
Language Line is available in a  
language other than English.

**The Association for Post Natal Illness**
tel: 020 7386 0868  
website: apni.org  
Support and information to mothers with postnatal  
depression.

**Birth trauma association**
website: birthtraumassociation.org.uk  
Support for women who have experienced traumatic  
childbirth.  
Has a fathers/partners section.

**The Breastfeeding Network**
Supporter line: 0300 100 0210  
website: breastfeedingnetwork.org.uk  
Support and information, including on drugs and  
breastfeeding.

**British Association for Behavioural and Cognitive  
Psychotherapies (BABCP)**
tel: 0161 705 4304  
website: babcp.com  
Register of accredited CBT therapists.

**British Association for Counselling and  
Psychotherapy (BACP)**
Tel: 01455 883 300  
website: itsgoodtotalk.org.uk  
Details of local and qualified counsellors and  
thrapiests.

**Complementary and Natural Healthcare Council  
(CNHC)**
website: cnhc.org.uk  
Has lists of registered therapists.

**Depression in pregnancy**
website: depression-in-pregnancy.org.uk  
Information for women who experience depression,  
anxiety or stress during pregnancy.

**Fatherhood Institute**
Tel: 0845 634 1328  
website: fatherhoodinstitute.org  
Guidance for fathers and their families.
National Institute for Health and Clinical Excellence (NICE)  
website: nice.org.uk  
For guidelines on treatments.

NCT  
telephone: 0300 330 0700  
website: nct.org.uk  
Practical and emotional support in all areas of pregnancy, birth and early parenthood.

Netmums  
website: netmums.com  
Online parenting organisation helping parents share information and advice.

Perinatal Illness UK  
website: pni-uk.com  
For anyone with any kind of illness or trauma while pregnant, and during and after childbirth.
Other:

**FGM Support**

Worried you may be at risk?
NSPCC helpline: 0800 028 3550

Manor Garden Health Advocacy + Whittington African Well Women Clinic:

Specialist training
Health workshops for community groups
121 advocacy and support for women who have undergone FGM

**Manor Gardens Welfare Trust**

6-9 Manor Gardens
N76LA
Www.manorgardenscentre.org
Advocacy@manorgardenscentre.org

020 7281 9478
020 7272 5336

**The Maya Centre:**

**The Dahlia Project**—specialist project for survivors (with the Maya Centre)

www.mayacentre.org.uk

Unit 8
9-15 Elthborne Road
N19 4AJ
020 7281 8970