The Supporting Women Project TOOLKIT

EVELYN OLDFIELD UNIT

Capacity building support for refugee groups working with vulnerable women

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

FUNDED BY COMIC RELIEF

www.evelynoldfield.co.uk

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We would like to thank the following volunteers for their design and research efforts

in compiling this toolkit:

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

<u>You can contact the EOU at any time to be sign-posted to refugee or migrant groups.</u>

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

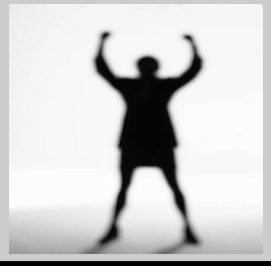
Aim at women who have experienced any form of gendered violence, including domestic violence.
Please call 0207 610 4678
Email: ascentcounselling@wgn.org.uk

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://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.ciac.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'

Website: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/97923/english-3-steps.

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://ikwro.org.uk/ourservices/

Islington Council's comprehensive information on responding to domestic abuse

Website: http://www.islington.gov.uk/publicrecords/library/Community-and-living/Information/Leaflets/2009-2010/%282009-07-24%29-Domestic-Violence-Handbook.pdf

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.southallblacksisters.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: http://www.womensaid.org.uk/domestic-violence-survivors-handbook.asp?section=000100010008000100350002

Survivor's Handbook (full of resources and advice): http://www.womensaid.org.uk/domestic-violence-survivors-handbook.asp?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: http://rightsofwomen.org.uk/wp-content/uploads/2014/10/Domestic-violence-immigration-law-and-no-recourse-to-public-funds-.pdf

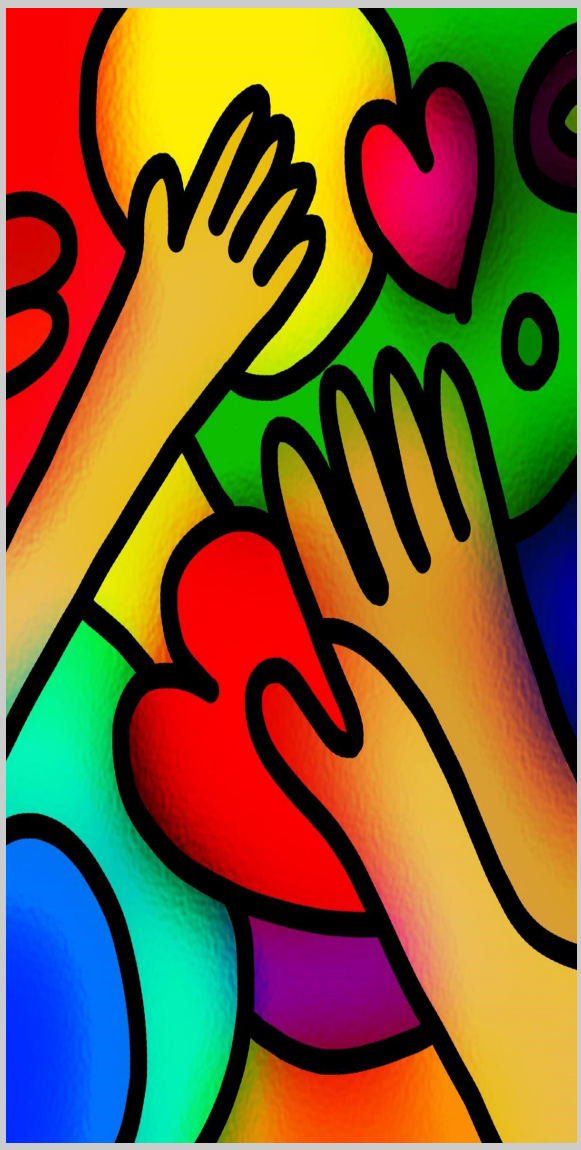
GAIA centre in Lambeth http://refuge.org.uk/what-we-do/our-services/gaia-centre-lambeth/

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

Risk identification form for front line workers to identify high risk clients: http://www.caada.org.uk/marac/RIC_without_guidance.pdf

Domestic Abuse- Its Prevalence and Perceptions in The Eritrean Community - https://eoupublications.files.wordpress.com/2014/10/khedijah-ali-mohammed-nur.pdf

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

Meditation in Bethnal Green:

http://www.lbc.org.uk

Mindfulness Centre in London:

http://www.london-meditation.co.uk/mindfulness.php

Gaia Centre (for weekend or week long retreats) in Devon:

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

Jon Kabat Zinn (20 minutes):

https://www.youtube.com/watch?v=aS5QpPRFdbg

3 minute breathing exercise (Jefferson University Hospital) female voice:

https://www.youtube.com/watch?v=8gcUSfTEn84

There are many free and low cost therapy options. You first need to decide what is most appropriate for you. You can discuss this with your doctor or self-refer.

Every borough has an IAPT - Improving Access to Psychological Therapies. This is a new NHS structure that will help you to decide what is most appropriate for you.

Check here for the list: http://www.iapt.nhs.uk/services/services/london-nhs-iapt-services/

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/#.U5hBwHJdWSo

Specialised

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

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

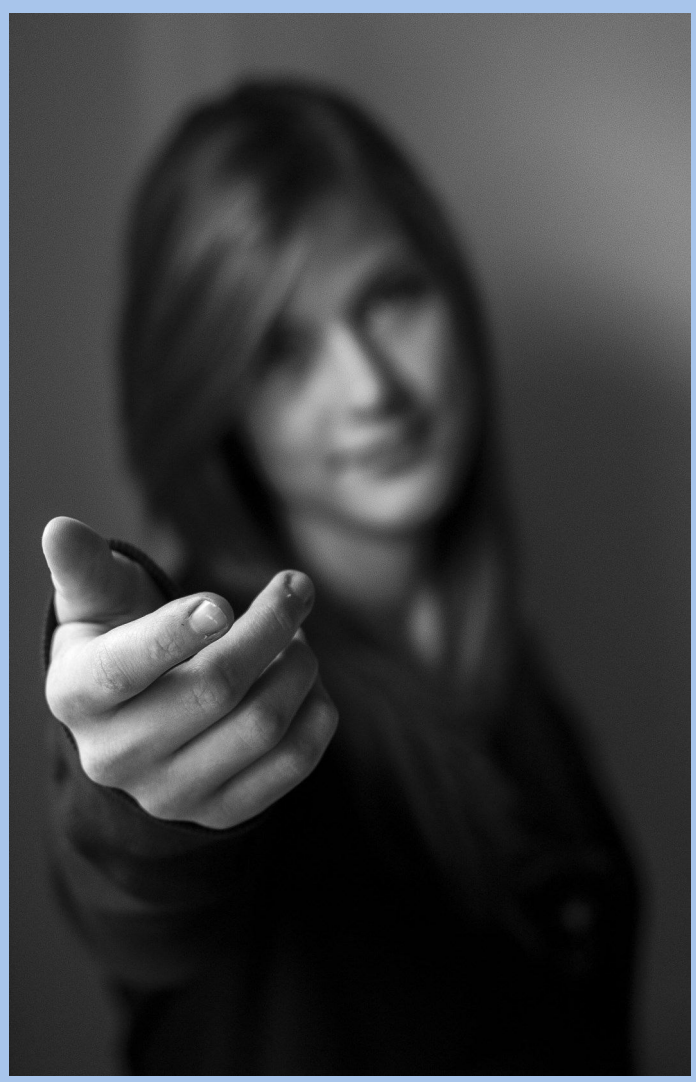
You can get advice on health, education, employment, immigration, nationality and mental health if you're an African or African Caribbean woman. There is also a domestic violence unit as well as an after-school club, and a befriending project. Languages spoken are French and English. Opening times: Monday-Friday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

Forest Gate Methodist Church, Woodgrange Road, London, E7 0QH
Tel: 02085 347 545 Fax: 02085 349 018
Email: elbow.ltd@btconnect.com

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



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 CentreN4 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 BAMER 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

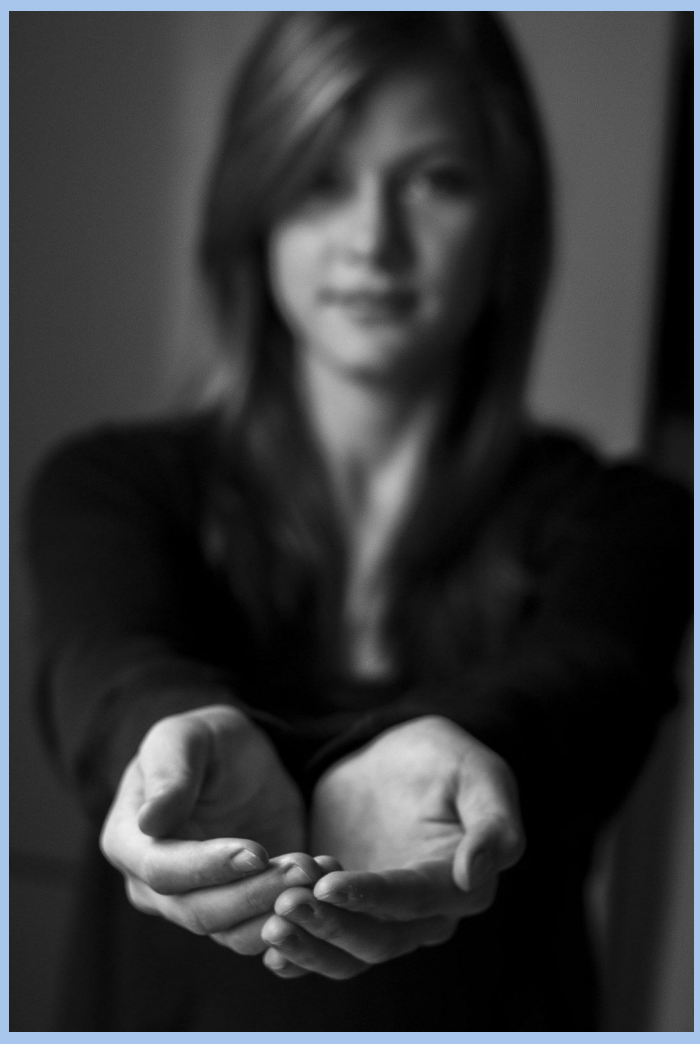
Community Matrons are highly experienced senior nurses who work closely with patients in the community to provide, plan and organise their care. They mainly work with those with a serious long term or complex range of conditions.

The Green Health Centre
Location : Wallsend
NE28 7PD
Telephone Voice: 0787 6504 047
Email: clare.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

Search yourself here:

www.onespace.org.uk

www.mind.org.uk

www.nhs.uk

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

Chapter 3

Legal support for vulnerable woman

The National Pro Bono Centre

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 match-makes 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
Toynbee Hall
28 Commercial

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

Lewisham Refugee Network

Referrals can be done by individuals or agencies

11st Floor Parker House

144 Evelyn Street

London, SE8 5DD

Immigration enquiries:

Phone: 02086940323

Email: ed@lrmn.org.uk

Welfare Benefits enquiries:

Phone: 02086940323

Email: margot@lrmn.org.uk

Website: www.lrmn.org.uk

Migrant Children's Project advice line

Free legal advice and info on all issues affecting migrant, asylum-seeking and refugee children.

Telephone: 0207 636 8505

Website: www.childrenslegalcentre.com

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.

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

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/

Red Cross Refugee Unit

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

Website: http://www.redcross.org.uk/About-us/Advocacy/Refugees/Legal-aid-and-family-reunion

Aztec Row

5 Berners Road

Angel

London N1 0PW

0207 7045 670

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, LondonSW1V 1RB

0207 952 1511

Website: 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

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

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/

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

Technopark

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

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

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

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

Funding organisation	Details
Allen Lane Foundation	http://www.allenlane.org.uk/
Age UK	http://www.ageuk.org.uk/
Big Lottery Fund	http://www.biglotteryfund.org.uk/
Comic Relief	http://www.comicrelief.com/
Europa Gateway to the European Union	http://europa.eu/about-eu/funding-grants/index_en.htm
Foyle Foundation	http://www.foylefoundation.org.uk/
Freemasons Grand Charity	http://www.grandcharity.org/
Garfield Weston Foundation	http://www.garfieldweston.org/
Global Fund For Women	http://www.globalfundforwomen.org/apply-for-a-grant
Heart of England Community Foundation	http://www.heartofenglandcf.co.uk/index.php/home/
Henry Smith Charity	http://www.henrysmithcharity.org.uk/
Hilden Charitable Fund	http://www.hildencharitablefund.org.uk/
J Paul Getty Jr charitable trust	http://www.jpgettytrust.org.uk/
John Moores Foundation	http://www.jmf.org.uk/
London Community Foundation	http://www.londoncf.org.uk/grants/available-grants/overview.aspx
Lottery Good Causes	http://www.lotterygoodcauses.org.uk/funding
Peoples Health Trust	http://www.peopleshealthtrust.org.uk/
Reed Foundation	http://thereedfoundation.org/
Staples Foundation	http://www.staplesfoundation.org/
Trust For London	http://www.trustforlondon.org.uk/funding/
Tudor Trust	http://tudortrust.org.uk/
Volant Charitable Trust	http://www.volanttrust.com/

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,

Horseferry Road,

London, SW1P 2BG

020 7222 1602

COMMUNITY MATRON for Migrant Health

The Green Health Centre

Wallsend

NE28 7PD

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

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

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 0548 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 a 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-destitution-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

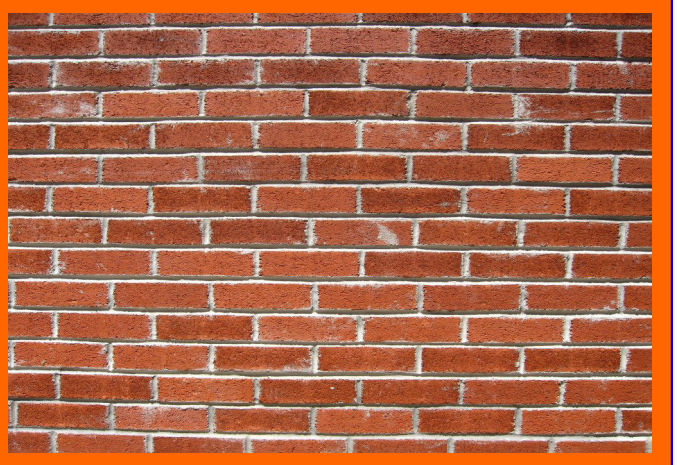
N1 3QP

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

Line. 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: birthtraumaassociation.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)

Tell: 01455 883 300

website: itsgoodtotalk.org.uk

Details of local and qualified counsellors and therapists.

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