

## **Directory of Services & Organisations for Refugees, Asylum Seekers & Migrants in the UK & Beyond: 2023 Edition**

This directory is intended for refugees, asylum seekers, migrant communities, health and social care practitioners and agencies working with them to identify services that offer advice and support to assist refugees and asylum seekers and migrants to settle and rebuild their lives in the UK.

Charity organisations and services alter regularly; some may close or reduce the services they provide, or new ones set up. Although, every effort has been made to ensure that the information in this Directory is correct and up-to-date, please check this information with service providers before passing onto others. The Directory is updated on a yearly basis and in order to ensure you have the latest edition, please access it through UEL website.

The inclusion of services and organisations in this Directory is not indicative of our endorsement of such services.

If you are aware of any organisations and services that should be added and/or details corrected, please let us know by emailing [farahfarsimadan@yahoo.co.uk](mailto:farahfarsimadan@yahoo.co.uk)

Organisations are divided into nationwide, regional, international, and London-based, are in alphabetical order and a website link is also provided. The Directory concludes with useful mental health organisations and services website links that provide support, advice and information which may be beneficial to refugees, asylum seekers and health and social care professionals and services working with them.

In the event that the webpage does not load when you click on the URL, please highlight and copy the URL and paste onto the internet search bar to open the webpage.

This Directory has been produced by Dr Farkhondeh Farsimadan, a Chartered Counselling Psychologist, who is an Associate Fellow of the British Psychological Society and an HCPC registered psychologist.

## **Nationwide**

### **Afghan Wellbeing Project**

The Afghan Wellbeing Project is run by the Refugee Council's Therapeutic Services. It offers 1:1 counselling to Afghan people in England with refugee or humanitarian protection (HP) status, indefinite leave to enter or remain (ILR) in the UK or on a family reunion visas. It is open to all genders with no location restriction.

[https://www.refugeecouncil.org.uk/get-support/services/afghan-wellbeing-project/?doing\\_wp\\_cron=1647261267.33831405639](https://www.refugeecouncil.org.uk/get-support/services/afghan-wellbeing-project/?doing_wp_cron=1647261267.33831405639)

### **The Association of Jewish Refugees**

AJR founded in London in summer of 1941, has been providing social, welfare and care services including meals-on-wheels, family carers support etc., to Holocaust refugees and survivors living in Great Britain.

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

### **Asylum Help**

AH provides confidential and impartial advice on how to claim asylum and offers financial, accommodation support, and health assessment. The website resource centre provides and enables you to download advice in a variety of languages.

[www.asylumhelpuk.org](http://www.asylumhelpuk.org)

### **Asylum Matters**

Asylum Matters is based in the North West, West Midlands, Yorkshire and Humber, North East, and Wales, as well as London and works in partnership locally and nationally to improve the lives of refugees and people seeking asylum through social and political change. Asylum Matters mobilises and coordinates local, regional, and national advocacy work in order to increase the impact of campaigns to secure improvements to asylum policy and practice.

[www.asylummatters.org](http://www.asylummatters.org)

### **Asylum Support Appeal Project**

ASAP offers free legal service and representation to asylum seekers and refused asylum seekers appealing against the Home Office decision to refuse or withdraw their housing etc., as well as providing training and advice to organisation agencies working with this group and lobbying

to improve policies and procedures on asylum support.

[www.asaproject.org](http://www.asaproject.org)

### **Better Health**

BH is a project run by the Race Equality Foundation that aims to develop a national evidence-based resource to help health professionals, including Better Health briefings, translated resources, research, toolkits, etc.

<https://raceequalityfoundation.org.uk/projects/better-health>

<https://raceequalityfoundation.org.uk/health-care>

<https://raceequalityfoundation.org.uk>

### **Bail for Immigrants & Detainees**

BID, challenges immigration and detention in the UK whilst working with asylum seekers and migrants in removal centres and prisons to secure their release.

[www.biduk.org](http://www.biduk.org)

### **Barnardo's**

Barnardo's works with and transforms the lives of the UK's most vulnerable, the abused, the neglected and forgotten children regardless of their gender, race and background including children from BME communities and those seeking asylum. Services offered include advocacy and counselling for children who have been abused, trafficked, and neglected. Fostering and adoption services, emotional and practical support and help with health care and schooling, training, and employment, supported lodgings and accommodation and donations of food and clothes, financial assistance for all those in need including children seeking asylum and their families are also available.

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

### **Black & Asian Therapists Network**

BAATN provides training, resources and information, and an online directory of qualified therapists experienced in working with immigrant population including African, Caribbean, and Asian clients.

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

### **British RedCross**

British RedCross offers support to young refugees ages 15-25 residing in Birmingham, Glasgow, Hampshire, Kent, Leicester (no group activities), Leeds, London, and Peterborough with one-to-one support with understanding the asylum process, preparing documents, health, education, and social care support, learning new skills etc.

[www.redcross.org.uk/get-help/get-help-as-a-young-refugee-or-asylum-seeker](http://www.redcross.org.uk/get-help/get-help-as-a-young-refugee-or-asylum-seeker)

[www.redcross.org.uk/get-help/get-help-as-a-refugee](http://www.redcross.org.uk/get-help/get-help-as-a-refugee)

### **Care4Calais**

Care4Calais is a volunteer-run refugee charity working with refugees in the UK, France, and Belgium. Care4Calais delivers essential aid including warm clothing, bedding, food and medical assistance and support, social support, and activities, including language lessons, sports, and music workshops to refugees living in the above-mentioned areas.

[www.care4calais.org](http://www.care4calais.org)

### **Centre for Armenian Information & Advice**

CAIA offers advice and information for the Armenian community including refugees and asylum seekers on housing, benefits, immigration and training, education, etc., in London and UK wide.

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

### **Child Poverty Action Group**

CPAG is a national charity working to end poverty among children, young people and families including refugees and asylum seekers in the UK.

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

### **Childline**

Childline is a service provided by NSPCC, which dedicates a website page to refugee and asylum-seeking children by providing support and information including applying for asylum, living in the UK, celebrating the difference, help and advice for those subjected to hate crime and discrimination, etc. to enable them settle in the UK.

[www.childline.org.uk/info-advice/bullying-abuse-safety/your-rights/child-refugees-and-asylum-seekers/](http://www.childline.org.uk/info-advice/bullying-abuse-safety/your-rights/child-refugees-and-asylum-seekers/)

### **Children & Families Across Borders**

CFAB is an NGO that deals with child protection cases that involve the UK and other countries. It protects vulnerable children who have been separated from family members as a result of divorce, forced migration, seeking asylum or those victims of trafficking as well as other vulnerable children and families.

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

### **The Children's Society**

The Children's Society is a national charity which runs projects all over the UK. The Society's Social Policy Unit seeks to influence legislation and government policy in a number of children related issues including human rights submission, child poverty, health, youth justice, and the care of unaccompanied and separated refugee children.

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

[www.childrensociety.org.uk/what-we-do/our-work/young-refugees-migrants](http://www.childrensociety.org.uk/what-we-do/our-work/young-refugees-migrants)

### **The Chinese Information & Advice Centre**

CIAC offers free legal advice, support, and information to disadvantaged Chinese people living in the UK.

[www.ciac.co.uk](http://www.ciac.co.uk)

### **Citizens UK**

Citizens UK organises communities to act together for power, social justice and the common good. It is the home of community organising in the UK, with diverse civil society alliances in London, Milton Keynes, Nottingham, Birmingham, Wales, and Leeds.

[www.citizensuk.org](http://www.citizensuk.org)

### **City of Sanctuary**

City of Sanctuary, the umbrella organisation for local refugee and asylum seeker organisations, is a national network made up of local groups, businesses, community organisations and individuals, committed to working with refugees and asylum seekers in order to build a united voice to advocate for people seeking sanctuary in the UK.

[www.cityofsanctuary.org](http://www.cityofsanctuary.org)

### **Coramvoice**

Coramvoice (formerly Voice for the Child in Care, VCC), offers a free national helpline, a network of independent advocates who meet with children

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and young people face-to-face to discuss their problems and provides specialist support, training, and consultancy to promote good practice and develop opportunities for children and young people in the UK.

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

### **Coram Children's Legal Centre**

Coram Children's Legal Centre, CCLC, part of the Coram Group of charities, promotes and protects the rights of children in the UK and internationally in line with the UN Convention on the Rights of the Child. CCLC provides legal advice and representation, builds the capacity of professionals and practitioners through training and advice provision, and challenges laws and policies that negatively impact on children and their rights, as well as providing international consultancy on child law and children's rights.

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

### **Council of Somali Organisation**

COS is a national second tier organisation set up for the Somali voluntary and community sectors to assist as an umbrella organisation. COS intends to provide a collective voice for the Somali community including refugees and asylum seekers in the UK assisting them in areas of health and wellbeing, criminal justice, education, poverty reduction and economic empowerment.

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

### **The Council for at Risk Academics**

CARA is a charitable UK organisation dedicated to helping academics in immediate danger, forced into exile and many who chose to remain in their homeland by offering them academic and financial support.

[www.cara.ngo](http://www.cara.ngo)

### **Detention Action**

DA campaigns against detention and deportation and for reform. Detention Action provides practical & emotional support and advice to those seeking asylum whose claims have been refused or being processed in detention centres across the UK, including Colnbrook, Harmondsworth and Morton Hall immigration removal centres, London prisons.

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

### **Electronic Immigration Network**

EIN is a registered charity providing information on immigration and refugee law via the internet.

EIN website has a two-level access, the free public site and the subscription member's site. The member's site provides easy access to immigration and asylum related decisions from the Tribunal up to European Court of Human Rights.

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

### **Embrace UK**

Embrace UK Community Support Centre aims to relieve poverty among refugee, asylum seekers and migrants by the provision of free information, advice and guidance on welfare, benefits, housing, and education employment, etc.

[www.embraceuk.org](http://www.embraceuk.org)

### **Every Child Protected Against Trafficking UK**

ECPAT UK is a children's rights organisation that aims to protect children and young people aged between 15-23 from trafficking and transnational exploitation and supports those who have been trafficked. Services on offer include weekly peer support groups, life skills programme, creative projects, social activities, residential, individual support plan and signposting for further support.

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

### **Exiled Writers Ink**

EWI aims to promote the work of writers in exile offering them a platform to raise awareness of their work by organising workshops, seminars and to facilitate the publication of their work by addressing issues including translation and publication.

[www.exiledwriters.co.uk](http://www.exiledwriters.co.uk)

### **Foundation for Women's Health Research & Development**

FORWARD is a leading African women's support organisation that campaigns against discriminatory practices against girls and women in Africa, Europe and in the UK which affect their dignity and wellbeing with specific focus on female genital mutilation (FGMS), child marriage and obstetric fistula.

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

### **Freedom from Torture**

Freedom from Torture (formerly known as the Medical Foundation for the care of victims of torture), provides direct clinical / therapeutic services to survivors of torture who arrive in

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the UK and protect and promote their rights, enabling them to rebuild their lives in Birmingham, Glasgow, Manchester, Newcastle, and London.

[www.freedomfromtorture.org](http://www.freedomfromtorture.org)

### **Ghanaian Welfare Association**

GWA provides the Ghanaian community in London and the UK including refugees and asylum seekers advice, elderly support services, health, women and mental health, housing, interpreting and translation services, victim, and racial harassment support.

[www.ghanaiawelfareassociation.co.uk](http://www.ghanaiawelfareassociation.co.uk)

### **Hibiscus Initiatives**

HI provides advice, information, advocacy information and welfare services in prisons supporting BMER (Black Minority Ethnic & Refugee) women in immigration removal centres, those who have been involved in the criminal justice system, UK border agency or recently released from prison.

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

### **Hope for the Young**

Hope for the Young is a UK and London-wide community of mentors, staff, young people, and volunteers with the aim of removing the obstacles to young refugees and asylum seekers' education and wellbeing through mentoring, advocacy, and financial support. The services are available to refugees and asylum seekers, young undocumented individuals between the ages of 16-28 who are in or wish to access school, college, or university.

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

### **Immigration Advisory Service**

IAS is a nationwide immigration law firm that conducts both private and public funded work on a full range of immigration, asylum and citizenship cases, detention, bail, and appeal cases.

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

### **Immigration Law Practitioners Association**

ILPA is a professional association and registered charity the majority of whose members are barristers, solicitors and advocates practising in all aspects of immigration, asylum and nationality law, promoting the advising and

representation of immigrants.

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

### **JAN Trust**

JAN is a non-profit charity organisation empowering woman across UK. JAN campaigns against abuse, discrimination, social exclusion amongst BME women and refugees and asylum seekers. Services provided include Stop Domestic Violence, Against Forced Marriages, Raise Awareness and Prevent Hate Crime Against Refugees and Asylum Seekers and Against Female Genital Mutilation.

[www.jantrust.org](http://www.jantrust.org)

### **Joint Council for the Welfare of Immigrants**

JCWI is an independent national charity that works to ensure justice and fairness in immigration, nationality and asylum law and policy and provides direct legal advice and assistance to those affected by UK immigration control.

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

### **Law Centres Federation**

LCF includes over 50 law centres across the UK which provide legal advice and representation including legal aid on housing, immigration, and welfare benefits, etc.

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

### **Local Government Association**

The member led LGA Asylum, Refugee and Migration Task Group is made up of regional member and Regional Strategic Migration Partnership, RSMP, representation covering all the English regions, Northern Ireland, Wales, and Scotland and focuses upon the issues around the asylum, refugee and migration agenda from a local government perspective. The LGA's website is a one-stop resource for councillors, council officers and other professionals providing support to refugees, asylum seekers and unaccompanied children.

[www.local.gov.uk/topics/communities/refugees-and-asylum-seekers/refugees-and-unaccompanied-children](http://www.local.gov.uk/topics/communities/refugees-and-asylum-seekers/refugees-and-unaccompanied-children)

### **Medical Justice**

MJ is a network of volunteers (medical doctors, case workers, etc) who visit men, women and children in immigration detention and expose and challenge medical abuse in immigration

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detention centres.

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

### **Migrant Help UK**

Migrant Help UK offers advice, guidance to vulnerable asylum seekers and support victims of human trafficking, foreign national detainees and prisoners services in London, Liverpool, Birmingham, Dover, Belfast, Glasgow, and Cardiff.

[www.migranthelpuk.org](http://www.migranthelpuk.org)

### **Migrants' Rights Network**

MRN is a national NGO that works for the rights of all migrants. MRN brings together public sector organisations, faith groups, migrant activists to advocate and campaign for a rights-based migration system in the UK. It has a number of projects including the London Project & BME Women's Leadership Programme.

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

### **National Asylum Support Service**

NASS as part of the Home Office service provides support to asylum seekers who would otherwise be destitute while their asylum applications are being considered.

[www.gov.uk/asylum-support](http://www.gov.uk/asylum-support)

### **National Society for the Prevention of Cruelty to Children**

NSPCC offers support to children and their families through provision of a range of services including sexual abuse, neglect, early intervention, children in care, individual and family therapy services to help children to work through their issues and move on in a safe and secure environment. Visit services and resources section of the website for more information of the services and resources available.

[www.nspcc.org.uk/services](http://www.nspcc.org.uk/services)

### **Network of Eritrean Women UK**

NEW-UK is a non-profit women organisation based in Islington that supports Eritrean women living in the UK including refugees and asylum seekers through provision of a wide range of services. These services include advice and advocacy services, wellbeing and empowerment programmes and campaign to promote women's rights and raising awareness within the

community towards ending gender inequalities and violence against women and harmful practices including forced marriages and FGM.

[www.networkoferitreanwomen-uk.co.uk](http://www.networkoferitreanwomen-uk.co.uk)

### **The No Accommodation Network**

NACCOM provides accommodation for refugee and asylum seekers to prevent destitution amongst this population and other vulnerable immigrants.

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

### **NSPCC's Child Trafficking Advice Centre**

The NSPCC's CTAC provides free guidance and training to professionals concerned that a child or young person has been or is about to be trafficked into or out of the UK. The centre offers advice by phone and email to professionals; co-ordinates multi-agency responses, focused on protecting the child; delivers training and awareness-raising presentations in the UK and across the world; and attends child protection meetings and produces child trafficking reports for courts.

<https://learning.nspcc.org.uk/services/child-trafficking-advice-centre/>

### **Oxfam**

Oxfam Great Britain is a development, relief, and campaigning organisation dedicated to finding lasting solutions to poverty and suffering around the world. Oxfam offers emergency food and shelter as well as working with other agencies to help provide clothing to many individuals and families left destitute, including refugees and asylum seekers in Great Britain.

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

### **Race Equality Foundation**

REF is an independent charity that promotes race equality in social support and public services and by involving in a number of projects, including Better Health. The website provides resources including downloads, presentations, audio, and video, etc.

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

<https://raceequalityfoundation.org.uk/health-care>

### **Refuge**

Refuge aims to empower women and children by offering a range of specialist services to protect them against domestic violence, sexual violence,

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'honour' based violence, forced marriage, FGM, human trafficking or modern slavery, ensuring survivors access safety and rebuild their lives.

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

### **Refugee Action**

RA provides support system, housing and legal assistance and outreach and crisis help and training programmes for newly arrived asylum seekers as well as aiding those already settled or those considering assisted voluntary return.

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

### **Refugee Council**

RC offers refugees and asylum seekers therapeutic services, destitution support and free advice and information on various matters including welfare benefits, education, housing, as well working with refugee community organisations and services and partners to empower and support refugees and asylum seekers to rebuild their lives in the UK. For a complete list of services on offer by the Refugee Council including gender specific services, children and young people, mental health & therapeutic services, social activities, etc., locally and on regional level, use the link provided below.

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

[www.refugeecouncil.org.uk/get-support/services/](http://www.refugeecouncil.org.uk/get-support/services/)

### **Refugee Council Children's Section**

Refugee Council Children's Section works with separated children and young people seeking asylum who are under the age of 18 when they enter the UK as well as trafficked children and provides advice to those involved in their support including statutory and voluntary organisations. To explore all Refugee Council's children services/projects, including Children's Advice, Trafficked Children's Project, Age Dispute Project, etc., use the links below.

[www.refugeecouncil.org.uk/service-category/children-young-people/](http://www.refugeecouncil.org.uk/service-category/children-young-people/)

[www.refugeecouncil.org.uk/what-we-do/childrens-services](http://www.refugeecouncil.org.uk/what-we-do/childrens-services)

### **Refugee Council Infoline**

Refugee Council Infoline is an England-wide signposting, information and casework service that works with adults seeking asylum including those who have not yet submitted an asylum

claim, those with an active asylum claim, those who have received a refusal on an asylum claim, and those who have been recently recognised as refugees, who are experiencing, or at risk of crisis and destitution.

[www.refugeecouncil.org.uk/get-support/services/infoline](http://www.refugeecouncil.org.uk/get-support/services/infoline)

### **Refugee Study**

Refugee Study is an information portal for refugees and asylum seekers who want to study in the UK. It provides information about grants, scholarships, bursaries, and free courses, with links to relevant funding organisations. It also offers tips to help refugees and asylum seekers to obtain funding.

[www.refugee-study.co.uk](http://www.refugee-study.co.uk)

### **Refugee Week**

Refugee Week is a UK-wide festival which is coordinated and managed by Counterpoint celebrating the contributions, creativity, and resilience of refugees through a programme of arts, cultural, and educational events. Refugee Week is a platform for refugees in the UK to share their experiences, perspectives, and creative work on their own terms. Refugee Week is held every year on the World Refugee Day 20th June.

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

### **Refugees at Home**

Refugees at Home is a UK based charity aiming to connect those with a spare room in their home with asylum seekers and refugees in need of accommodation.

[www.refugeesathome.org](http://www.refugeesathome.org)

### **Right to Remain**

Right to Remain is a UK Human Rights organisation, working to build a strong movement for the right to remain in the UK. It works with groups across the country supporting migrants to establish their right to remain with dignity, safety and humanity, and to challenge the injustice of the immigration and asylum system.

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

### **Rights of Women**

ROW aims to advise, educate, and empower women including those claiming asylum and migrant women by provision of free, confidential legal advice by specialist women solicitors and barristers and through publications, training, and

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campaigning to ensure women's voices are heard and their needs are met.

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

### **Room For Refugees**

Room For Refugees is a discrete and confidential hosting network providing safe temporary homes and pastoral support for insecurely-housed refugees, asylum seekers and vulnerable groups - families, the sick, the elderly and unaccompanied asylum-seeking children with no recourse to public funds in Scotland and the UK. On a yearly basis Room For Refugees receives referrals from its own caseworkers, as well as from British Red Cross, Scottish Refugee Council, Freedom From Torture and a great number of established refugee and asylum advice agencies.

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

### **Safe Passage**

Safe Passage in collaboration with the United Nations High Commissioners for Refugees, UNHCR, set up a team to safely relocate refugees in the UK. It aims to support all refugees including Roma travellers, unaccompanied children, those without passports or ID. Safe Passage legal teams in France, Greece, and the UK work to help child refugees reunite with their families through a safe route to a place where they can rebuild their lives.

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

### **The Salvation Army**

The Salvation Army helps refugees living in the UK in their communities on an individual basis, offering practical help and sanctuary to vulnerable refugees and their families escaping war-torn areas ensuring refugee families do not fall prey to exploitation.

[www.salvationarmy.org.uk/supporting-refugees](http://www.salvationarmy.org.uk/supporting-refugees)

### **Save the Children UK**

Save the Children is the UK's international charity helping children in the UK and around the world stay healthy and safe. The charity saves children's lives in war-torn countries and wherever disaster strikes, helping displaced and child refugees.

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

### **Shelter**

Shelter helps people with housing issues or homelessness who are in the need of expert advice and support by offering face-to-face advice and support, online advice, free emergency helpline for those facing a housing crisis, and free legal advice and representation to help those who have either lost their homes or are facing eviction.

<https://england.shelter.org.uk>

### **Social Workers Without Borders**

SWWB is a registered charity that offers voluntary support to asylum seekers, refugees and those impacted by borders, independently of government and local authorities, using its members' social work skill and expertise. By supporting and mentoring its social work volunteers from across the UK, SWWB provides pro-bono social work assessments for unaccompanied children, children and families and vulnerable adults facing removal from the UK, and children with claims to Dublin III family reunification.

[www.socialworkerswithoutborders.org](http://www.socialworkerswithoutborders.org)

### **Somali Integration & Development Association**

SIDA is a London and UK-wide voluntary organisation that aims to improve the quality of lives of the community, enabling Somalis including refugees and migrants to rebuild their lives and integrate into the wider society. There are services available for refugees, families, elderly, women, men, and children, including health advice and counselling, socialising activities, family conflict resolution and meditation, support for mothers, and befriending services for elderly.

<http://sidauk.org>

### **Student Action for Refugees**

STAR is a national charity of students welcoming refugees to the UK. STAR volunteer at local refugee projects, educate people about refugees and asylum seekers and fundraise to welcome and improve the lives of refugees in the UK.

[www.star-network.org.uk](http://www.star-network.org.uk)

### **UK Psychological Trauma Society**

UKPTS provides a forum for multi-disciplinary professionals to share ideas and knowledge relevant to the field of psycho-trauma.

[www.ukpts.org](http://www.ukpts.org)

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### **Unseen**

Unseen is a UK charity based in Bristol which provides safehouses and support in the community for survivors of trafficking and modern slavery. Unseen also runs the UK Modern Slavery & Exploitation Helpline and works with individuals, communities, businesses, other charities, and statutory agencies to eradicate slavery for good.

[www.unseenuk.org](http://www.unseenuk.org)

### **Vietnamese Mental Health Services**

VMHS is a charity organisation that offers culturally sensitive mental health services to Vietnamese with mental health problems including refugees and asylum seekers living in the UK. Services provided are drop-in day services, outreach and counselling services, training workers and interpreters on medical and psychiatry terminology, training, and education about mental health issues through publication of booklets and leaflets in Vietnamese and Chinese.

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

[www.nhs.uk/services/service-directory/vietnamese-mental-health-services/N10500969](http://www.nhs.uk/services/service-directory/vietnamese-mental-health-services/N10500969)

### **Wagging Peace**

WP is a London and UK-wide charity that supports Sudanese refugees and asylum seekers to build meaningful lives in the UK. The charity act as a hub for advice and information for Sudanese and aims to increase awareness of the needs of Sudanese refugees and promote service development and policies at the local, national, and international levels.

<https://wagingpeace.info>

## **Regional**

### **Abigail Housing**

Abigail Housing is a West-Yorkshire based charitable company dedicated to providing support and homes to refugees and asylum seekers who find themselves destitute, this includes those who have been refused asylum but cannot reasonably return to their country of origin and those who are granted refugee status and have to leave their current housing, through its Destitute and Refugee Projects.

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

### **Action Foundation**

Action Foundation is a charity based in Newcastle upon Tyne providing support to disadvantaged refugees, asylum seekers and other migrants across Tyne and Wear. Through its supported housing projects and English language school, Action Foundation aims to enable vulnerable migrants to avoid homelessness and extreme poverty, access vital services, increase their skills and employability, access legal support, integrate and live independently.

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

### **Aid Box Community**

ABC is a Bristol-based humanitarian organisation set up by group of ordinary people in response to the continuing refugee crisis. ABC has a central base for their work called the ABC Hub, which includes a free shop where vulnerable and in need asylum seekers & refugees can come to get clothes, shoes, household items, food, and other essentials, that will help them live more comfortably as they settle in Bristol.

[www.aidboxcommunity.co.uk](http://www.aidboxcommunity.co.uk)

### **Art Refuge UK**

Art Refuge UK is a small, robust charity that works through art and art therapy with people who have been displaced due to political or religious persecution, armed conflict, trafficking, natural disaster and/or poverty, working in close partnership with local and international government and non-governmental organisations, Art Refuge UK's work mainly takes place through groups and currently operate in London, Bristol and on the France-UK border at Calais.

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

### **Ashiana Sheffield**

Ashiana Sheffield works with Black, Asian, Minority Ethnic and Refugee (BAMER) adults, children and young people fleeing domestic and sexual abuse including forced marriage, human trafficking, female genital mutilation, gang violence and 'honour'-based violence. Ashiana offers confidential one to one and group support to women and girls who are experiencing any form of violence and abuse, enabling them to make informed choices and exit violent situations. It also provides accommodation to women survivors of human trafficking and their children as well as outreach support across Yorkshire and Humberside, the East Midlands.

[www.ashianasheffield.org](http://www.ashianasheffield.org)

### **Assist Sheffield**

Assist Sheffield is a community-led charity that aims to support vulnerable people in Sheffield including failed asylum seekers who have been made destitute. It provides a night shelter in a local church hall, arranges temporary accommodation in one of its houses or with host families; provides small weekly welfare payments for things like food, provides bus passes which clients can use to attend medical, legal and Home Office appointments; and helps people access other sources of help, including other charities, Food Banks.

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

### **Asylum Aid**

Asylum Aid in partnership with the human rights charity Helen Bamber Foundation offers legal representation to vulnerable people seeking asylum in the UK, children, survivors of trafficking and stateless people. Asylum Aid works directly with vulnerable people and in partnership with other organisations including providing welfare advice to marginalised communities through its partnership with Westminster Citizen Advice Bureau and Age UK Westminster.

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

### **Asylum Link Merseyside**

ALM offers information and advice on immigration, housing as well as provision of destitution support, free clothing, furniture, English classes, social and leisure activities to refugees and asylum seekers living in Merseyside.

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

### **Asylum Matters**

Asylum Matters is based in the North West, West Midlands, Yorkshire and Humber, North East, and Wales, as well as London and works in partnership locally and nationally to improve the lives of refugees and people seeking asylum through social and political change. Asylum Matters mobilises and coordinates local, regional, and national advocacy work in order to increase the impact of campaigns to secure improvements to asylum policy and practice.

[www.asylummatters.org](http://www.asylummatters.org)

### **Asylum Support & Immigration Resource Team**

ASIRT is a non-profit advocacy organisation based in Birmingham that provides support, advice and advocacy to refugees and asylum seekers living in West Midlands.

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

### **Asylum Welcome**

Asylum Welcome in Oxfordshire welcomes refugees and asylum seekers including unaccompanied children and detainees who have fled persecution and danger in their own countries and seek refuge in Oxfordshire. It provides advice and practical help on a wide range of topics advice including immigration and asylum; runs English classes, a food bank, works closely with lawyers to support access to rights.

[www.asylum-welcome.org](http://www.asylum-welcome.org)

### **BACA Charity**

BACA in Leicestershire provides specialist supported accommodation and development training for young forced migrants who are between 16 – 18 on arrival. They specially work with unaccompanied asylum-seeking children, refugees, and victims of trafficking and those at risk of exploitation.

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

### **Birch Network**

BIRCH is a small, volunteer led charity working across Birmingham which supports vulnerable refugees, asylum seekers and undocumented migrants. It runs three projects; a weekly 'Meet and Greet Lunch' for families at risk of destitution that is held at St Martin's Youth Centre in Highgate; the Family Befriending Project that matches vulnerable unaccompanied young refugees aged 16-25 with volunteer families who

offer them a regular meal within the family home giving them a taste of family life; and the Hosting Network which recruits and supports community hosts who share their homes e.g. offering a spare room to those experiencing destitution, normally due to difficulties within the asylum process.

[www.birchnetwork.org](http://www.birchnetwork.org)

### **Black & Minority Ethnic Community Partnership**

The Black and Minority Ethnic Community Partnership is a Brighton based group that provides refugees and asylum seekers a drop-in service, welfare benefits advice, help to apply for documents such as naturalisation and travel, and information about hate crime.

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

### **The Boaz Trust**

The Boaz Trust is a Christian organisation that offers destitution support including food and other essentials, accommodation, and advocacy to failed and destitute asylum seekers in Greater Manchester.

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

### **Borderlands**

Borderlands is a charity organisation in Bristol that aims to tackle destitution and isolation and enabling participation in the community and wellbeing. It works with refugees, asylum seekers and refused asylum seekers through its various projects including provision of community space, information and practical support, one-to-one support, English classes, destitution support, food, housing support, and access to other services.

[www.borderlands.uk.com](http://www.borderlands.uk.com)

### **Bradford Ecumenical Asylum Concern**

BEACON is a registered charity campaigning and raising awareness about asylum issues. BEACON has four projects: McKenzie Friends are trained volunteers who provide moral support and informed help for those, without access to legal representation, appealing against asylum decisions at Phoenix House, the Asylum Hearings Centre at Thornbury, or wishing to make a fresh claim; CHAT Phoenix House volunteers offer a warm welcome, simple refreshments and signposting to asylum seekers waiting for their appeals to start at Phoenix House Immigration and Asylum Tribunal Hearing Centre; CHAT English Club offers English conversation classes to

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asylum seekers, refugees and other non-English speaking foreign nationals; Hosting offers short, medium and sometimes longer-term accommodation, within the homes of volunteer hosts, to asylum seekers who are destitute or who have critical housing needs.

[www.beaconbradford.org](http://www.beaconbradford.org)

### **BRASS Bolton**

BRASS, Befriending Refugees And Asylum Seekers, is a charity organisation that offers refugees and asylum seekers residing in Bolton, Manchester services in a number of its centres. These include providing a weekly time table offering immigration advice, ESOL & IT classes; Conversation Café and Family Day to aid families with issues such as letters, bills, etc., as well as providing other sporting and social activities.

[www.brassbolton.org](http://www.brassbolton.org)

### **Breadwinners**

Breadwinners is a grassroots charity supporting young refugees into work through artisan baked goods. It delivers employability programmes in London and Brighton that provides jobs, work experience, training and mentoring at their London market stalls. Check link below for various market stalls in London and Brighton.

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

### **The Bridges Programmes**

The Bridges Programmes based in Springburn, Glasgow, supports the social, educational, and economic integration of refugees, asylum seekers, migrants, and anyone for whom English is a second language, living in Glasgow, Scotland. Bridges works with employers and partners to ensure that clients have the best possible support to help them into work (if eligible), education or further training. Through a variety of programmes and resources Bridges enables its service users build their confidence by re-engaging them with their skills, provide training, support, advice and guidance and work placements.

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

### **Brighton Exiled/Refugee Trauma Service (BERTS)**

BERTS (formerly known as the Sanctuary Project) is a dedicated trauma service hosted by Brighton & Hove CBT for refugees and asylum seekers in Sussex. The Project is a voluntary service run for the benefit of the community, offering free

specialist trauma counselling and psychotherapy to local refugee and asylum seekers to help them come to terms with their potentially traumatic experiences in their countries of origin and their relocation experiences in the UK.

[www.brightonandhovecbt.com/BERTS.html](http://www.brightonandhovecbt.com/BERTS.html)

### **Brighton Migrant Solidarity**

Brighton Migrant Solidarity is a community and campaign group with the focus on freedom of movement and supporting migrants. It provides services including running a network of care, accompany people to appointments and interviews, signpost people to relevant services, help them battle bureaucracy and raise funds for the wider No Borders movement and individuals in need of cash.

[www.brightonmigrantsolidarity.wordpress.com](http://www.brightonmigrantsolidarity.wordpress.com)

### **Brigstowe's Migrant Advice and Support Service (MASS)**

Brigstowe's MASS in Bristol offers specialist, confidential and free support, advice, and information on issues including housing, finance, community care, legal services, education and training to refugees and asylum seekers and those with no recourse to public funds living with or affected by HIV.

[www.brigstowe.org/services/mass](http://www.brigstowe.org/services/mass)

### **Bristol Law Centre (formerly Avon & Bristol Law Centre)**

Bristol Law Centre is a charity providing specialist legal advice in Bristol and beyond. BLC offers people living in Bristol, South Gloucestershire, B&NES, and across the South West free employment and housing advice; free independent legal advice and representation to patients and others affected by mental health law within Avon and Wiltshire Mental Partnership NHS Trust and across the South West; advice and representation on all aspects of immigration and asylum, claims for victims of trafficking, etc.

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

### **Bristol Refugee Rights**

BRR offers a range of services to refugees and asylum seekers residing in Bristol including a Welcome Centre which is a support service and social space for asylum seekers as well as new refugees; Advocacy and Information Desk; Asylum Support Project; British Life and Language Programme, Early Years Project which is a Crèche

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and young child care for refugees and asylum seekers and interpreter training course to enable members to become community interpreters as part of the Voice Project.

[www.bristolrefugeerights.org](http://www.bristolrefugeerights.org)

### **British Red Cross**

British Red Cross offers support to young refugees ages 15-25 residing in Birmingham, Glasgow, Hampshire, Kent, Leicester (no group activities), Leeds, London, and Peterborough with one- to-one support, with understanding the asylum process, preparing documents, health, education, and social care support, learning new skills etc.

[www.redcross.org.uk/get-help/get-help-as-a-young-refugee-or-asylum-seeker](http://www.redcross.org.uk/get-help/get-help-as-a-young-refugee-or-asylum-seeker)  
[www.redcross.org.uk/get-help/get-help-as-a-refugee](http://www.redcross.org.uk/get-help/get-help-as-a-refugee)

### **The Bristol Somali Resource Centre**

BSRC provides free information, advice and guidance on a range of issues including welfare, housing, schools and employment. The centre also organises training activities and workshops to enhance employment opportunities, social interaction in order to help disadvantaged people in Bristol resolve problems and challenges that they face.

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

### **Brushstrokes Community Project**

Brushstrokes is a partnership community project set up to support vulnerable groups including refugees and asylum seekers and other migrants living across Sandwell, Birmingham by offering them services such as outreach; practical help e.g., food and clothing; information, advice, and guidance; education; housing and social activity in order to aid their integration.

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

### **Congolese Association of Merseyside**

Congolese Association of Merseyside offers services including immigration, housing, education, healthcare, information, advice and guidance, training, interpretation, and translation from and in French, Lingala, Kikongo, Tshiluba and Swahili to refugees, asylum seekers and migrants from countries such as DR Congo, Congo Brazzaville, Gabon, Cameroun, Rwanda, Burundi.

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

### **Coventry Refugee and Migrant Centre**

CRMC welcomes and empowers asylum seekers, refugees and other migrants in Coventry including destitute families, victims of trafficking, modern slavery, unaccompanied children, and those escaping conflict zones from around the world, to rebuild their lives in Coventry. CRMC offers a wide range of services e.g., employment and immigration advice, therapy services, English classes, social groups, etc.

[www.covrefugee.org](http://www.covrefugee.org)

### **Derby Refugee Forum**

Also known as Derby Refugee Advice Centre, DRAC, Derby Refugee Forum is a charity run by volunteers and offers support and signposting for refugees and asylum seekers residing in Derbyshire by providing a drop-in centre, English and maths classes and variety of workshops, trips and activities.

[www.derbyrefugeeforum.org](http://www.derbyrefugeeforum.org)

### **Derbyshire Refugee Solidarity**

Derbyshire Refugee Solidarity is a small grassroots charity that supports refugees and asylum seekers in Derbyshire and around the world. In collaboration with other agencies, the charity has been collecting and sorting donations to send to Northern France, Greece and Syria as well as fundraising to support these trips. In addition, as a community hub it offers weekly English classes and other activities including music, gardening, Yoga, etc. More than half of their volunteers are asylum seekers or refugees, some of whom have positions of responsibility within the team.

[www.derbyshirerefugeesolidarity.org](http://www.derbyshirerefugeesolidarity.org)

### **Destitute Asylum Seekers Huddersfield**

DASH in Huddersfield offers Practical and emotional support to destitute asylum seekers through provision of drop-in sessions where food and goods are on offer; travel expense; housing, education, health, and training support; etc.

[www.huddsdash.org](http://www.huddsdash.org)

### **Devon & Cornwall Refugee Support**

DCRS is based in Plymouth city centre and provides advice, support, education, IT facilities and a friendly communal space for asylum seekers in the region. Emergency food support and a clothing store with limited quantity of clothing is also on offer.

[www.dcrs-plymouth.org](http://www.dcrs-plymouth.org)

### **Dreamchaser Youth Club**

DCYC is a Birmingham based voluntary charity organisation that aims to provide a place where young people can come together to socialise in a friendly, safe, and accessible environment. The club encourages young people to chase their dreams, integrate into the society, and become respectable members of the community.

[www.dreamchaseryouthclub.co.uk](http://www.dreamchaseryouthclub.co.uk)

### **Equality Network**

Equality Network is Scotland's national lesbian, gay, bisexual, transgender and intersex (LGBTI) equality and human right charity that offers advice and support and information to the community and organisations promoting equality and human rights for LGBT community in Scotland.

[www.equality-network.org](http://www.equality-network.org)

### **Family Refugee Support Project (FRSP)**

The project aims to improve the mental and physical health of refugee families residing in Liverpool in order to increase their independence and social networks and integration by offering the families weekly counselling by a specialist counsellor (in an outside place, with support from horticulturists. Each family has their own piece of land to plan, plant, tend and harvest), support in accessing mainstream services, weekly women's and men group meetings, and monthly family meetings.

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

### **Glasgow Asylum Destitution Action Network**

GLADAN brings together charities, church and community groups and individuals who are actively concerned for people who have been made destitute and, in many cases, homeless following the refusal of their application for asylum, and other vulnerable migrants with no recourse to public funds. The purpose of the network is to improve, broaden and communicate the help available to those in this situation.

[www.destitutionaction.wordpress.com](http://www.destitutionaction.wordpress.com)

[www.destitutionaction.wordpress.com/resources](http://www.destitutionaction.wordpress.com/resources)

### **Gloucestershire Action for Refugees & Asylum Seekers**

GARAS offers a drop-in centre, advocacy and advice on housing, immigration, health, benefits, education and employment, a trauma counselling service, emergency supply of furniture, food, and clothing to help refugees and asylum seekers living in Gloucestershire.

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

### **Greater Manchester Immigration Aid Unit**

GMIAU is a voluntary organisation supporting people subject to immigration control. It offers free legal advice, representation, and support services to people seeking asylum, refugees and vulnerable adults in Manchester. GMIAU also aims to ensure access to justice for survivors of torture, trafficked, human rights abuse and conflict as well as divided families and other who are in need and affected by immigration controls.

[www.gmiau.org](http://www.gmiau.org)

### **The Harbour Project**

The Harbour Project in Swindon aims to help refugees and asylum seekers settle and rebuild their lives in the UK by provision of drop-in help and advice sessions, English classes, and cultural activities etc.

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

### **Hemat Gryffe Women's Aid**

Hemat Gryffe Women's Aid based in Glasgow, Scotland provides safe temporary refuge accommodation, crisis and outreach support to Asian, Black, and Minority Ethnic women and children and young people who are subjected to domestic abuse and forced marriage, living in Scotland.

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

### **Hope Housing**

Hope Housing is a Christian charity working with homeless people in Bradford. It provides a range of interventions and services including crisis management, advice and advocacy and supported housing with the aim of eradicating homelessness in Bradford. Hope Housing receives referrals from hostels, police, Bradford day shelter providers, drug and alcohol services, outreach, and probation workers.

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

### **The Hope projects**

The Hope Projects aim to help destitute asylum-seekers and other new migrants barred from public funds in the West Midlands. Services offered include Hope Destitution Fund, makes fortnightly cash grants to destitute asylum seekers; Hope Housing, provides emergency accommodation for homeless asylum seekers; a Peer Support Group and a Women's Group; as well as Hope's own legal advice and representation when legal aid cannot be obtained.

[www.hope-projects.org.uk](http://www.hope-projects.org.uk)

### **HOST Nottingham**

Host Nottingham is a charity assisting the growing number of destitute asylum seekers and refugees needing housing support across Nottingham. The charity houses asylum seekers and newly recognised refugees in individuals' spare rooms as well as advocating for their rights and offering them practical support including clothes bank.

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

### **Immigrant Counselling & Psychotherapy**

ICAP provides culturally sensitive counselling and psychotherapy to migrant communities in London and Birmingham.

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

### **Justice First**

Justice First is based in Stockton-on-Tee in County Durham and works with people seeking asylum whose appeals have been rejected by the Home Office, helping them re-engage with the legal system and avoid destitution. It offers practical and emotional support including volunteer befrienders and refugee awareness training, presentations and talks in the North East.

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

### **Kent Refugee Action Network**

KRAN, is an independent charity in Kent that provides help and support to asylum seekers and refugees, including minors who have arrived in the United Kingdom unaccompanied by an adult.

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

### **Leeds Asylum Seekers Support Network**

LASSN attends to unmet needs of refugees and asylum seekers living in Leeds. LASSN assists refugees and asylum seekers in Leeds through various projects including Befriending, Connecting Opportunities, English at Home, Grace Hosting, and Information & Awareness. LASSN works in partnership and collaborates with a number organisation across Leeds including Leeds Refugee Forum, PAFRAS, British Red Cross, No Accommodation Network, etc.

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

### **Leeds Refugee Education Training Advice Service**

RETAS in Leeds strives to build hope and confidence in refugees, asylum seekers and other vulnerable migrants empowering them to fully integrate into society and build a safe and secure life in the UK. RETAS provides assistance with access to education, re-qualification, training and employment, etc, to help refugees and asylum-seeking population better integrate in their communities.

[www.retasleeds.weebly.com](http://www.retasleeds.weebly.com)

### **Leeds Refugee Forum**

LRF is a refugee-led organisation that aims to support refugees, asylum seekers and Refugee Community Organisations to settle and establish themselves in Leeds. LRF is a voice for refugees and refugee communities and advocates within the sector and with government agencies to ensure the needs of the community are met. It also offers practical support through education, advice, information dissemination and social activities, as well as creating a space where refugees and the communities they belong to, can meet, and find mutual support.

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

### **Lifeline options**

Lifeline Option is a Community Interest Company based in Birmingham registered with OISC (Office of Immigration Services Commissioner) to provide free legal advice/assistance to asylum seekers wishing to re-open their asylum application as well as offering assistance to obtain welfare support from the UK Border Agency whilst waiting on or preparing applications.

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

### **Malvern Welcomes**

Malvern Welcomes is a charity based in Malvern, in Worcestershire, West Midlands supporting resettled families notably Syrian refugees but not exclusively from Syria in the area. The charity supports the families by providing English programme which is delivered by experienced volunteers; supporting adults in seeking employment and assisting with funding for transport to courses and interviews; facilitating the families in becoming involved in community activities; helping families to access medical care by supporting them at medical appointments when necessary; offering support to the schools attended by resettled children.

[www.malvernwelcomes.org](http://www.malvernwelcomes.org)

### **Manchester Refugee Support Network**

MRSN is a grass-roots organisation directly managed by refugee communities, based in Manchester, providing practical support to those fleeing persecution, conflict, and various forms of injustice and abuse. MRSN offers services including Refugee & Asylum Advice Service, Refugee & Migrant Forum, Destitute Project, Refugee Health & Wellbeing Project, to ensure its service users acquire their basic needs, enabling them to live again with dignity and lead productive lives in the UK.

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

### **Manuel Bravo Project**

The Manuel Bravo Project in Leeds is a new charitable organisation which provides free legal advice and assistance to refugees and asylum seekers who are unable to obtain legal aid. The Project is volunteer-based with barristers, solicitors, law students and lay volunteers giving their time to assist people.

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

### **Merseyside Somali Community Association**

MSCA aims to help the Somali community in Merseyside with their educational needs. It also provides services including a social meeting place, hot halal meal, access to welfare rights and benefits and immigration advice, translation, and social and cultural activities.

[www.thelivewelldirectory.com/Services/900/Merseyside-Somali-Co](http://www.thelivewelldirectory.com/Services/900/Merseyside-Somali-Co)

### **Micro Rainbow**

Micro Rainbow aims to create a world where lesbian, gay, bisexual, trans and intersex, LGBTI, refugees and asylum seekers are free from discrimination, persecution and have equal opportunities in life, including in accessing employment, training, education, financial services, healthcare, places of faith, and public services. Micro Rainbow offers safe houses to LGBTI asylum seekers and refugees in London, in the North West and West Midlands.

[www.microrainbow.org](http://www.microrainbow.org)

### **Migrant English Project**

MEP provides free English lessons for refugees, asylum seekers and Migrants in Brighton. It also provides support and basic advice, referrals and signposting when needed.

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

### **Migration Observatory**

The Migration Observatory based at the University of Oxford informs debates on international migration and public policy and provides impartial independent and evidence-based analysis on migration and immigrants in the UK.

[www.migrationobservatory.ox.ac.uk](http://www.migrationobservatory.ox.ac.uk)

### **Multilingua Devon Interpreting & Translation Service**

Multilingua provides community interpreting services for the local public sectors including NHS hospitals, CAHMS, Crisis Team, GPs, Dentists, Opticians, schools, solicitors, etc in Devon.

Its translating service ranges from court documents to marriage, birth certificates to simple appointment letters. Multilingua also runs regular interpreter training workshops.

[www.multilinguadevon.co.uk](http://www.multilinguadevon.co.uk)

### **Narthex Sparkhill Refugee Resource Centre**

The Refugee Resource Centre is run by Narthex Sparkhill, a charity organisation based at St. John's Church in Sparkhill, Birmingham that supplies baby equipment and clothing, toys, bedding, small household items and food to destitute refugees and asylum seekers who are referred by churches and agencies. The organisation offers health advice and runs a food bank and advice centre.

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

### **New Roots Therapeutic Service, Sheffield & South Yorkshire**

Refugee Council offers psychological therapy to refugees (adults, families, and children) who have been resettled under the Vulnerable Persons Resettlement Scheme, Vulnerable Children's Resettlement Scheme, the Gateway Protection Programme, and the UK Resettlement Scheme, in Sheffield and South Yorkshire.

[www.refugeecouncil.org.uk/get-support/services/new-roots-therapeutic-services-sheffield-and-south-yorkshire](http://www.refugeecouncil.org.uk/get-support/services/new-roots-therapeutic-services-sheffield-and-south-yorkshire)

### **North of England Refugee Service**

NERS offers asylum seekers and refugees advice sheets in a number of languages, Amharic, Arabic, Mandarin Chinese, Dari, English, Farsi, Kurdish Sorani, Pashto, Somali, Tamil, Tigrinya and Urdu. NERS provides interpreting and translation service, assists with refugees and asylum seekers' housing problems, offers destitution support and employment training to refugees and asylum seekers to help them settle in the North of England.

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

### **Oasis Cardiff**

Oasis Cardiff is a non-profit charity that aims to help refugees and asylum seekers in Cardiff integrate within their local community. It runs various women only sessions and groups, art classes, English language classes, sports sessions, daily advisory sessions, advocacy forums, relaxation sessions as well as providing free lunch every week day.

[www.oasiscardiff.org](http://www.oasiscardiff.org)

### **Opoka**

Opoka a Bristol-based Polish voluntary organisation that supports Polish women and children who are experiencing domestic violence and abuse. Opoka offers safe and specialist support including counselling, emotional support, and personal safety advice to aid survivors to move forward and begin their recovery free from violence and abuse.

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

### **Positive Action for Refugees & Asylum Seekers**

PAFRAS in Leeds works with refugees and asylum seekers and offers destitution services to vulnerable migrants, as well as providing advice, advocacy, and drop-in sessions.

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

### **Positive Action in Housing**

PAIH in Glasgow is an independent, 'anti-racist homelessness and human rights charity' that supports women, children and men from refugee and migrant background to rebuild their lives in the UK. The services on offer include assistance in crisis situations for instance the removal of basic human rights such a refuge, shelter, the right to work or hold a bank account. It also offers advice, crisis grants, and free shelter to those at risk of destitution through Room for Refugees, a refugee hosting programme ([www.roomforrefugees.com](http://www.roomforrefugees.com)).

[www.paih.org](http://www.paih.org)

### **Project MAMA**

Project MAMA, Maternity Action for Migrants and Asylum Seekers is a Bristol based charity that offers a free, confidential, and individual-focused support to women refugees, asylum-seekers throughout the maternity process by linking them with specialist birth companions and a peer network for support throughout pregnancy, childbirth and in early parenting. It also supports survivors of modern slavery and human trafficking and other displaced women.

[www.projectmama.org](http://www.projectmama.org)

### **Rainbow Haven**

Rainbow Haven aims to provide welcoming and supportive drop-in sessions in Manchester and Salford where newly arrived refugees and asylum seekers can get their immediate and longer-term needs met. Hot meal and drink, English classes, advice, advocacy, and information services are also on offer in these drop-in sessions where attendees can access information on courses and activities programme provided.

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

### **REACHE North West**

REACHE, Refugee and Asylum Seekers Centre for Healthcare Professionals Education, North West has been set up to assist Refugee and asylum-seeking Healthcare Professionals (RHPs) to register their qualifications in the UK. REACHE also assist RHPs who have permission to work in seeking professional employment in the UK National Health Service.

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

### **Refugee, Asylum Seeker & Migrant Action**

RAMA (formerly Refugee Action – Colchester) is a community interest company representing refugees, asylum seekers and other vulnerable migrants in the North Essex area. It works to improve the lives and prospects of asylum seekers and Refugees by helping them to integrate into and become part of the new community. Employability, education, advocacy, and outreach are the four strands of the work of RAMA.

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

### **Refugee Community Kitchen**

RCK serves hot food to displaced people in Northern France and homeless people mainly refugees in London and Edinburgh. RCK recreates a community and a safe space for its service users to gather and connect.

[www.refugeecommunitykitchen.org](http://www.refugeecommunitykitchen.org)

### **Refugee Council's Birmingham Therapeutic Service**

Refugee Council's provides specialist therapeutic support for refugees and asylum seekers in Birmingham to improve their psychological wellbeing and physical wellbeing. Services on offer include crisis intervention, weekly counselling sessions, therapeutic group work, practical support, telephone counselling etc.

[www.refugeecouncil.org.uk/get-support/services/birmingham-therapeutic-service](http://www.refugeecouncil.org.uk/get-support/services/birmingham-therapeutic-service)

### **Refugee Council's Health Access for Refugees Programme in South Yorkshire**

Refugee Council's HARP enables refugees and asylum seekers in Barnsley, Wakefield, Leeds, Rotherham, and Sheffield to better understand, care for and communicate their own health needs. They are supported to become more confident to speak in public, share their experiences, and communicate their health needs to health professionals. Weekly health access course and workshops, support, and advocacy to access different health services, and many more are on offer.

[www.refugeecouncil.org.uk/get-support/services/health-access-for-refugees](http://www.refugeecouncil.org.uk/get-support/services/health-access-for-refugees)

### **Refugee Council's My View Children's Therapy Service**

Refugee Council's My View Children's Therapy Service has been providing therapeutic support specifically tailored for separated child refugees and asylum seekers age between 12-17 years old. The service is available in London (Croydon & Stratford) Birmingham, Kent, Leeds, East Sussex, Yorkshire & Humberside.

[www.refugeecouncil.org.uk/get-support/services/my-view-childrens-therapy](http://www.refugeecouncil.org.uk/get-support/services/my-view-childrens-therapy)  
[www.refugeecouncil.org.uk/our-work/mental-health-support-for-refugees-and-asylum-seekers/mental-health-services-for-unaccompanied-children](http://www.refugeecouncil.org.uk/our-work/mental-health-support-for-refugees-and-asylum-seekers/mental-health-services-for-unaccompanied-children)

### **Refugee Council's Refugee Advice Project Barnsley**

Refugees Council's Advice Project runs an advice service for people in Barnsley who have been granted refugee status within the last 6 months offering advice on welfare rights, housing, access to health service, education, ESOL.

[www.refugeecouncil.org.uk/get-support/services/refugee-advice-service-barnsley/](http://www.refugeecouncil.org.uk/get-support/services/refugee-advice-service-barnsley/)

### **Refugee Education UK**

RE UK works with and supports young asylum seekers, refugees, and survivors of trafficking (15-25 years old) in seeking safety in the UK, getting into, staying in and doing well in education whatever their faith, religion, or beliefs. RE UK provides Educational Mentoring in London, Oxford, Birmingham, Peterborough & Cambridge. Other programmes on offer are Educational Progression, Wellbeing, and Impact.

[www.reuk.org](http://www.reuk.org)

### **Refugee Radio**

Refugee Radio is a Brighton based charity that supports refugees and asylum seekers and vulnerable migrants by running community projects targeting mental health, isolation, and social exclusion. It aims to raise the voice of refugees and asylum seekers by regularly inviting them to tell their stories, talking about their cultures and journey.

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

### **Refugee Resource**

Refugee Resource aims to relieve distress, improve well-being, and facilitate the integration of refugees and asylum seekers in Oxfordshire and wider Thames Valley areas by provision of psychological, social, and practical support.

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

### **The Refugee Studies Centre**

RSC is part of Oxford University Department of International Development whose aim is to build knowledge and understanding of forced migration in order to help improve lives of refugees and asylum seekers. RSC has a number of publications including: Forced Migration Review, Journal of Refugee Studies, Oxford Monitor of Forced Migration, Policy Briefing Series and Working Paper Service.

[www.rsc.ox.ac.uk](http://www.rsc.ox.ac.uk)

### **Refugee Support Devon**

RSD helps asylum seekers and refugees living in Devon by providing a drop-in information and enquiry service, support for people who want to claim asylum, and those who have been refused asylum; practical support, for example using telephones, emails and faxes to contact the vital services they may require; financial assistance in times of hardship through its emergency fund from private donations; support with English language and help to enrol in college, help to access training and find job opportunities; and a Women's Outreach Project.

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

### **Refugee Survival Trust**

RST is a charity that provides grants to refugees and asylum seekers residing in Scotland. It was set up to alleviate poverty and destitution as well as helping refugees and asylum claimants to overcome obstacles in accessing educational and employment opportunities.

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

### **Refugee Women Connect**

RWC works with asylum seeker and refugee women and their children including victims of trafficking, sexual violence, domestic servitude, other forms of gender-based violence and human rights abuses, living in the North West. The Group supports its services through the following projects: drop-in project, casework project,

accompaniment project and recycling project. The drop-in provides women with a warm, nutritious meal, emotional support, casework support, pre-and post-natal support, parental support and advice, clothes and toys for babies, children, and women, etc.

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

### **Refugee Women of Bristol**

RWoB is a multi-ethnic, multi-faith organisation which specifically targets the needs of refugee women in Bristol and is directly governed by women of the refugee and asylum-seeking community. RWoB provides services to marginalised groups and routinely reaches cohorts of women who other service-providers overlook or are unable to access. The services offered by RWoB include English Language and Life Skills Classes; Health & Wellbeing Activities including yoga, aerobics, gardening; Creche; Lunch club which is free for asylum seekers; Advice & Advocacy service; arts & crafts activities, etc.

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

### **Refugee & Migrant Development Association**

RAMDA is a Luton and Bedfordshire based service that provides support, guidance, information and advice on immigration and welfare rights to refugees and migrants of all ages, genders, abilities, and disabilities from Horn of Africa, particularly, Somalia, Ethiopia, Kenya and Djibouti and Yemen.

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

### **Restore**

Restore is a project of Birmingham Churches Together which aims to welcome, include and assist the integration of refugees and those seeking sanctuary from persecution. It offers befriending, social activities, equipping refugees for work, advocacy, and awareness-raising. Restore facilitates day trips for refugee families during school holidays and social activities for lone asylum seeker men and women.

[www.restore-uk.org](http://www.restore-uk.org)

### **Revive**

Revive is an independent community project in Manchester that provides free practical support services and advocacy, immigration advice, drop-in centres, and emergency provision to

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deprived refugee and asylum seekers to enable them to rebuild their lives and integrate into the society.

[www.revive-uk.org](http://www.revive-uk.org)

### **Room to Heal**

Room to Heal is a healing community for refugees and asylum seekers who have survived torture and violence and provides therapeutic support groups and individual therapy, theatre, storytelling and gardening in Islington, London and Norfolk, East Anglia.

[www.roomtoheal.org](http://www.roomtoheal.org)

### **Saheliya**

Saheliya, a specialist mental health and wellbeing support organisation for BME women in Edinburgh and Glasgow. Services on offer include counselling; complementary therapies; practical and emotional support; group work; outreach work; gardening and learning centres, etc.

[www.saheliya.co.uk](http://www.saheliya.co.uk)

### **The Scottish Refugee Council**

The Scottish Refugee Council is a Scottish charity that provides practical support and advice to refugees and asylum seekers to help them rebuild their lives in Scotland. The charity works with communities and community groups and speaks out against an unjust asylum system and campaign for policy changes in order to make a positive difference to refugees and asylum seekers' lives.

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

### **Shakti Women's Aid**

Shakti Women's Aid offers support, advocacy, and information to BME women, children and young people experiencing or fleeing domestic abuse in Scotland. Services on offer include Women's services in Edinburgh and East, Mid and West Lothian; an Outreach service in Fife in Dundee, and in Forth Valley (Stirling, Falkirk, and Clackmannanshire); women refuge service in Fife, Falkirk, Stirling, Dundee, and Perth; and it provides consultancy and expertise to local authorities and voluntary sectors.

[www.shaktiedinburgh.co.uk](http://www.shaktiedinburgh.co.uk)

### **Social Workers Without Borders**

SWWB is a registered charity that offers voluntary support to asylum seekers, refugees

and those impacted by borders, independently of government and local authorities, using its members' social work skill and expertise. By supporting and mentoring its social work volunteers from across the UK, SWWB provides pro-bono social work assessments for unaccompanied children, children and families and vulnerable adults facing removal from the UK, and children with claims to Dublin III family reunification.

[www.socialworkerswithoutborders.org](http://www.socialworkerswithoutborders.org)

### **Solace**

Solace is a Leeds-based charity which provides advocacy and free counselling, psychotherapy/complementary therapies to the survivors of persecution and exile, victims of torture, rape living in Yorkshire and Humber region.

[www.solace-uk.org.uk](http://www.solace-uk.org.uk)

### **Solihull Welcome**

Solihull Welcome offers refreshments, friendly conversation and advice, children's clothes and toys to asylum seekers attending the UK Border Agency centre at Sandford House in Homer Road by a team of volunteers at St Augustine's Catholic Church Hall.

[www.centralsolihullchurches.org.uk/solihull-welcome](http://www.centralsolihullchurches.org.uk/solihull-welcome)

### **Somali Community Parents Association**

SOCOPA provides support to the Somali people residing in Leicester. The association provides advice and assistance to individuals and families in need, offer education, training and health programmes and advocate for the needs of Somali community in the region. More specifically the Association offers English & Maths tuition and homework support for students, English classes and support for adults, family support at the time of crisis, food bank and family activities, etc.

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

### **St. Augustine's Centre**

St. Augustine's Centre based on Hanson Lane in Halifax, is a community centre for anyone who needs help, advice or support including refugees and asylum seekers regardless of faith, ethnicity, or background. The centre aims to help

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individuals with their basic needs as well as provision of a safe welcoming space offering friendship and solidarity at the Welcome Café; a range of free English classes for all abilities; health and therapeutic wellbeing support; sports and social activities; education and training opportunities; help with gaining employment; practical advice and advocacy for asylum seekers and refugees; and help with benefits, welfare, and housing.

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

### **St. Chad's Sanctuary**

St. Chad's Sanctuary is a voluntary project that helps refugees and asylum seekers in Birmingham and the surrounding areas. It offers a range of practical support including food parcels, hygiene products, clothing, kitchen & bedding items; weekly social to combat isolation among refugees and asylum seekers; welfare, immigration and housing advice and signposts people to other organisations where necessary.

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

### **Stand Against Racism & Inequality**

SARI provides support for victims of any type of hate crime including racist, faith, age and gender based in Bristol, Bath, Somerset & South Gloucestershire.

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

### **Suffolk Refugee Support**

Suffolk Refugee Support helps refugees and asylum seekers in Suffolk integrate in the UK by offering advice service, employment support and training, English language classes, youth work, sports activities group, friends group, etc.

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

### **Support for Wigan Arrivals Project**

SWAP supports asylum seekers and refugees living in Wigan by offering services including welcome service for new arrivals, Women's group, training, casework service, English classes, to enable them to rebuild their lives in the UK.

[www.swapwigan.org](http://www.swapwigan.org)

### **Sussex Interpreting Services**

SIS offers a range of support services including community interpreting and translation, bilingual advocacy which are free to all refugees and asylum seekers. SIS helps people with language needs have access to publicly funded services, for

instance, provision of dual language appointment letters to help services inform clients with a language need of their appointment details.

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

[www.sussexinterpreting.org.uk/bilingual-appointment-letters](http://www.sussexinterpreting.org.uk/bilingual-appointment-letters)

### **Swansea Asylum Seekers Support**

SASS in Swansea Wales is a volunteer-led registered charity, run and managed by its members, who include asylum seekers, refugees and other local people offering a warm welcome to people seeking sanctuary in Swansea through its twice-weekly drop-ins, offering practical support, educational and recreational opportunities.

[www.sass.wales](http://www.sass.wales)

### **Tamarind Centre**

Tamarind Centre provides a holistic health and wellbeing support service to BME communities in Coventry, in particular African Caribbean and Asian people who are experiencing mental health problems. Services on offer include mental health support, drop-in services, and counselling. Languages spoken in the centre are English, Patois, Punjabi, and Hindi.

[www.tamarind-centre.org.uk](http://www.tamarind-centre.org.uk)

### **Touchstone**

Touchstone in Leeds is a community-based organisation that provides mental health and wellbeing services to vulnerable people across marginalised communities promoting equality, independence, and inclusion. Touchstone has several projects and services including the Community Development, Advocacy, Intensive Community Support & Clinical Services that advocates for the strengths of underserved communities including BME communities, refugees, and asylum seekers and LGBTQI, across Leeds.

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

### **Trauma Foundation South West**

TFSW (formerly known as BCPC Asylum Project) provides free psychotherapy and counselling to refugees and asylum seekers and others who have been traumatised by war, conflict and persecution residing in Bristol & the South West. It also provides supervision and training in TFSW and other agencies and charities in Bristol.

[www.tfsw.co.uk](http://www.tfsw.co.uk)

### **UBUNTU Counselling Services**

UBUNTU Counselling Services is a not-for-profit Health and Wellbeing Social Care Social Enterprise based in Devon covering the South West of England. UBUNTU Counselling Services offers Multicultural Counselling including 1:1 and group counselling, relationship, family, and cross-cultural relationship counselling, as well as social support or signposting to social support. In partnership with Multilingual Devon, an Interpreting and Translation Service, UBUNTU can offer support in a range of languages through trained and culturally sensitive interpreters.

[www.ubuntu counselling services.org.uk](http://www.ubuntu counselling services.org.uk)

### **The Unity Centre**

The Unity Centre in Glasgow is a voluntary run organisation that offers practical support and solidarity to all asylum seekers and other migrants in Scotland. It also supports anyone detained in any UK detention centres. The centre is run by the Unity Centre Collective and is situated less than 100 metres from the Home Office, which means it can act quickly if anyone gets detained by the Home Office.

<https://unitycentreglasgow.org>

### **Unseen**

Unseen is a UK charity based in Bristol which provides safehouses and support in the community for survivors of trafficking and modern slavery. Unseen also runs the UK Modern Slavery & Exploitation Helpline and works with individuals, communities, businesses, other charities, and statutory agencies to eradicate slavery for good.

[www.unseenuk.org](http://www.unseenuk.org)

### **Voices in Exile**

Brighton Voices in Exile offers free immigration and legal advice to refugees and asylum seekers in East and West Sussex and Surrey, who are destitute, have no income due to their immigration status, or who are in transition between asylum and refugee status. A caseworker will provide access to food and toiletries and financial support as well as providing long-term integration support, helping with housing, benefits, education, and employment.

[www.voicesinexile.org](http://www.voicesinexile.org)

### **West End Refugee Centre**

WERS is a charity supporting refugees and asylum seekers in Newcastle Upon Tyne, offering services including daily drop-in advice sessions, home visits and outreach, befriending scheme, hardship fund, clothing store.

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

### **Wirral Change**

Wirral Change is a black and minority ethnic outreach service offering information, advice and guidance on jobs, education, training, self-employment, health, and wellbeing, as well as signposting to other services for BME communities in Wirral, Merseyside.

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

### **Women Asylum Seekers Together**

WAST Manchester provides emotional and social support by women for women seeking asylum in the UK, sharing knowledge, skills, information, and experiences in order to empower one another.

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

### **Women's Counselling & Therapy Service**

WCTS offers free and low-cost individual and group counselling and psychotherapy and art and drama therapy for Leeds women and girls on low incomes, including refugees and asylum-seeking women. Check the link below for the current community venues around Leeds that provide this service.

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

## **International**

### **Action Aid**

Action Aid is an international charity that works with women and girls living in poverty through provision of overseas aid to third world countries. The three main areas of work with women and girls living in poverty include violence against girls and women; women's economic empowerment; and women and girl's rights in humanitarian crises.

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

### **Afghan Academy International**

Afghan Academy International is an independent voluntary community organisation based in London that provides a range of services and projects supporting Afghans in the UK and abroad. The services on offer include guidance, advice and information, social events and activities, educational and cultural programmes, support groups for individuals and families, etc., helping Afghans to integrate and achieve a better standard of living, health, education, employment.

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

### **The AMAR International Charitable Foundation**

AMAR, Assisting Marsh Arabs and Refugees, International Foundation came into existence following persecution of the Marsh Arabs in southern Iraq by Saddam Hussein in 1991 which led to hundreds of thousands flee their home. After a visit to the region, Baroness Nicholson of Winterbourne launched an appeal to send much needed relief to those who had lost everything. AMAR's work has evolved and now reaches families across the region in Iraq and Lebanon ensuring that vulnerable families have access to healthcare, educational services, and emergency aid.

[www.amarfoundation.org](http://www.amarfoundation.org)

### **Amnesty International UK**

Amnesty International UK supports human rights issues, free speech, and advocates for refugees and asylum seekers, immigrants, and women's rights.

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

### **Anti-Slavery International**

Anti-Slavery International is the world's oldest international human rights organisation funded in England in 1839. It aims to eliminate all forms of slavery and slavery like practices throughout the world, including forced labour, human trafficking, child labour, force marriage, etc.

[www.antislavery.org](http://www.antislavery.org)

### **Art Refuge UK**

Art Refuge UK is a small charity that works through art and art therapy with people who have been displaced due to political or religious persecution, armed conflict, trafficking, natural disaster and/or poverty. Operating in close partnership with local and international government and non-governmental organisations, Art Refuge UK's work mainly takes place through groups and currently operates in London, Bristol and on the France-UK border at Calais.

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

### **British Red Cross**

British Red Cross helps people in crisis including vulnerable refugees and prepares for and responds to conflicts, natural disasters, and individual emergencies around the world.

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

### **Care4Calais**

Care4Calais is a volunteer-run refugee charity working with refugees in the UK, France, and Belgium. Care4Calais delivers essential aid including warm clothing, bedding, food and medical assistance and support, social support, and activities, including language lessons, sports, and music workshops to refugees living in the above-mentioned areas.

[www.care4calais.org](http://www.care4calais.org)

### **CARE International**

CARE International aims to save lives, defeat poverty, and achieve social justice around the globe. It works in numerous poor and developing countries helping improve lives and when disaster strikes it helps people rebuild their lives, with special focus on empowering women and girls as it believes, equipped with the proper resources, women have the power to lift whole families and communities out of poverty.

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

### **Catholic Agency for Overseas Development**

Catholic Agency for Overseas Development, CAFOD, is an international development charity and the official aid agency of the Catholic Church in England and Wales. CAFOD has been fighting world poverty and inequality with practical help and campaigns for global justice. It funds partner organisations working in over 70 countries in Africa, Asia, Latin America, and the Middle East. Projects range from working with child soldiers in Sierra Leone to building homes for Afghan refugees.

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

### **The Centre for Victims of Torture**

CVT is an international non-profit organisation that provides healing / treatment services to survivors of torture and train partner organisations in the United States and worldwide in order to prevent and treat victims of torture. In addition, CVT conducts research in order to enable practitioners to best treat survivors as well as provision of an advocacy service to end torture. CVT's international healing initiatives work in refugee camps and post-conflict areas including in Jordan, Dadaab refugee camps in Kenya, in Northern Ethiopia working with Eritrean refugees and train local communities and refugee organisations to meet the mental health needs of their refugee population for the long term.

[www.cvt.org](http://www.cvt.org)

### **Children & Families Across Borders**

CFAB is an NGO that deals with child protection cases that involve the UK and other countries. It protects vulnerable children who have been separated from family members as a result of divorce, forced migration, seeking asylum or those victims of trafficking as well as other vulnerable children and families.

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

### **Christian Aid**

Christian Aid is an agency of the churches in the UK and Ireland which was formed in 1945 to help refugees following the Second World War. Christian Aid provides humanitarian relief and long-term development support for poor communities worldwide, while highlighting suffering, fighting injustice and campaigning for change to help people in need. Christian Aid's support ranges from the provision of emergency food relief, clothing, tents, and clean drinking

water to distributing seeds and fertilisers for the spring planting, and the replenishment of livestock.

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

### **Coram Children's Legal Centre**

Coram Children's Legal Centre, CCLC, part of the Coram Group of charities, promotes and protects the rights of children in the UK and internationally in line with the UN Convention on the Rights of the Child. CCLC provides legal advice and representation, builds the capacity of professionals and practitioners through training and advice provision, and challenges laws and policies that negatively impact on children and their rights, as well as providing international consultancy on child law and children's rights.

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

### **The Council for at Risk Academics**

Cara is a charitable UK organisation dedicated to helping academics in immediate danger, forced into exile and many who chose to remain in their homeland, by offering them academic and financial support.

[www.cara.ngo](http://www.cara.ngo)

### **Doctors of the World, International**

Doctors of the World, DOTW, is an independent humanitarian movement working at home and abroad to empower excluded people to access healthcare. Through hundreds of programmes in 80 countries including Russia, Uganda, Ukraine, Nigeria, Nepal, Bangladesh, Myanmar, etc., DOTW provides medical care, strengthens health systems, and addresses underlying barriers to healthcare. In addition, it shares skills and training locally so communities stay strong in the long term. It also gives a voice to the most marginalised, reporting on violence, injustice, and unmet health needs.

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

[www.doctorsoftheworld.org.uk/our-work/international](http://www.doctorsoftheworld.org.uk/our-work/international)

### **ECPACT International**

ECPACT International campaigns to end sexual exploitation of children through prostitution, trafficking, early and forced marriage of children online or in the context of travel and tourism. To achieve this ECPACT conducts primary research bringing together information from various countries around the world, works with

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governments, international institutes, private sector, general public, and children themselves to increase knowledge and understanding of the issues. ECPACT offers information for children who have been affected by sexual exploitation and abuse to understand their rights, access justice, and find medical, psychological, and social support services. ECPACT also connects adult survivors of child sexual abuse and exploitation to work together to heal as a global community of advocates.

<https://ecpat.org>

#### **EMERGENCY UK**

EMERGENCY UK provides free, high-quality medical and surgical care to victims of war, poverty, and landmines, as well as building hospitals and training local medical staff. Emergency operates in different countries and currently in Afghanistan, Eritrea, Iraq, Italy, Sudan, Uganda, and Yemen.

[www.emergencyuk.org](http://www.emergencyuk.org)

#### **European Council on Refugee & Exiles**

ECRE is an alliance of 106 NGOs across 40 European countries. ECRE's mission is to protect and advance the rights of refugees, asylum seekers and displaced people in Europe and in Europe's external policies. ECRE activities include legal support and litigation, advocacy, and communication.

[www.ecre.org](http://www.ecre.org)

#### **Financial & Economic Literacy of Migrant Women for Entrepreneurship Inclusion**

The FEMENIN project is a three-year Erasmus+ funded project coordinated by Aspire Education Group working in partnership with a number of trainers/educators from Spain, Ireland, Romania, Poland and Turkey. The aim of the FEMENIN project is to support teachers and trainers in the adult and vocational education sector to provide high quality learning opportunities in financial and economic literacy to migrant women, tailored to their needs and specifically designed to support their social and employment inclusion through entrepreneurship. Towards this end, FEMENIN is developing an innovative training curriculum, Multi-lingual Open education resources (OER) and ICT-based methods including Apps to improve financial and economic literacy, numeracy and digital competences being made available to migrant women in Europe.

[www.femenin.org](http://www.femenin.org)

#### **House of Rainbow**

House of Rainbow is a London-based international organisation that provides support and encouragement, especially to LGBTIQ+ people of colour, including refugees and asylum seekers, that it is ok to be LGBTIQ+ and be a person of faith. It offers 1:1 support, group gatherings and training workshops to help people to heal and celebrate who they are as well as supporting their families and friends. House of Rainbow supports sister organisations in twenty-two countries in Africa and the Caribbean.

[www.houseofrainbow.org](http://www.houseofrainbow.org)

#### **International Organisation for Migration**

Established in 1951, IOM works closely with governmental, intergovernmental, and non-governmental partners. IOM works in the four broad areas of migration management including migration and development, facilitating migration, regulating migration, and forced migration. IOM UK helps victims of human trafficking, and refugees and asylum seekers to return home, reunite with their family or resettle in the UK, offering them legal advice and travel assistance. As an intergovernmental body, IOM acts with its partners in the international community to assist in meeting the operational challenges of migration; advance understanding of migration issues; encourage social and economic development through migration; and uphold the human dignity and well-being of migrants.

[www.iom.int](http://www.iom.int)

#### **The International Rescue Committee UK**

IRC responds to humanitarian crises around the world helping to restore health, safety, education, and economic wellbeing, etc. IRC's mission is to help people including refugees, whose lives and livelihoods have been affected by disaster and conflict to survive, recover, and gain control and rebuild their lives. IRC has been providing aid to people affected in Yemen, South Sudan, Democratic Republic of Congo, Libya, Syria, Afghanistan, and many more.

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

#### **Médecins Sans Frontières**

MSF is an independent humanitarian medical humanitarian organisation that provides medical

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assistance to people affected by conflict, epidemics, disasters, or exclusion from healthcare. Guided by medical ethics and principles of impartiality, independence and neutrality, MSF assists people regardless of their race, religion, politics, or sex whilst raising awareness of the plight of the people they help.

[www.msf.org](http://www.msf.org)

### **National Centre for PTSD**

National Centre for PTSD is a US Department of Veterans Affairs which has a public and professional section. In professional section there are wealth of information for professionals who work with people who have experienced trauma/PTSD, including assessment/screening and measures used to diagnose PTSD in adults and children, handouts, fact sheets, publications, toolkit videos. For those suffering from PTSD/trauma and their families there are resources in a number of languages.

[www.ptsd.va.gov](http://www.ptsd.va.gov)

### **The Ockenden International**

OI is an international non-governmental politically neutral charity organisation that works directly with refugee and displaced communities in order to ease the suffering of refugees in some of the poorest and most war-torn communities including Afghanistan, Cambodia, and Sudan.

[www.ockendenprizes.org](http://www.ockendenprizes.org)

### **Organisation for Refuge, Asylum and Migration**

With representatives in the United States and the Middle East, ORAM is an international team of experts committed to humanitarian values and provides support to vulnerable refugees fleeing persecution including LGBTI refugees. ORAM ensures that the most vulnerable refugees know their rights, have access to legal assistance, and that their host countries recognize their right to security.

[www.oramrefugee.org](http://www.oramrefugee.org)

### **Oxfam International**

Oxfam International is a global movement of people working together with partners, allies, and communities worldwide to save and protect lives in emergencies and help people rebuild their lives. Oxfam aims to tackle poverty, inequality, and discrimination and violence against women in conflict areas as well as providing water, food,

clothing for people in disaster or war-stricken areas of the world.

[www.oxfam.org/en](http://www.oxfam.org/en)

### **REDRESS**

REDRESS is a human rights organisation that operates from offices in London and the Hague and works with survivors of torture to help restore their dignity as well as providing legal assistance and campaigning on their behalf in order to seek justice for them.

[www.redress.org](http://www.redress.org)

### **Refugee Community Kitchen**

RCK serves hot food to displaced people in Northern France and homeless people mainly refugees in London and Edinburgh. RCK recreates a community and a safe space for its service users to gather and connect.

[www.refugeecommunitykitchen.org](http://www.refugeecommunitykitchen.org)

### **Refugee Education Across Conflicts Trust**

REACT works with young people displaced by war and conflict offering them emergency assistance as well as long term educational tools and support to allow them to re-enter their society as equals. REACT has strong links with local partners, schools, tribal leaders and has been working with Darfuri refugee children who have been displaced by the war in Sudan and been stranded in refugee camps in neighbouring Chad by providing them with educational resources including Arabic text books. REACT's recent projects include provision of mobile Arabic library and emergency relief including delivering medical supplies to refugees in Greek Islands.

[www.reactweb.org](http://www.reactweb.org)

### **Refugee Women's Centre**

The Refugee Women's Centre is a volunteer led organisation that aims to create safe spaces for migrant women and families living without shelter in informal outdoor settlements or in surrounding accommodation centres across Northern France. RWC provides women and their families with the means to live with dignity, advocating for them to access shelter, and offering them practical support including, dentist runs, shower runs, trips to the hospital, and distributing hygiene products, bedding, clothing.

[https://twitter.com/RWC\\_CalaisDK](https://twitter.com/RWC_CalaisDK)

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### **Register of Engineers for Disaster Relief**

RedR is an international humanitarian NGO that provides other aid and humanitarian organisations across the globe advice, support, practical lifesaving skills and expertise to enable them to prepare for, respond to and recover from natural and man-made disasters. RedR has been training aid workers in Middle East and North Africa in refugee camps in Jordan, Turkey, Iraq, Lebanon, Saudi Arabia to save and improve lives of displaced refugees.

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

### **Save the Children UK**

Save the Children is the UK's international charity helping children in the UK and around the world stay healthy and safe. The charity saves children's lives in war-torn countries and wherever disaster strikes, helping displaced and child refugees.

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

### **UNICEF UK**

UNICEF is an international leading children charity organisation that believes every child should have access to clean water, food, healthcare, education, and a safe secure environment to grow up in. UNICEF works in more than 190 countries with families, local communities, and governments to protect children including refugees and asylum-seeking children and their families from disease, hunger, malnutrition, violence, exploitation, abuse, war, conflict, and disaster, and transform their lives in their homeland or displaced communities, i.e., refugee camps.

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

### **United National High Commissioner for Refugees**

UNHCR, the UN Refugee Agency in the UK, provides guidance on refugee and asylum law and policy to the UK government, legal practitioners and NGO and intervenes in court proceedings for protection of refugees. In addition, the UNHCR provides a wide range of training to organisations that work with refugees and asylum seekers.

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

## **London**

### **Accept Consortium**

Accept Consortium is created by four psychotherapy agencies (Nafsiyat Intercultural Therapy Centre, Women's Therapy Centre, Maya Centre, Immigrant Counselling and Psychotherapy ICAP) based in North London and provides psychotherapy and counselling to clients from BME communities.

[www.accept-consortium.org.uk](http://www.accept-consortium.org.uk)

### **Account3**

Account3 is a community training and development co-operative in Tower Hamlets, East London that operates a one-stop shop approach providing advice, support, resources, and education to local people specially ethnically diverse and marginalised women residing in the area to improve their lives and build local capacity resilience.

[www.account3.org.uk](http://www.account3.org.uk)

### **Action for Community Development**

AfCD is a community-based organisation in Lewisham, East London that aims to help socially excluded members of the community including ethnic minorities, refugees, asylum seekers and unemployed. Services on offer include professional training, career advice and guidance, health promotion, advocacy, workshop on mental health wellbeing, a drop-in service to promote health and wellbeing, and, assistance in accessing other health services.

[www.actionforcd.org](http://www.actionforcd.org)

### **Action for Refugees in Lewisham**

AFRIL is a charity working with refugees and asylum seekers to relieve poverty and social isolation in Lewisham, London.

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

### **Advice on Individual Rights in Europe**

The AIRE Centre is a London-based specialist charity that provides free legal advice on European Human Rights law and European Union law and assists marginalised individuals in vulnerable situations including London's migrant community to assert their rights.

[www.airecentre.org](http://www.airecentre.org)

### **Afghan Academy International**

Afghan Academy International is an independent voluntary community organisation based in London that provides a range of services and projects supporting Afghans in the UK and abroad. The services on offer include guidance, advice and information, social events and activities, educational and cultural programmes, support groups for individuals and families, etc., helping Afghans to integrate and achieve a better standard of living, health, education, employment.

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

### **Afghan Association of London (Harrow)**

AAL based in Harrow, North West London provides a range of services for Afghan community including refugees, assisting them integrate into the UK society. The services on offer include women services, immigration advice and welfare support, cultural events, educational projects, youth and sports activities and general advice on housing, health, and welfare.

<https://afghanassociationlondon.org.uk>

### **Afghan Paiwand Association**

Afghan Paiwand Association aims to unite members of the Afghan migrant community including refugees and asylum seekers in the UK, by provision of advice about health, social services, education, counselling and mentoring in order to improve the community's quality of life.

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

### **The Afghanistan & Central Asian Association**

ACAA aims to empower, educate, and support refugees from Afghan and Central Asian descent in London Boroughs of Lewisham and Hounslow. women's services, volunteering, translation and organising cultural events as well as legal & human rights, housing, immigration, and housing advice.

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

### **Africa Advocacy Foundation**

AAF promotes better health and education for disadvantaged people including African refugees and asylum seekers through practical support, advocacy, guidance, and training in order to empower and enable them to rebuild their lives in the UK.

[www.africadvocacy.org](http://www.africadvocacy.org)

### **African Refugee Community**

ARC provides specialised services including psychosocial support to French speaking refugees and asylum seekers living in Barnet to aid their empowerment and integration into the host culture and society.

[www.africanrefugeecommunity.co.uk](http://www.africanrefugeecommunity.co.uk)

### **African Women's Care**

AWC is a charity based in West London that provides support to BME women, girls and children who have been affected by domestic and sexual abuse, those with mental health needs and women with terminal or life-threatening illnesses residing in the area. Services on offer include 1:1 and group counselling, information, advice and advocacy, outreach and befriending services for women and children.

<https://africanwomenscare.org.uk/services>

### **Afro-Asian Advisory Service**

AAAS is an independent voluntary organisation in London Borough of Southwark that provides a free specialist legal advice and representation and advocacy on immigration and asylum to members of public. Referral to other agencies is made where advice workers do not have appropriate specialist knowledge.

[www.lambethandsouthwarkmind.org.uk/directory/afro-asian-advisory-service/](http://www.lambethandsouthwarkmind.org.uk/directory/afro-asian-advisory-service/)

### **Akwaaba**

Akwaaba is a Hackney based social centre for migrants regardless of immigration status, race, religion, country of origin, age, sexual orientation, gender and (dis)ability. It offers a drop-in session every Sunday providing a free cooked meal and social and welcoming space.

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

### **Al-Hasaniya Moroccan Women's Centre**

Al-Hasaniya Moroccan Women's Centre seeks to improve the overall physical and mental wellbeing of its women users by tackling the root causes of poverty, disadvantage and inequality experienced by the Arabic-speaking migrant and refugee and asylum seeker communities by provision of safe and secure environment to promote empowerment.

[www.al-hasaniya.org.uk](http://www.al-hasaniya.org.uk)

### **Angolan Community in London**

Angolan Community in London offers advice, interpreting and translation to African, BME, refugees and asylum seekers and residents.

<https://advicefinder.turn2us.org.uk/Home/Details/3721>

### **Art Refuge UK**

Art Refuge UK is a small, robust charity that works through art and art therapy with people who have been displaced due to political or religious persecution, armed conflict, trafficking, natural disaster and/or poverty. Working in close partnership with local and international government and non-governmental organisations, Art Refuge UK's work mainly takes place through groups and currently operate in London, Bristol and on the France-UK border at Calais.

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

### **Ashiana Network**

Ashiana Network's services include provision of refugee, counselling and culturally sensitive advice and support in order to promote empowerment amongst BME and refugee women particularly South Asian, Turkish and Afghani, Iranian living in East London who are experiencing sexual and domestic violence. Ashiana Network works with women with a combination of needs including insecure immigration / no recourse to public funds, language, cultural and religious needs.

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

### **Asian Women Resource Centre**

AWRC is a pan-London voluntary sector grassroots organisation, based in Harlesden, North West London, that aims to support Asian women and children and those from BME communities including refugees and asylum seekers, affected by domestic abuse residing in several London Boroughs including Barnet, Brent, Ealing, Enfield, Hounslow, Hillingdon, Harrow, etc., to receive practical and emotional support so that they rebuild their lives. The services on offer include safety planning, advice, casework, support groups, welfare support, referrals and signposting to other services, community engagement activities including sewing, computer, and IT lessons.

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

### **Asylum Aid**

Asylum Aid in partnership with the human rights charity Helen Bamber Foundation offers legal representation to vulnerable people seeking asylum in the UK, children, survivors of trafficking and stateless people. Asylum Aid works directly with vulnerable people and in partnership with other organisations including providing welfare advice to marginalised communities through its partnership with Westminster Citizen Advice Bureau and Age UK Westminster.

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

### **Asylum Matters**

Asylum Matters is based in the North West, West Midlands, Yorkshire and Humber, North East, and Wales, as well as London and works in partnership locally and nationally to improve the lives of refugees and people seeking asylum through social and political change. Asylum Matters mobilises and coordinates local, regional, and national advocacy work in order to increase the impact of campaigns to secure improvements to asylum policy and practice.

[www.asylummatters.org](http://www.asylummatters.org)

### **BAOBAB Centre for Young Survivors in Exile**

BAOBAB is a non-residential therapeutic community that solely focuses on the needs of young people survivors living in exile who have experienced child and adolescent specific human rights abuses, offering them long-term psychotherapy treatment.

[www.baobabsurvivors.org](http://www.baobabsurvivors.org)

### **The Baytree Centre**

The Baytree Centre is a charity for girls and women living in Brixton, South London, offering a number of projects including 'Into-School' Programme which facilitates the transition of newly-arrived young refugee and migrant girls aged 12-18 years old into the UK education system. The 'Into-School' project offers support to girls in Brixton, London, who have recently arrived in the UK and have no school place. The programme allows girls to participate in ESOL classes, attend Maths and Art classes and cook and have lunch together on a daily basis. Girls are also matched with both a peer mentor as well as a mentor who helps them apply to schools and colleges and follows up the applications with individual schools or the council. The Baytree's Youth Service also offers Gems, Spark, & Youth

Mentoring programmes to girls & young women aged 6-20 to develop personally & academically. The centre also provides a Women's Service.

[www.baytreecentre.org](http://www.baytreecentre.org)

[www.baytreecentre.org/youth-service/into-school](http://www.baytreecentre.org/youth-service/into-school)

[www.baytreecentre.org/womens-service](http://www.baytreecentre.org/womens-service)

### **BME Health Forum**

BME Health Forum is a London-wide charity governed by a partnership of voluntary and community organisations, healthcare providers, commissioners, and local authorities. The Forum aims to improve the quality of health and social care services for Black Minority Ethnic communities by reducing health inequalities affecting them.

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

### **Breadwinners**

Breadwinners is a grassroots charity supporting young refugees into work through artisan baked goods. It delivers employability programmes in London and Brighton that provides jobs, work experience, training and mentoring at their London market stalls. Check link below for various market stalls in London and Brighton.

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

### **Breaking Barriers**

Breaking Barriers is a charity that offers employment support including advice and guidance on how to search for jobs, preparing a CV., interview practice, familiarisation with workplace culture and performance expectations, communication, and presentation skills; free English courses, Business English, English for work and confidence building workshops etc., to refugees in London in order to support them get stable and fulfilling employment.

[www.breaking-barriers.co.uk](http://www.breaking-barriers.co.uk)

### **Bright Centres**

BC is a community centre in London Borough of Lambeth that is run by young professionals with the aim of empowering the borough's disadvantage youth to achieve their full potential for a brighter future. BC supports youth in the community and their families to access better opportunities in employment and education by provision of an education and mentoring service, after school clubs, advocacy, specialist training

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courses and workshops amongst other projects and services.

[www.brightcentres.co.uk](http://www.brightcentres.co.uk)

### **Brighter Futures**

Brighter Futures is a collaborative project delivered by Praxis Community project and Kazzam Arts. Brighter Futures are a group of young migrants who support young people facing immigration issues. Membership is open to young migrants aged 18-30 and it holds weekly meetings at Praxis.

[www.brighterfutureslondon.co.uk](http://www.brighterfutureslondon.co.uk)

### **British Red Cross**

British Red Cross offers support to young refugees ages 15-25 residing in Birmingham, Glasgow, Hampshire, Kent, Leicester (no group activities), Leeds, London, and Peterborough with one-to-one support with understanding the asylum process, preparing documents, health, education and social care support, learning new skills etc.

[www.redcross.org.uk/get-help/get-help-as-a-young-refugee-or-asylum-seeker](http://www.redcross.org.uk/get-help/get-help-as-a-young-refugee-or-asylum-seeker)

[www.redcross.org.uk/get-help/get-help-as-a-refugee](http://www.redcross.org.uk/get-help/get-help-as-a-refugee)

### **British Somali Community Centre**

BSC Centre is a women led organisation in Camden Town, London, helping the Somali community by promoting the health and awareness of Somali women through provision of culturally based health services, enhancing children's educational achievement, and improving the wellbeing of the community in Camden.

[www.britishtosomali.org](http://www.britishtosomali.org)

### **Centre for Armenian Information & Advice**

CAIA offers advice and information for the Armenian community including refugees and asylum seekers on housing, benefits, immigration and training, education, etc., in London and UK wide.

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

### **Centre for Trauma, Asylum & Refugees**

CTAR, is the Centre for Trauma, Asylum and Refugees at the University of Essex. It aims to provide a framework for examining the issues relating to the experience of being an asylum seeker or refugee with the emphasis on the

psychological aspects of these experiences. CTAR also intends to provide a forum for professionals and organisations in the field in the UK and abroad to exchange knowledge and experiences and to further develop their ideas and work.

[www.essex.ac.uk/centres-and-institutes/trauma-asylum-and-refugees](http://www.essex.ac.uk/centres-and-institutes/trauma-asylum-and-refugees)

### **Children Family Empowerment Foundation**

CFEF based in Southwark, South East London is a family centre for children, young people and their families within the community who are experiencing poverty and social isolation. Services offered by CFEF include free, confidential, and practical advice to families including advocating for those parents whose children are subject to child protection inquiries or at risk of being removed into care. The foundation also supports children and families of refugees and asylum seekers who are destitute and/or are in and out of detention.

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

### **The Chinese Information & Advice Centre**

CIAC offers free legal advice, support, and information to disadvantaged Chinese people living in the UK.

[www.ciac.co.uk](http://www.ciac.co.uk)

### **Citizens UK**

Citizens UK organises communities to act together for power, social justice and the common good. It is the home of community organising in the UK, with diverse civil society alliances in London, Milton Keynes, Nottingham, Birmingham, Wales and Leeds.

[www.citizensuk.org](http://www.citizensuk.org)

### **Community Action for Refugees & Asylum Seekers**

CARAS is a community outreach charity based in Tooting that supports refugees and asylum seekers in Southwest London by offering them a range of social activities and groups.

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

### **Community Development Association for Minority Communities**

CDAFMC is a Haringey, North London-based charity that aims to improve the quality of life of people from minority communities including refugees and asylum seekers. The association works together with local voluntary organisations

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and statutory agencies to develop its programme and responds to emerging need and new initiatives in the area. The services on offer include free and impartial information, advice and guidance on welfare rights, housing issues, GP and hospital appointment, immigration, employment, and training, help with accessing health and social services, translation and interpreting and bilingual advocacy, and ESOL classes.

<https://communitydevelopmentassociation.chessck.co.uk>

### **Community Language Support Services**

CLSS is a community organisation and charity based in Islington that aims to reduce poverty and isolation among BME communities mainly from East Africa and other Arab speaking countries, residing in Islington and neighbouring boroughs. CLSS provides a range of services to help improve the quality of life of people from these communities majority of whom are refugees and asylum seekers. CLSS assists speakers of community languages with limited English language skills to communicate with local organisations and people. Other services on offer include advice, information, advocacy, assisting to access health services, education and referrals to specialist agencies including immigration, face to face or outreach visits to client's home, interpreting and translation, counselling, and emotional support.

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

### **Congolese Refugee Women's Association**

CRWA provides advice, advocacy, health promotion, welfare rights advice, outreach, translation, and interpretation, as well as training for professionals working with African children and families in London.

[www.nhs.uk/services/service-directory/congolese-refugee-women-s-association/N10970511](http://www.nhs.uk/services/service-directory/congolese-refugee-women-s-association/N10970511)

### **Crisis**

Crisis is the national charity for single homeless people and aims to end homelessness through provision of services including employment, education, housing, health & wellbeing.

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

### **Croydon Black & Minority Ethnic Forum**

CBMEF is a registered charity that makes representation on behalf of Croydon's BME communities to public sector agencies and other statutory and non-statutory organisation that aim to promote the engagement of BME communities in all aspects of living and working in Croydon including promoting equality and cohesion, involving in local policy and decision making and facilitating joint working amongst BME communities in order to develop best practice.

[www.cbmeforum.org](http://www.cbmeforum.org)

### **Croydon Refugee Day Centre**

West Croydon Baptist Church runs the Croydon Refugee Day Centre which is 5 minutes' walk from the Lunar House – the UK Border Agency office in central Croydon. The church formed the Croydon Refugee Day Centre with the aim of helping people who had newly arrived in Britain as refugees or seeking asylum. The centre is open to provide food, clothing, household goods, advice, a shower, a hot meal, English classes and a place of welcome and safety for people in need. Check the website for the days that these services are available.

[www.croydonrefugeedaycentre.co.uk](http://www.croydonrefugeedaycentre.co.uk)

### **Daaro Youth Project**

Established by the Ethiopian Community in London, Daaro Youth Project is a community-led youth project supporting young asylum seekers and refugees from the Horn of Africa (Eritrea, Ethiopia, Sudan & Somalia) through direct support and building bridges in the Eritrean community to empower and enable youths to overcome their marginalisation within society.

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

### **DAY-MER Turkish and Kurdish Community Centre**

DAY-MER is a pan-London community centre based in Hackney that works with and on behalf of Turkish and Kurdish people in North and East London, some of whom are refugees and asylum seekers. The centre helps members of these communities solve their problems, promoting cultural, economic, social, and democratic rights. Services on offer include advice, educational, youth, women, social/cultural activities, ESOL, literacy, art, music, and drama classes.

[www.daymer.org](http://www.daymer.org)

### **Derman**

Derman is a charity based in Hackney, North London that provides a range of health-related services to Kurdish, Turkish, Cypriot, and Eastern European Turkish people many of whom are refugees and asylum seekers. The services offered include 1:1 individual and group counselling and therapy, mental health recovery support, bi-lingual health advocacy, welfare rights advice and group activities.

[www.derman.org.uk/en](http://www.derman.org.uk/en)

### **Detention Action**

DA campaigns against detention and deportation and for reform. Detention Action provides practical & emotional support and advice to those seeking asylum whose claims have been refused or being processed in detention centres across the UK, including Colnbrook, Harmondsworth and Morton Hall immigration removal centres, London prisons.

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

### **Diversity Living Services**

DLS, is a diversity charity that provides information, advice, and advocacy to migrants, refugees and minority ethnic communities living in Enfield, North London.

[www.diversityliving.org](http://www.diversityliving.org)

### **Doctors of the World UK**

Doctors of the World offers primary health and social care advice from volunteer doctors and nurses to excluded people including asylum seekers, undocumented migrants, homeless people. They can help them register with a local GP or clinic, access specialist services, receive medical advice, and apply for free prescriptions, eye tests and dental care as well as signposting to other services, including housing advice, destitution support and specialist counselling. Doctors of the World's main clinic is in Stratford, East London and to reach excluded people who do not or cannot come to the clinic, it sends medics to treat patients at other organisations that help vulnerable migrants across London in their "pop-up clinics". It also runs Women and Children's clinic to meet the particular needs of women and children.

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

### **EACH Counselling and Support**

Ethnic Alcohol Counselling in Hounslow, EACH, established in 90s and now provides counselling to BME communities and people affected by drugs and alcohol, mental health issues and violence and abuse in several London Boroughs including Hounslow, Ealing, Hillingdon, Brent, Harrow. EACH provides 1:1 counselling for alcohol and drug issues, support groups, welfare and housing support, training and education, an employment support project, violence against women and girls services, a drop-in centre in Hounslow, and trauma services in Hillingdon. For services in the specific centres pls, check the website.

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

### **Ealing Somali Welfare & Cultural Association**

The association delivers a range of services for the Somali community residing in Ealing, including refugees and asylum seekers by providing advice and advocacy on welfare issues, women's groups, information on housing, homelessness, education and immigration and nationality, khat awareness, fitness sessions, & ESOL classes.

[www.eswca.org](http://www.eswca.org)

### **East European Resource Centre**

EERC supports central and Eastern European migrants living in London who may experience poverty, exploitation, and social exclusion.

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

### **Elays Network**

Elays Network is a charity that was established to provide a community support structure for young people and students from a variety of backgrounds who are at risk of school exclusion, not in employment, education or training who are residing in and around Wandsworth. Currently, the network provides support in the areas of health and wellbeing, advice and advocacy, education, and organising social and community events.

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

### **Enfield Somali Community Association**

Enfield Somali Community Association is a charity created by community for the community in Enfield, North London. Services and projects on offer include help and advice, befriending, dementia, bereavement, and digital inclusion.

[www.enfieldsomali.co.uk](http://www.enfieldsomali.co.uk)

### **Eritrean Community in the UK**

ECUK provides advice, support and advocacy support groups for women and older people, culturally based counselling, supplementary schools, cultural and social activities for the Eritrean community including refugees and asylum seekers in Islington, Haringey, Camden, and Hackney.

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

### **Ethiopian Community in Britain**

ECB provides information, advice, referral services on housing, welfare, health, education, training, and employment for the community.

[www.ethiopiancommunity.co.uk](http://www.ethiopiancommunity.co.uk)

### **Evelyn Oldfield Unit**

EOU is a charity based in North London and aims to provide, develop, and coordinate support services for marginalised and disadvantaged individuals and their communities mainly those from migrant, refugee, and asylum-seeking backgrounds through a number of projects.

[www.evelynoldfield.co.uk](http://www.evelynoldfield.co.uk)

### **Every Child Protected Against Trafficking UK**

ECPAT UK is a children's rights organisation that aims to protect children and young people aged between 15-23 from trafficking and transnational exploitation and supports children who have been trafficked. Services on offer include weekly peer support groups, life skills programme, creative projects, social activities, residentials, individual support plan and signposting for further support.

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

### **Fences & Frontiers**

Fences & Frontiers aims to make London a welcoming and inspiring place for refugees and asylum seekers to live. It organises museum trips for children from refugee backgrounds and their families every 6-8 weeks throughout the year; and in warmer months Saturday walks, alternating between urban and rural trails, with a maximum of 15 participants. Fences & Frontiers covers refugee walkers' travel costs.

[www.fencesandfrontiers.org](http://www.fencesandfrontiers.org)

### **Freedom from Torture**

Freedom from Torture (formerly known as the Medical Foundation for the care of victims of torture), provides direct clinical/therapeutic

services to survivors of torture who arrive in the UK and protect and promote their rights, enabling them to rebuild their lives in Birmingham, Glasgow, Manchester, Newcastle and London.

[www.freedomfromtorture.org](http://www.freedomfromtorture.org)

### **Gatwick Detainees Welfare Group**

Gatwick Detainees Welfare Group offers emotional and practical support to asylum seekers and immigration detainees held at Tinsley House and Brook House removal centres near Gatwick Airport.

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

### **Ghanaian Welfare Association**

GWA provides the Ghanaian community in London and the UK including refugees and asylum seekers advice, elderly support services, health, women and mental health, housing, interpreting and translation services, victim, and racial harassment support.

[www.ghanaianwelfareassociation.co.uk](http://www.ghanaianwelfareassociation.co.uk)

### **Golden Opportunities Skills & Development**

GOSA works with people including refugee & asylum-seeking population living in Ealing and provides them employment support, skills training, sports projects, crime diversionary activities, mental health projects, mentoring and leadership programmes in order to empower them.

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

### **Hackney Migrant Centre**

Hackney Migrant Centre is a charity that aims to reduce social isolation amongst migrants, refugees, and asylum seekers by running a weekly drop in and offering free advice on immigration, housing and welfare rights. The centre also has a health advocate who assists service users access NHS services and GP registrations.

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

### **Happy Baby Community**

HBC is a charity led and managed by women who have lived experience of migration to the UK and has bases in Thornton Heath, Dalston, Stratford, Acton, and Redhill in London. HBC supports women who have fled from violence or traffickers, expectant mothers or those with young children seeking asylum in the UK. The

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services on offer include ante-natal and post-natal care, relaxation sessions, English classes, welfare, birth support, 1:1 and group counselling.

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

### **Haringey Migrant Support Centre**

HMSC in Haringey North London provides advice on immigration, housing, welfare issues, health and help in accessing NHS services, a hot meal, a space to relax and socialise to immigrants irrespective of their immigration status.

[www.haringeymsc.org](http://www.haringeymsc.org)

### **Harmony House Dagenham**

HHD is a charitable incorporated organisation that works in partnership with local authority, community and voluntary organisations providing a range of community-based services to refugees and other migrants in Dagenham. These services include nurseries, lunch and socialising, befriending, crafts, etc., supporting service users integrate into the community.

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

### **Harrow Association of Somali Voluntary Organisations**

HASVO is an independent not for profit organisation that aims to strengthen the link between all community group within Harrow in particular Somali Community. It offers family activities, activities for young people, advice and information service and awareness raising meetings on matters relating to the community, etc.

<https://advicefinder.turn2us.org.uk/Home/Details/11180>

[https://twitter.com/hasvo\\_harrow](https://twitter.com/hasvo_harrow)

### **Havering Asian Social & Welfare Association**

HASWA is an Asian community-led charity based in Havering, East London that aims to promote integration, independence, and healthy lifestyles among those who are isolated, disadvantaged, and vulnerable, regardless of gender, religion, age, and background, who are residing in Havering. Services on offer include signposting service, healthy living information, social and welfare advice, language classes, social activities and outings, yoga, meditation, and exercise sessions.

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

### **HEAR Equality & Human Right Network**

HEAR Equality & Human Right Network is a network of London equality and human rights voluntary and community sector organisations. HEAR connects and supports equalities specialists across London to lobby and campaign and get their voice heard and to influence policy and the environment within which people work for equality and human rights including, disabled refugees & asylum seekers, LGBTQI.

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

### **Helen Bamber Foundation**

Helen Bamber Foundation is a London-based human rights organisation with team of experts who work with survivors of trafficking, genocide, torture, rape, ensuring that survivors heal and integrate into the community. The foundation provides detailed specialised care across a number of areas including therapy, legal protection, medical advice, housing and welfare, community and integration and counter trafficking.

[www.helenbamber.org](http://www.helenbamber.org)

### **Help Somalia Foundation**

HSF offers information and advice on matters including welfare benefits, education, training and employment, immigration and asylum and provides assistance with interpreting and translating and counselling to the Somali community including Somali refugees and asylum seekers residing in Brent.

[www.brent.gov.uk/jobs-training-and-skills/employment-and-enterprise-directory/help-somalia-foundation](http://www.brent.gov.uk/jobs-training-and-skills/employment-and-enterprise-directory/help-somalia-foundation)

### **Helping Hands for Refugees & Disabled**

HHFRD UK based in Newham, East London is a non-profit organisation which aims to provide support for disabled, elderly, house-bound people, single parents, the homeless and refugees and migrants and all vulnerable and socially disadvantaged.

<https://hhfrd.webs.com>

### **Hibiscus Initiatives**

HI provides advice, information, advocacy, and welfare services in prisons supporting BMER (Black Minority Ethnic & Refugee) women in immigration removal centres, those who have been involved in the criminal justice system, UK border agency or recently released from prison.

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

### **Hillingdon Refugee Support Group**

HRSRG is a charity organisation that offers practical support to young accompanied asylum seekers and refugees aged 16 – 21 years living in Hillingdon by provision of advice, support, basic living equipment, food, and clothing.

[www.hrsrg.org.uk/en](http://www.hrsrg.org.uk/en)

### **Hodan Somali Community**

Hodan provides a wide range of services to the Somali and wider BAME community in West London. These services include an advice and information service, women wellbeing and social space project, digital literacy, and access to services, reducing isolation among seniors, step into employment project, and family fun days for children and families affected by Grenfell Tower tragedy and Covid bereavements.

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

### **Hope for the Young**

Hope for the Young is a UK and London-wide community of mentors, staff, young people, and volunteers with the aim of removing the obstacles to young refugees and asylum seekers' education and wellbeing through mentoring, advocacy, and financial support. The services are available to refugees and asylum seekers, young undocumented individuals between the ages of 16-28 who are in or wish to access school, college, or university.

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

### **Horn of Africa Refugee Welfare Group**

HARWG aims to assist Horn of Africa in particular Somali refugees and asylum seekers living in North West London specially Boroughs of Harrow and Brent to successfully integrate into the UK through provision of services including advice, social and cultural events, health awareness sessions, outreach service for the elderly and disabled.

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

### **Horn of Africa Youth Association**

HAYA provides advice, opportunities for positive engagement through recreational activities, employment and training opportunities for young refugees and other young disadvantaged in West London by working with local authorities, voluntary agencies, and organisations.

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

### **HostNation**

HostNation is a London based charitable incorporated organisation offering a digital means of connecting those offering friendship with those needing it. It is an introductory service connecting host communities to refugees in the city. HostNation offers 'smart' befriending where matching, introductions and initial befriending take place online. Weekly video-calls are followed by face-to-face meet ups when both parties feel ready.

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

### **House of Rainbow**

House of Rainbow is a London-based international organisation that provides support and encouragement, especially to LGBTIQ+ people of colour, including refugees and asylum seekers, that it is ok to be LGBTIQ+ and be a person of faith. It offers 1:1 support, group gatherings and training workshops to help people to heal and celebrate who they are as well as supporting their families and friends. House of Rainbow supports sister organisations in twenty-two countries in Africa and the Caribbean.

[www.houseofrainbow.org](http://www.houseofrainbow.org)

### **ILAYS**

ILAYS is a non-profit organisation set up by the East African community in West London assisting BME communities and new arrivals successfully integrate into the UK and reach their full potential. Services on offer include ESOL classes, youth support services, confidence building classes, drop-in service, social club and group activities and trips, creative arts classes, and health and wellbeing workshops.

<https://ilays.org.uk>

### **IMECE Women's Centre**

IMECE is a woman only charity that aims to empower and improve quality of lives of BME and refugee women especially those of Turkish, Kurdish, and Turkish Cypriot heritage in North London. Services provided include advice and information, drop in, counselling, volunteering, training, and development. Information leaflets are also provided in English and Turkish languages.

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

### **Immigrant Counselling & Psychotherapy**

ICAP provides culturally sensitive counselling and psychotherapy mainly to the Irish community in Finsbury Park, London and Digbeth, Birmingham.

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

### **Indo-American Refugee & Migrant Organisation**

IRMO provides support for Latin American communities and immigrants by combating poverty and defending the community members' human rights and providing education, advice and information and training to empower them.

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

### **Iranian Association**

Iranian Association provides Iranian migrants including asylum seekers and refugees with a range of services including counselling, advice and guidance, health, translation, and interpreting.

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

### **Iranian & Kurdish Women's Rights Organisation**

IKWRO helps Middle Eastern and Central Asian women and girls living in the UK with issues including honour-based violence, forced marriage, FGM, domestic violence and Sharia law by providing advice, advocacy and counselling in Dari, Farsi, Kurdish, Arabic, Turkish, Pashtu and English.

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

### **Iraqi Welfare Association**

Iraqi Welfare Association provides free advice and consultation in welfare services, health, migration, translation etc., for the Iraqi community.

[www.iraqiwelfare.org](http://www.iraqiwelfare.org)

### **The Islington Centre for Refugees & Migrants**

ICRM provides refugees and asylum seekers from Islington and the surrounding boroughs support they need to integrate into their community and to lead full and meaningful lives, including advice and support, English languages, art and writing, music classes, book group, hot food.

[www.islingtoncentre.co.uk](http://www.islingtoncentre.co.uk)

### **Islington Somali Community**

ISC is a charity organisation that supports the Somali community including refugees and asylum

seekers in Islington, North London. ISC provides advice and information about housing, education, employment, and health. ISC's other projects and services include elderly befriending and outreach work, youth work project, organising cultural events and outings, mother tongue and supplementary classes and, interpreting and translation services. ISC also makes referral and signposts clients to other services.

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

### **JAN Trust**

JAN is a non-profit charity organisation empowering woman across UK. JAN campaigns against abuse, discrimination, social exclusion amongst BME women and refugees and asylum seekers. Services provided include Stop Domestic Violence, Against Forced Marriages, Raise Awareness and Prevent Hate Crime Against Refugees and Asylum Seekers and Against Female Genital Mutilation.

[www.jantrust.org](http://www.jantrust.org)

### **Jesuit Refugee Service UK**

JRS UK is a London based service that provides support for vulnerable and destitute refugees and asylum seekers who are destitute and / or detained by the asylum process, by provision of a Day Centre and Visiting Detention Centres as well as providing food, clothing, and emergency travel money to attend legal and medical appointments.

[www.jrsuk.net](http://www.jrsuk.net)

### **Jewish Care**

Jewish Care is a health and social care organisation that provides support and advice, residential care homes and community services to the Jewish community in London and the South East.

[www.jewishcare.org](http://www.jewishcare.org)

### **Just for Kids Law**

JfKL is a London-based charity that works with and for children and young people by providing legal representation and advice, direct advocacy and support and campaigns to ensure children and young people in the UK have their legal rights and entitlements respected and promoted.

<https://www.justforkidslaw.org>

### **Kalayaan**

Kalayaan is a London based charity which seeks justice and campaigns with and for migrant

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domestic workers. It provides immigration and employment advice and advocacy, English classes and social events for domestic workers who have entered the UK legally with an employer or on a domestic worker visa to work in a private household.

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

### **Katherine Low Settlement**

KLS is a charity base in Battersea, South West London assisting people living in the area including refugees and newly arrived communities. Services on offer include ESOL classes, services for over 60s including lunch club, trips, and physical activities, e.g., yoga classes, services for children and young people and their families including befriending, mentoring, advice, and advocacy.

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

### **Kongolese Centre for Information Advice**

KCIA, provides welfare, advice & representation for refugees and asylum seekers and ethnic minority from French, Portuguese and Lingala speaking community groups living in London.

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

### **Kurdish Advice Centre**

KAC is a Haringey, North London-based organisation that promotes the interests of and assists integration of the Kurdish community including refugees and asylum seekers into the wider community. KAC provides a wide range of services including education, training, leisure activities, specialist advice on housing, employment, immigration and health and welfare matters.

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

### **Kurdish & Middle Eastern Women's Organisation in Britain**

KMEWO offers advocacy and advice, Honour Based Violence Forum, interpreting and translation services in a number of languages including English, Arabic, Kurdish, Farsi, Dari, Turkish for Kurdish and Middle Eastern women in London Borough of Islington.

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

### **Lambeth Somali Community Association**

LSCA based in London Borough of Lambeth, South West London offers Somali community

including refugees and asylum seekers a wide range of services to assist them settle and integrate into the UK. The services on offer include information and advice on housing, welfare rights, health, immigration, employment and training, provision of translation and interpreting, ESOL classes, cultural events, and homework club.

<https://advicefinder.turn2us.org.uk/Home/Details/2115>

### **Latin American Disabled People's Project**

LADPP provides services for disabled people from Latin America, Europe, & Africa whose first language is Spanish and Portuguese living in London and majority of whom are refugees and asylum seekers. The services on offer are information and advice and advocacy, volunteering opportunities, social and cultural events and resources and links on concerns about living in England including benefits, housing, etc.

[www.lambethandsouthwarkmind.org.uk/director-y/latin-american-disabled-peoples-project](http://www.lambethandsouthwarkmind.org.uk/director-y/latin-american-disabled-peoples-project)

### **Latin American House**

LAH is a charity that serves as a community centre for Latin Americans in London and Kilburn, assisting with integration, social inclusion, and well-being of Latin Americans locally and London wide. Services on offer are legal and social welfare advice regarding benefits, housing, employment and immigration, provision of English classes for adults, and Saturday Spanish classes.

<https://casalatina.org.uk>

### **Latin American women's Aids**

LAWA based in London Borough of Hackney is run by and for Latin American women and children from any race, religion, social class, and sexual orientations fleeing gender-based violence. It offers services including emergency refuge homes, advice and support, crèche, English classes, counselling, a Change Maker empowerment programme, a housing policy project and children and young people's services.

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

### **Latin American Women's Rights Service**

LAWRS based in London, is a human right and a feminist organisation run by and for Latin American migrant women living in the UK who

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are exposed to human rights violations, exploitation in low-paid sectors, trafficking, or experiencing severe poverty and deprivation. It offers free and confidential specialist services including welfare advice, advocacy and practical support, violence against women and girls' advice, 1: 1 and group psychotherapy and counselling, outreach services, and social activities.

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

### **Learn English at Home**

LEAH is a charity organisation based in Surrey that supports ethnically diverse adults some of whom are refugees, asylum seekers or migrants to learn English to achieve inclusion, empowering them to become active member of their local communities. Services on offer include 1:1 ESOL classes which is delivered via a variety of medium including online video and phone, and in homes, refuge, hostels, and community spaces. LEAH also offers group community and work place classes, group trips and visits.

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

### **Lewisham Refugee & Migrant Network**

LRMN offers free independent confidential advice and information on immigration, welfare benefits, health, housing as well as providing counselling and therapeutic support to refugees and asylum seekers living in Lewisham.

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

### **Lido Foundation**

Lido Foundation aims to support disadvantaged people from the Somali community and other BAME communities in the London borough of Hammersmith & Fulham by providing them with advice and training to aid them reach their full potential and integrate into the wider community. The services on offer are provision of information and advice on matters relating to housing, welfare and benefits, job skills training and recreation and sport.

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

### **Limehouse Project**

LHP is a registered charity based in London Borough of Tower Hamlets and aims to alleviate the difficulties and empower the disadvantaged member of the community including women and people from minority communities. LHP provides a wide range of advice, support, education, and

employment training services, drop-in centres, luncheon club for those 50 and over, ESOL classes, exercise and healthy eating and motivational support programmes, crafts, and outings.

<https://limehouseproject.org.uk>

### **London Art Therapy Centre**

London Art Therapy Centre offers individual or group art and psychotherapy to refugee and asylum-seeking adults, children and families who have experienced trauma and persecution in their country of origin and are unable to move with their lives.

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

### **The London Churches Refugee Fund**

The London Churches Refugee Fund, LCRF, is a charity that raises money to give small grants to organisations assisting refugees and asylum-seekers in the Greater London Area. LCRF's support is not limited to church-based projects but any agency involved in relieving destitution among refugees and asylum seekers in the capital can apply for a grant.

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

### **London Friend**

London Friend is the UK's oldest Lesbian, Gay, Bisexual and Trans charity supporting the health and mental well-being of the LGBTQ+ community including refugees and asylum seekers in and around London. It offers counselling and support around issues such as same-sex relationships, sexual and gender identity. LF is also home to Antidote - the UK's only LGBTQ+ drug and alcohol service.

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

### **The London Refugee Advocacy Forum, Refugee Council**

The forum with the funding from City Bridge Trust and support of the Refugee Council aims to improve the lives of refugees and asylum seekers in London by amplifying the voice of Refugee Community Organisations, RCOs. Through the forum, RCOs could use their knowledge, expertise, and insight and have their say in policy making discussion as well as on how existing policies and practices impact the lives of refugees and asylum seekers.

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[www.refugeecouncil.org.uk/get-support/support-for-rcos/london-rco-advocacy-forum/](http://www.refugeecouncil.org.uk/get-support/support-for-rcos/london-rco-advocacy-forum/)

### **Maa Shanti**

Maa Shanti provides support to single Asian mum and their children living in London by providing advocacy, guidance, emotional support, workshops, social activities, referrals, and signposting.

[www.maashanti.org](http://www.maashanti.org)

### **The Manna Society**

The Manna Society based in London Bridge is a day centre that provides housing and welfare advice, breakfast and lunch, showers and washing facilities and clothing for homeless people and those in need including refugees and asylum seekers living in London.

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

### **Manor Gardens Welfare Trust**

MGWT is a health and wellbeing charity based in Upper Holloway in Islington that aims to promote mental and physical health and wellbeing and social inclusion of local people including migrant and refugee communities. The services offered include Starting Well, Living Well, Community Wellbeing, nurseries for children age 2-5, and FGM programme that raises awareness of illegal practices and provides individual therapeutic support for those affected and training for professionals.

<https://manorgardencentre.org/index.php>

### **The Maya Centre**

The Maya Centre is a non-profit specialist counselling / therapeutic service run by women for deprived and marginalised women including refugees and asylum seekers, women suffering from domestic violence or survivors of childhood sexual abuse with mental health problems. The centre provides individual counselling in a number of languages and group therapy as well as psychoeducating the general public on the mental health matters in the London Borough of Islington.

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

### **Micro Rainbow**

Micro Rainbow aim is to create a world where lesbian, gay, bisexual, trans and intersex, LGBTI, refugees and asylum seekers are free from

discrimination, persecution and have equal opportunities in life, including in accessing employment, training, education, financial services, healthcare, places of faith, and public services. Micro Rainbow offers safe houses to LGBTI asylum seekers and refugees in London, in the North West and West Midlands.

[www.microrainbow.org](http://www.microrainbow.org)

### **Midaye Somali Development Network**

Midaye is a user-led charity that aim to support ethnic minority communities in West London in areas of women empowerment, health and wellness, education and personal development, community support and outreach. The network also campaigns to bring an end to the practice of FGM and supports the victims.

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

### **Migrant Help UK**

Migrant Help UK offers advice, guidance to vulnerable asylum seekers and support victims of human trafficking, foreign national detainees and prisoners services in London, Liverpool, Birmingham, Dover, Belfast, Glasgow, and Cardiff.

[www.migranthehelpuk.org](http://www.migranthehelpuk.org)

### **Migrant Voice**

Migrant Voice is a migrant led organisation set up to develop the skills and confidence of members of migrant communities, including refugees and asylum seekers to strengthen their voice and representation in the media and at a policy making level.

[www.migrantvoice.org](http://www.migrantvoice.org)

### **Migrants Organise**

Migrants Organise (formerly Migrant & Refugee Communities Forum) is a London based non-profit community and charity organisation that promotes the rights of migrants and refugees living in Westminster, Kensington, Chelsea, Hammersmith & Fulham by provision of mentoring, volunteering, training, education, and social activities enabling refugees and migrants to organised for justice and dignity.

[www.migrantsorganise.org](http://www.migrantsorganise.org)

### **Migrants' Rights Network**

MRN is a national NGO that works for the rights of all migrants. MRN brings together public sector organisations, faith groups, migrant

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activists to advocate and campaign for a rights-based migration system in the UK. It has a number of projects including the London Project & BME Women's Leadership Programme.

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

### **Migrateful**

Migrateful is a charity that aims to support and empower struggling migrants, refugees, and asylum seekers on their journey to integration by promoting contact and cultural exchange with wider community. Migrateful runs cookery classes led by migrant & refugee chefs enabling them to learn English and improve their communication skills, build their confidence, and provide a source of income for them.

[www.migrateful.org](http://www.migrateful.org)

### **Mind in Brent, Wandsworth & Westminster**

Mind in Brent, Wandsworth and Westminster delivers services and support for people living within these boroughs and neighbouring areas. The aim is to help people in these communities to have better mental health and wellbeing and to live the best lives possible by providing a range of services to meet their needs, including Talking Therapies, Mother Tongue Counselling, Community Befriending, Recovery Day Services, Support into Education, Training, Volunteering and Work, Peer Development and Support, Supported Housing, Service User Involvement, Young People's Services, Creative Arts, Community Training and more.

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

### **Mosaic LGBT+ Young Persons' Trust**

Formerly known as Mosaic LGBT Youth Centre, the Trust provides advice, support and educates young lesbian, gay, bisexual and trans ages 13-19 & those around them, residing in London including refugees and asylum seekers, by offering youth club, mentoring, events and summer camp, a LGBT library, etc.

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

### **The Multi Ethnic Counselling Service**

The Multi-Ethnic Counselling Service, MECS, is part of the Waterloo Community Counselling, WCC, service which was set up in 2004 to provide mother-tongue counselling to migrants, refugees and asylum seekers living in Lambeth and Southwark, London, at no cost to the clients. MECS provides service users with individual,

mother tongue counselling and group support as well as signposting to other organisations to address their practical difficulties. Mother tongue counselling can currently be provided in the following languages: Albanian, Amharic, Arabic, Bengali, Cantonese, Farsi, Farsi (Dari), French, Hindi, Italian, Kurdish, Mandarin, Pashto, Polish, Portuguese, Russian, Somali, Spanish, Tamil, Turkish, Twi and Urdu.

[www.waterloocc.co.uk/multi-ethnic-counselling-service](http://www.waterloocc.co.uk/multi-ethnic-counselling-service)

### **Multicultural Richmond**

Multicultural Richmond is an independent voluntary organisation in the London Borough of Richmond Upon Thames that provides free advice and support for people from BME communities including refugees and asylum seekers to settle into the Borough. MR promotes equal opportunity and community cohesion as well as celebrating diversity in Richmond.

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

### **Nafsiyat Intercultural Therapy Centre**

Nafsiyat offers culturally sensitive psychotherapy/counselling to ethnic minorities including refugees and asylum seekers who live in Islington, Enfield, Camden, and Haringey in over 20 languages. Nafsiyat provides therapy via two different services, one is therapy via referral (either by your GP or you can apply to refer yourself) which offers time limited free therapy and the other Nafsiyat Choice service which is available to people living in any borough offering long term therapy. There is a charge for this service. In addition, Nafsiyat offers the Arabic, Amharic and Tigrinya Speaking Women's Group which is a psychoeducational/psychosocial women's group that offers empowerment and integration workshops; wellbeing/healthy eating workshops, cooking and bakery classes; Arts and crafts classes, etc, providing a safe space where vulnerable women can help each other, share their experiences and problems and how they overcame them and integrate into society. The AATSWG is not a drop-in centre and new members are accepted by Nafsiyat AATSWG referral form [REFERRAL FORM](#).

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

### **New Art Studio**

NAS is a charity based in Islington that provides 1:1 counselling, group therapy and practical

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support to people who have suffered loss, exile and displacement including refugees and asylum seekers. NAS also offers weekly art therapy for refugees and asylum seekers enabling them to express experiences and feelings that they may not be able to put into words. Other services available are English classes and yoga workshops.

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

### **New Citizens' Gateway**

New Citizens' Gateway (formerly Barnet Refugee Service) supports and works to improve the quality of life of refugees and asylum seekers who live within Barnet and surrounding London Boroughs by offering advice and information, service youth activities, ESOL lessons and counselling.

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

### **Newway Project Night Shelter**

It supports homeless people in the London Borough of Newham by providing a winter night shelter and advocacy support service for local rough sleepers. It runs for 5 months a year between October to March.

[www.newwayproject.org/newway-night-shelter](http://www.newwayproject.org/newway-night-shelter)

### **Network of Eritrean Women UK**

NEW-UK is a non-profit women organisation based in Islington that supports Eritrean women living in the UK including refugees and asylum seekers through provision of a wide range of services. These services include advice and advocacy services, wellbeing and empowerment programmes and campaign to promote women's rights and raising awareness within the community towards ending gender inequalities and violence against women and harmful practices including forced marriages and FGM.

[www.networkoferitreanwomen-uk.co.uk](http://www.networkoferitreanwomen-uk.co.uk)

### **Notre Dame Refugee Centre**

Notre Dame Refugee Centre is an independent charity in the heart of London West End that specialises in support for French speaking asylum seekers and refugees, offering them advice on housing, benefits and social services, translation and interpreting and counselling services.

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

### **Ocean Somali Community Association**

OSCA is a community association charity based in Tower Hamlets that provides support to the Somali community and other North African and Middle Eastern residents of East London, including refugees and asylum seekers. The services available include advice on welfare, immigration, health and employment, projects to support families and children's education including after school clubs, activities for women with physical and mental health problems, including cycling, dance, sauna, and social activities.

<https://oceansomali.com>

### **Off the Record Croydon Refugee Service**

OTC Croydon Refugee Service provides counselling service for young refugees, asylum seekers and forced migrants aged 11-25 living in Croydon for issues including trauma, loss, self-harm, anxiety, isolation, etc.

[www.talkofftherecord.org](http://www.talkofftherecord.org)

[www.talkofftherecord.org/croydon/refugee-service](http://www.talkofftherecord.org/croydon/refugee-service)

### **Ourmala**

Ourmala provides free yoga classes for refugees, asylum seekers and survivors of torture, trafficking, and modern-day slavery across London. Ourmala offers safe and welcoming spaces to breathe and heal through yoga. The classes are free and travel cost are refunded. Partnering with Happy Baby Community charity, Ourmala run classes for mums and babies/children under 3, also offering welfare advice and support, and childcare.

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

### **Pan Intercultural Arts**

PIA is a London-based arts company using intercultural performance arts e.g., drama groups for young refugees, choirs, and creative workshops for female survivors of trafficking, as a tool to facilitate self-expression and empower service users including refugees and asylum seekers residing in Camden, Croydon, Hackney, and Crowley.

[www.pan-arts.net](http://www.pan-arts.net)

### **The Passage**

A London based charity organisation, Passage's services are split between its Resource Centre which provides more immediate support; its

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three residential projects which provide accommodation while it secures long term solutions for people and; its homelessness prevention projects which reduce the risk of repeat homelessness.

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

### **Phoenix Community Care**

PCC provides care and support to those 'in need' and/or 'vulnerable' in the community including refugees and asylum seekers and unaccompanied minors, living in several London Boroughs (e.g., Barking & Dagenham, Croydon, Enfield, Harrow, Islington, Richmond to name a few), and working with a number of local authorities. PCC assists service users through provision of supported housing, foster care, education and training including ESOL, literacy and numeracy, employability skills and ICT, and social activities.

<http://phoenixcommunity.org>

### **Praxis**

Praxis based in East London, provides advice, support, training, mentoring and amplifies the voices of vulnerable migrants, refugees and asylum seekers and refused asylum seekers in London.

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

### **Project 17**

Project 17 is a London based charity working to end destitution among migrant children, believing that all children have the right to a home and enough to eat, regardless of their parents' immigration status. To achieve this, Project 17 provides advice, advocacy and supports families experiencing poverty by improving their access to local authority support. It works towards ensuring that local authorities comply with the duties imposed on them by Section 17 of the Children Act 1989 to safeguard and promote the welfare of children in need.

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

### **Project RISE, Renaisi**

Project RISE, Refugees Into Sustainable Employment, is a free service to help refugees find work. It offers mentoring, free English classes, social opportunities, help with benefits and housing to unemployed refugees with the right to work, living in East London boroughs – Barking and Dagenham, Enfield, Greenwich,

Hackney, Haringey, Havering, Newham, Redbridge, Tower Hamlets, Waltham Forest.

[www.renaisi.com/rise](http://www.renaisi.com/rise)

[www.renaisi.com/transitions](http://www.renaisi.com/transitions)

### **Rainbows Across Borders**

Rainbows Across Borders is a Croydon-based voluntary self-help community group for LGBT asylum seekers who are applying for asylum in the UK on the grounds that they have faced or fear prosecution and harm in their country of origin due to their sexual orientation.

<https://www.rainbowsacrossborders.org.uk>

### **Rainbow Migration**

Rainbow Migration (formerly UKLGIG) is a charity that lobbies for equality for Lesbian, Gay, Bisexual, Trans, Queer, and Intersex LGBTQI+ individuals who seek asylum in the UK. Rainbow Migration offers support and information through its helpline and in person, provides training and LGBTQI+ asylum matters to service providers working with refugees and asylum seekers LGBTQI+ community and legal services.

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

### **Refugee Action Kingston**

RAK based in Kingston Upon Thames provides a wide range of services for refugees and asylum seekers residing in Kingston and surrounding boroughs. These services include 1:1 and group counselling, welfare and legal advice, English language classes, housing, health and education advice, career and volunteering advice and opportunities.

<https://refugeeactionkingston.org.uk>

### **Refugee Community Kitchen**

RCK serves hot food to displaced people in Northern France and homeless people mainly refugees in London and Edinburgh. RCK recreates a community and a safe space for its service users to gather and connect.

[www.refugeecommunitykitchen.org](http://www.refugeecommunitykitchen.org)

### **Refugee Council's Building Bridges Programme for Refugee Health Professionals**

The Building Bridges programme is an NHS funded partnership for Refugee Health Professionals living in London. The programme offers a range of support and assists refugee doctors to re-qualify to UK standards and secure

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employment appropriate to their professional qualifications.

[www.refugeecouncil.org.uk/get-support/services/refugee-health-professionals-building-bridges-programme](http://www.refugeecouncil.org.uk/get-support/services/refugee-health-professionals-building-bridges-programme)

#### **Refugee Council's London Destitution Service**

Refugee Council's London Destitution Support provides destitution support for asylum seekers in Drop-in Destitution Service in Hackney East London. The services on offer include practical advice and support, emergency provisions, food, laundry, shower, pastoral care, etc.

[www.refugeecouncil.org.uk/get-support/services/london-destitution-service](http://www.refugeecouncil.org.uk/get-support/services/london-destitution-service)

#### **Refugee Council's London Therapeutic Men-Counselling Service, LTM**

Refugee Council's LTM Service offers one to one counselling to adult asylum-seeking men in its Stratford offices and at a therapeutic outreach service at Initial Accommodation in London, helping them manage the transition to the host country, crisis intervention and telephone counselling after dispersal until they connect to local services.

[www.refugeecouncil.org.uk/get-support/services/london-therapeutic-men](http://www.refugeecouncil.org.uk/get-support/services/london-therapeutic-men)

#### **Refugee Council's London Therapeutic Women Counselling Service, LTW**

Refugee Council's LTW Service provides therapeutic services in London for women victims of domestic violence. This is a gender and culturally sensitive therapeutic service for refugee and asylum-seeking women who have experienced or witnessed domestic violence. The support is offered in the form of both one-to-one counselling and group work.

[www.refugeecouncil.org.uk/get-support/services/london-therapeutic-women](http://www.refugeecouncil.org.uk/get-support/services/london-therapeutic-women)

#### **Refugee Council's My View Children's Therapy Service**

Refugee Council's My View Children's Therapy Service has been providing therapeutic support specifically tailored for separated child refugees and asylum seekers age between 12-17years old. The service is available in London (Croydon & Stratford) Birmingham, Kent, Leeds, East Sussex, Yorkshire & Humberside.

[www.refugeecouncil.org.uk/get-support/services/my-view-childrens-therapy/](http://www.refugeecouncil.org.uk/get-support/services/my-view-childrens-therapy/)

[www.refugeecouncil.org.uk/our-work/mental-health-support-for-refugees-and-asylum-seekers/mental-health-services-for-unaccompanied-children](http://www.refugeecouncil.org.uk/our-work/mental-health-support-for-refugees-and-asylum-seekers/mental-health-services-for-unaccompanied-children)

#### **Refugee Council's Refugee Advice Project London**

Refugees Council's Refugee Advice Project runs an advice service for people in London who have been granted refugee status within the last 6 months offering advice on welfare rights, housing, access to health service.

[www.refugeecouncil.org.uk/get-support/services/refugee-advice-service-london/](http://www.refugeecouncil.org.uk/get-support/services/refugee-advice-service-london/)

#### **Refugee Council's Refugee Employment Advice & Support Service London**

Refugee Council's Refugee Employment Advice & Support Service offers advice and guidance supporting refugees living in London in accessing appropriate training and employment opportunities. Access the link below to find out about the services/support on offer and the inclusion criteria.

[www.refugeecouncil.org.uk/get-support/services/refugee-employment-advice-support-service/](http://www.refugeecouncil.org.uk/get-support/services/refugee-employment-advice-support-service/)

#### **Refugee Education UK**

RE UK works with and supports young asylum seekers, refugees, and survivors of trafficking (15-25 years old) in seeking safety in the UK, getting into, staying in and doing well in education whatever their faith, religion, or beliefs. RE UK provides Educational Mentoring in London, Oxford, Birmingham, Peterborough & Cambridge. Other programmes on offer are Educational Progression, Wellbeing, and Impact.

[www.reuk.org](http://www.reuk.org)

#### **Refugee & Migrant Development Association**

RAMDA is a Luton and Bedfordshire based service that provides support, guidance, information and advice on immigration and welfare rights to refugees and migrants of all ages, genders, abilities, and disabilities from Horn of Africa, particularly, Somalia, Ethiopia, Kenya and Djibouti and Yemen.

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

#### **Refugee & Migrant Forum of Essex & London**

RMFEL is a charity that supports vulnerable migrants to access justice and provides vital

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support in moments of individual crisis. RMFEL offers asylum and immigration advice and destitution support and crisis intervention. Housing support, foodbank service, English classes are also on offer to vulnerable refugees and migrants.

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

### **Refugee & Migrant Network Sutton**

RMNS is a charity that aims to provide refugees, asylum seekers and newly settled migrants in London Borough of Sutton free and confidential advice, representation, counselling, translating and interpreting services in matters including asylum, migration, welfare benefits, housing, health, education, and training.

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

### **Refugee Support Group**

RSG offers refugees and asylum seekers residing in Reading, Berkshire, services including, education, language, and life skills, out of hours and drop-in sessions providing support and advice on asylum related matters.

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

### **Refugee Therapy Centre**

Refugee Therapy Centre is a North London-based centre that provides a therapeutic service offering individual, group, family and couple therapy to refugees and asylum seekers, giving priority to children, young people under the age 25 and their families.

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

### **Refugee Youth**

Refugee Youth is a small youth-led charity organisation based in South East London that uses creative art, residential trips, and youth-led workshops, etc., to connect, support and promote inclusion, integration and development of marginalised and alienated young refugees aged between 14 – 21 years living in London. This is achieved via APOW (Amazing People Of the World) project in Croydon and Super Girls Group which is open to female refugees and migrant aged 14-18, focusing on exploring higher education & career options, creative projects and women's rights and empowerment.

[www.refugeeyouth.org](http://www.refugeeyouth.org)

### **Refugees in Effective & Active Partnership**

REAP is an independent refugee-led organisation in West London that empowers refugees and asylum seekers by providing a range of practical advice and support services for individuals, their communities and the organisations that support them.

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

### **The Renewal Programme's Refugee & Migrant Project**

RAMP, offers advice, advocacy and crisis support, food and clothing to refugees and asylum seekers living in the London Borough of Newham.

[www.renewalprogramme.org.uk/our-projects/advice-and-support/refugee-and-migrant-support](http://www.renewalprogramme.org.uk/our-projects/advice-and-support/refugee-and-migrant-support)

### **Rights of Women**

ROW aims to advise, educate, and empower women including those claiming asylum and migrant women by provision of free, confidential legal advice by specialist women solicitors and barristers and through publications, training, and campaigning to ensure women's voices are heard and their needs are met.

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

### **Roma Support Group**

RSG is a Roma-led charity that works to improve the quality of life of Roma refugees and migrants by helping them to overcome the impacts of prejudice and isolation, in several London Boroughs including Ealing, Enfield, Hammersmith & Fulham, Newham, Waltham Forest, Barking and Dagenham, Redbridge, and Tower Hamlets. The services on offer include advocacy and advice for welfare, health and employment matters, education support for children and young people, mental health advocacy and support, music classes, after school and sports activities.

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

### **Room to Heal**

Room to Heal is a healing community for refugees and asylum seekers who have survived torture and violence and provides therapeutic support groups and individual therapy, theatre, storytelling, and gardening, in Islington, London and Norfolk, East Anglia.

[www.roomtoheal.org](http://www.roomtoheal.org)

### **Russian Community Association**

RCA based in Westminster works with the Russian-speaking refugees and immigrant community, members of which have come from Russia, Ukraine, Lithuania, Estonia, Belarus, Kazakhstan, Armenia, and Azerbaijan following the break-up of the Soviet Union, residing in London and Greater London. Services on offer include a drop-in centre, welfare support and advice, ESOL classes, and social events.

<http://russiancommunity.org.uk>

### **Salisbury WORLD**

SW is a school-based refugee charity based in London Borough of Brent that works with refugees and migrant families helping children, young people and parents understand their rights and assisting them to settle in the UK. SW offers mentoring and educational support to refugee and migrant students, 1:1 advice and advocacy, after-school and holiday clubs, welfare advice, ESOL classes, life skills training for teenagers and adults.

<https://salisburyworld.org.uk>

### **Sangat Advice Centre**

SAC based in London Borough of Harrow provides support to the Asian community and other minority communities some of whom are refugees and asylum seekers, residing in the area. Services and activities on offer include welfare and immigration advice, information technology classes, yoga, and dance classes.

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

### **Santé Project**

SA based in Camden provides advocacy and befriending for vulnerable refugees and asylum seekers aged 17 and over living in London particularly those with mental health issues to gain access to health and other essential services and rebuild their confidence and overcome their problems.

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

### **Say It Loud Club**

SILC based in King's Cross provides social, emotional, educational and advocacy support for LGBTQ+ refugees and asylum seekers through provision of 1:1 mentoring, peer support, workshops, and social events, and referral to partner organisations for legal, financial, health and housing support.

[www.sayitloudclub.org](http://www.sayitloudclub.org)

### **Shpresa Programme**

Shpresa Programme is a user-led charity that promotes the participation and contribution of Albanian speaking refugees and migrants in Newham and other London boroughs. The programme facilitates provision of education and training, advocacy, and advice so that service users can play active roles within their communities.

<https://shpresaprogramme.org>

### **Slough Refugee Support**

SRS offers asylum seekers and refugees in Slough and across the Thames Valley practical help including advice and support on asylum matters, health and education, employment, welfare, and benefits, IT and Life in the UK Classes and crèche support.

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

### **SOAS Detainee Support**

SOAS Detainee Support is a group that aims to break the isolation of immigration and detention and supports detainees to take control of their cases and resist their imprisonment and deportation. Visiting and organising are central to its work through which it offers emotional and practical support including finding a solicitor or medical expert, bringing in toiletries and other essential items and campaigning against detention and deportation. The support group operates in a number of prisons and detention centres in London, Colnbrook and Harmondsworth (Heathrow), Brook House and Tinsley House (Gatwick).

[www.soasdetaineesupport.co.uk](http://www.soasdetaineesupport.co.uk)

### **Somali Integration & Development Association**

SIDA is a London and UK-wide voluntary organisation that aims to improve the quality of lives of the community, enabling Somalis including refugees and migrants to rebuild their lives and integrate into the wider society. There are services available for refugees, families, elderly, women, men, and children, including health advice and counselling, socialising activities, family conflict resolution and meditation, support for mothers, and befriending services for elderly.

<http://sidauk.org>

### **South London Counselling & Support Services**

SLCSS is a voluntary organisation in South London that provides guidance and 1:1, couples and group counselling service for adults, counselling service for children and young people, child custody service etc., for BME communities, refugees, and asylum seekers or those from disadvantaged backgrounds residing in London Boroughs of Lewisham, Greenwich, Lambeth, and Southwark.

[www.slcservices.org](http://www.slcservices.org)

### **South London Refugee Association**

SLRA, previously known as Merton and Wandsworth Asylum Welcome provides educational, training, advice, emotional support, outings during school holidays, school uniforms and equipment, and health advice for refugees and asylum seekers in Merton and Wandsworth, Lambeth, and Croydon in London.

[www.slr-a.org.uk](http://www.slr-a.org.uk)

### **South London Tamil Welfare Group**

SLTWG is a charity working for the Tamil refugees by providing advice and services relating to their immigration, welfare benefits, housing, education, domestic violence, etc., across South London boroughs of Merton, Wandsworth, Croydon, and Kingston.

<https://directories.merton.gov.uk/kb5/merton/directory/service.page?id=Zl6mbkn1uz4>

### **South West London Law Centres**

SWLLC is an independent registered charity providing free specialised legal advice and support in the Wandsworth, Merton, Croydon, Kingston, Richmond, and Sutton in South west London, to people seeking asylum, those with housing or employment issues at their casework services and free weekly advice clinics.

[www.swllc.org](http://www.swllc.org)

### **Southall Black Sisters**

SBS is a non-profit organisation that provides advice, support and advocacy and outreach services and campaigns for Asian, African, Caribbean, and other ethnic minority women living in Southall, London Borough of Ealing.

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

### **Southwark Day Centre for Asylum Seekers**

SDCAS provides free advice and support on matters including health, housing, employment, education, and training to promote health and help relieve poverty and stress amongst refugees and asylum seekers living in the London Borough of Southwark.

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

### **Southwark Refugee Communities Forum**

SRCF was established by Refugee Community Organisations, RCO, in Southwark to enable the voices of refugees to be heard as well as developing mutual support between newly arrived and more established refugees and migrant communities in London Borough of Southwark.

[www.southwarkrefugeecommunitiesforum.org](http://www.southwarkrefugeecommunitiesforum.org)

### **Southwark Refugee and Migrant Project**

SRMP (formerly SRP) provides private and confidential advice on welfare benefits, housing, education, training and employment to refugees and asylum seekers living in London Borough of Southwark and surrounding boroughs.

[www.southwarksrp.org](http://www.southwarksrp.org)

### **Streatham Drop-In Centre**

Streatham Drop-In Centre is an independent charity that aims to provide a safe, welcoming, and supportive environment for refugee and asylum seeker individuals and families living in the London Borough of Lambeth and surrounding areas. It works in partnership with a wide range of voluntary, community and statutory groups to provide specialised support, information, and advice, as well as a wide range of health and wellbeing interventions to empower asylum seeker and refugee communities.

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

### **Sufra NW London**

Sufra NW London is a charity based in the London Borough of Brent to address both the causes and consequences of impoverishment in the community. Sufra's Community Hub provides a life-line for people in crisis – including families living in extreme poverty and people who are vulnerable, homeless, and socially isolated by provision of services including foodbank, community kitchen, employment training, guidance, and advice surgeries, etc.

[www.sufra-nwlondon.org.uk](http://www.sufra-nwlondon.org.uk)

### **Tamil Community Centre**

TCC is a user-led voluntary organisation that supports Tamil communities including refugees and asylum seekers and migrants in Hounslow, Harrow, and Newham. The issues that TCC assists with include domestic violence, mental health and wellbeing, homelessness, addiction, gender-based violence, child abuse cases, benefits, housing, form filling, translation, and interpretation. Activities run by TCC includes English language classes, wellbeing activities, workshops, and social activities.

<https://tccentre.co.uk>

### **Tamil Relief Centre**

Tamil Relief Centre assists in the settlement of Tamil and other refugees and asylum seekers from ethnic minority communities in Enfield, North London. The centre provides advice and information and promotes the education, training, and employment of refugees.

[www.trcuk.org](http://www.trcuk.org)

### **Tamil Welfare Association (Newham)**

TWAN is a community organisation that empowers the Tamil community by provision of free legal advice and representation on immigration and asylum, welfare, education, as well as interpretation and translation, supplementary classes for refugee children, day centre for elderly and family advice and counselling services for Tamil speaking migrant living in London Borough of Newham.

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

### **The Tavistock Trauma Service, The Tavistock and Portman NHS Foundation Trust**

The Tavistock Trauma Service treats people including refugees and asylum seekers who have experienced trauma and are suffering from post-traumatic symptoms. The service offers trauma psychoeducation group, specialist trauma groups including a women's group, psychoanalytic psychotherapy, and other trauma- focused interventions.

[www.tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/trauma-service](http://www.tavistockandportman.nhs.uk/care-and-treatment/our-clinical-services/trauma-service)

### **The Uganda Community Relief Association**

UCRA, is a charitable organisation formed in 1984, funded originally by the well-wishers within the community, with the initial aim of helping Asian Ugandan refugees deported by the then

Ugandan government. Subject to government funding criteria, UCRA is open to people from disadvantaged background and single parents, providing work, training, apprenticeships, and welfare services for those in need in London.

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

### **The Unity Project**

TUP, a London-based project, provides support to people who are facing poverty and/or homelessness as a result of their immigration status, especially those with 'No Recourse to Public Funds,' NRPF. TUP assists with the complex immigration application needed to gain access to public funds, providing advocacy and advice and information. The project hosts regular information sessions for anyone (community, organisation) looking to know more and keep up to date with the 'No Recourse to Public Funds' policy and Change of Conditions, CoC, applications.

[www.unity-project.org.uk](http://www.unity-project.org.uk)

### **Vietnamese Mental Health Services**

VMHS is offers culturally sensitive mental health services to Vietnamese refugees and asylum seekers living in the UK. Services provided are drop- in day services, outreach and counselling services, educating workers and interpreters on medical and psychiatry terminology & mental health issues through publication of booklets and leaflets in Vietnamese and Chinese.

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

[www.nhs.uk/services/service-directory/vietnamese-mental-health-services/N10500969](http://www.nhs.uk/services/service-directory/vietnamese-mental-health-services/N10500969)

### **Wagging Peace**

WP is a London and UK-wide charity that supports Sudanese refugees and asylum seekers to build meaningful lives in the UK. The charity acts as a hub for advice and information for Sudanese and aims to increase awareness of the needs of Sudanese refugees, promoting service development and policies at the local, national, and international.

<https://wagingpeace.info>

### **Waltham Forest Migrants' Action**

WFMA supports migrants in Waltham Forest, East London by promoting integration between migrant and non-migrant population. Services on

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offer include advice on welfare, benefits, and housing, and a food and baby bank service through referrals.

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

### **Waterloo Community Counselling**

WCC is a counselling and psychotherapy service based in Waterloo that offers individual counselling in a number of languages for BME communities, including some low fee counselling/therapy, across the London Boroughs.

[www.waterloocc.co.uk](http://www.waterloocc.co.uk)

### **West London Welcome**

West London Welcome is a free drop-in centre for refugees, asylum seekers, and migrants who have settled in the London Borough of Hammersmith and Fulham and the wider London area, providing them with the access to the services and support they need to lead full lives within their local community.

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

### **Women for Refugee Women**

Women for Refugee Women campaigns for and empowers women and children seeking asylum in the UK so that they are treated with justice and dignity. It empowers refugee and asylum-seeking women to speak out, become leaders and advocate for change and by providing English lessons, drama, and other activities it supports women to build their confidence and skills.

[www.refugeewomen.co.uk](http://www.refugeewomen.co.uk)

### **Women's Association for Networking & Development**

WAND provides services to individual and organisations including assisting socially excluded and disadvantage women with advice and information, advocacy, education, training and skills development, networking and partnering with other established organisations with similar aims to help women refugees and asylum seekers and migrants living in London.

[www.wanduk.org](http://www.wanduk.org)

### **Women's Inclusive Team**

WIT is a charity that supports the BAME communities in Tower Hamlets through a variety of services including youth programmes,

women's empowerment projects, health and wellbeing and mental health support, food bank, and community kitchen.

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

### **Woodfield Trauma Service**

WTS is a CNWL NHS Trust service that provides treatment for refugees and asylum seekers and forced migrants suffering from Post-Traumatic Disorder. The service is for anyone aged 18 and over who is registered with a GP in Chelsea, Kensington & Westminster, or lives in these areas.

[www.cnwl.nhs.uk/services/mental-health-services/adult-and-older-adult/woodfield-trauma-service](http://www.cnwl.nhs.uk/services/mental-health-services/adult-and-older-adult/woodfield-trauma-service)

### **Young Roots**

Young Roots (formerly Refugee Youth Project) is a London-based charity organisation working with young refugees and asylum seekers aged 11-18 living in Brent & Croydon. Young Roots runs youth activities, weekly Advice & Support Hubs, Young Women's groups, a Casework Service, and English language support. It also provides access to specialist therapeutic and legal advice, helping young refugees and asylum seekers realise and reach their potential.

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

## **Mental Health Charity Organisations and Services Website Links**

This page allows access to a large number of mental health organisation websites that provide mental healthcare to the general public; however, it is worth enquiring if they offer support and services to refugees and asylum seekers.

The majority of the mental health charity organisations and services mentioned below are self-explanatory. However, for those that are not, a brief description is provided.

Please use the links below to view the websites.

### **A**

#### **Action Postpartum Psychosis**

[www.app-network.org](http://www.app-network.org)

#### **Adfam**

Services for family and friends for people with drug and alcohol problems.

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

#### **Age UK**

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

#### **AKT (Formerly the Albert Kennedy Trust)**

Supports LGBT 16 – 25-year-old.

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

#### **Alcoholics Anonymous**

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

#### **Anxiety UK**

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

#### **Anxiety United**

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

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**Assist Trauma Care**

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

**Association for Post Natal Illness**

[www.apni.org](http://www.apni.org)

**B**

**Beat (Beating Eating Disorders)**

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

**Beat Panic**

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

**Beating the Blues**

Beating the Blues is an online Cognitive Behavioural Therapy (CBT) program for individuals with mild to moderate depression and anxiety.

[www.beatingtheblues.co.uk](http://www.beatingtheblues.co.uk)

**Bipolar UK**

[www.bipolaruk.org](http://www.bipolaruk.org)

**Birth Trauma Association**

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

**BPD World (Borderline Personality Disorder World)**

[www.bpdworld.org](http://www.bpdworld.org)

**British Association of Counselling and Psychotherapy**

BACP, is a counselling and therapeutic organisation.

[www.bacp.co.uk](http://www.bacp.co.uk)

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## C

### **Campaign Against Living Miserably (CALM)**

[www.thecalmzone.net](http://www.thecalmzone.net)

### **Carers UK**

[www.carersuk.org](http://www.carersuk.org)

### **Carers Trust**

Works with carers in health, education, and social care.

[www.carers.org](http://www.carers.org)

### **Centre for Better Health**

Supports wellbeing & recovery from Mental ill- health

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

### **Centre for Mental Health**

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

### **Childline**

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

### **Cocaine Anonymous CAUK AREA**

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

### **Combat Stress**

Combat Stress is a UK charity working with Veterans with mental health issues.

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

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**Community Advice & Listening Line (CALL)**

CALL is a mental health helpline offering a confidential listening and support service for Wales.

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

**The Compassionate Friends**

TCF Supports bereaved parents and their families.

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

**Cruse Bereavement Support**

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

**D**

**Depression UK**

[www.depressionuk.org](http://www.depressionuk.org)

**Drinkaware**

[www.drinkaware.co.uk](http://www.drinkaware.co.uk)

**Drug Wise**

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

**E**

**European Society for Trauma and Dissociation (ESTD)**

[www.estd.org](http://www.estd.org)

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## **F**

### **Family Lives**

Family Lives is a national family support charity providing help and support to families who are struggling.

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

### **First Person Plural**

Supports people living with Dissociative Identity Disorder & similar complex trauma-related identity conditions.

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

## **FRANK**

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

## **G**

### **Lesbian, Gay, & Bisexual Anti-violence Policing Group**

Dedicated to confront and eliminate domestic violence and abuse against LGBT.

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

## **H**

### **Hafal, Wales Mental Health Charity**

[www.hafal.org](http://www.hafal.org)

### **Harmless**

An organisation that works with people to address and overcome issues related to self-harm and suicide.

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

### **The Havens**

Supports people who have been raped or sexually assaulted.

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

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### **The Health Experts/Anxiety & Depression**

A guide to anxiety/mental health charities & organisations in the UK.

[www.thehealthexperts.co.uk/anxiety-and-depression](http://www.thehealthexperts.co.uk/anxiety-and-depression)

### **Healthline**

[www.healthline.com/health/bipolar-disorder](http://www.healthline.com/health/bipolar-disorder)

### **Hearing Voices Network**

HVN, offers support to people who hear voices, see visions, or have other unusual perceptions.

[www.hearing-voices.org](http://www.hearing-voices.org)

## **I**

### **Imaan LGBTQI+**

A London-based independent organisation that supports LGBTQI+ Muslim people and their families.

[www.imaanlondon.wordpress.com](http://www.imaanlondon.wordpress.com)

### **Insomniacs**

Insomniacs offers information on how to overcome insomnia, sleeping problems, and sleep disorders to sufferers and those working with them.

[www.insomniacs.co.uk](http://www.insomniacs.co.uk)

### **Intervoice**

International community for people who hear voices.

[www.intervoiceonline.org](http://www.intervoiceonline.org)

## **J**

### **Jewish Association for the Mentally Ill**

[www.jamiuk.org](http://www.jamiuk.org)

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**K**

**L**

**LifeSIGNS**

A user-led Self-Injury Guidance & Network promoting understanding of self-injury and guides people who hurt themselves towards new ways of coping.

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

**The Lullaby Trust**

Provides specialist support for bereaved families affected by sudden infant death syndrome, SIDS.

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

**M**

**Marijuana Anonymous UK**

[www.ma-uk.org](http://www.ma-uk.org)

**Mental Health Foundation**

MHF helps people understand, protect, and sustain their mental health.

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

**Mind**

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

**Mindout**

A Brighton-based mental health service for LGBTQ community.

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

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### **MindWise New Vision**

MindWise New Vision supports and empowers people with mental health issues in Northern Ireland to live their best lives.

[www.mindwisenv.org](http://www.mindwisenv.org)

### **The Mix**

Provides free, confidential support for young people under 25 via its online community, on social, and through its free, confidential helpline, and its counselling service.

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

### **Mood Panda**

MoodPanda is a mood tracking app and community providing free online mood diaries to monitor mood.

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

## **N**

### **Narcotics Anonymous UK**

[www.ukna.org](http://www.ukna.org)

### **The National Association for Children of Alcoholics (NACOA)**

NACOA provides information, advice, and support for everyone affected by a parent's drinking.

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

### **The National Association for People Abused in Childhood (NAPAC)**

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

### **The National Institute for Health & Care Excellence (NICE)**

Provides national guidance and advice to improve health and social care.

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

### **National Paranoia Network**

[www.nationalparanoianetwork.org](http://www.nationalparanoianetwork.org)

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**National Self-Harm Network (NSHN)**

[www.nshn.co.uk](http://www.nshn.co.uk)

**Nightline Association**

NA is a UK charity for Nightline services that offer university students confidential emotional peer support.

[www.nightline.ac.uk](http://www.nightline.ac.uk)

**No Panic**

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

**No More Panic**

[www.nomorepanic.co.uk](http://www.nomorepanic.co.uk)

**O**

**OCD Action**

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

**OCD-UK**

[www.ocduk.org](http://www.ocduk.org)

**Outline**

Provides support to LGBT community in Surrey through a helpline, website, and support groups

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

**Overeaters Anonymous Great Britain**

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

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**P**

### **Pandas Foundation**

The PANDAS Foundation helps, supports, and advises any parent and their networks who need support with pre and postnatal depression.

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

### **Papyrus & HOPELINE UK**

A specialist helpline service staffed by trained professionals who work for prevention of young suicide.

[www.papyrus-uk.org](http://www.papyrus-uk.org)

### **Paranoid Thoughts**

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

### **Parents Against Child Sexual Exploitation (PACE)**

[www.paceuk.info](http://www.paceuk.info)

### **Personality Disorder**

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

### **Pink Therapy**

A therapeutic organisation for LGBT community in the UK.

[www.pinktherapy.org](http://www.pinktherapy.org)

### **Progress, National Consortium of Consultant Nurses in Dual Diagnosis & Substance Use**

A website by consultant nurses working with & in the NHS with people with dual diagnosis.

[www.dualdiagnosis.co.uk](http://www.dualdiagnosis.co.uk)

### **Postnatal Illness, PNI ORG UK**

PNI ORG UK is run by women who are current or past sufferers (survivors) of postnatal illness and support each other by sharing their experiences and providing information.

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

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### **Postpartum Depression**

[www.postpartumdepression.org](http://www.postpartumdepression.org)

### **PostScript 360**

PostScript formerly known as Battle Against Tranquillisers, BAT.

[www.postscript360.org.uk](http://www.postscript360.org.uk)

## **Q**

## **R**

### **Rape & Sexual Abuse Support Centre (RASASC)**

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

### **Rape Crisis England & Wales**

Rape Crisis England & Wales provides specialist information & support service to all those affected by rape, sexual assault and sexual harassment and other forms of sexual violence in England & Wales.

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

### **Relate**

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

### **Respect**

Works with perpetrators, male victims, and young people using violence in their close relationship.

[www.respect.uk.net](http://www.respect.uk.net)

### **Rethink Mental Illness**

[www.rethink.org](http://www.rethink.org)

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**S**

### **Samaritans**

[www.samaritans.org](http://www.samaritans.org)

### **Sane: The Mental Health Charity**

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

### **Scottish Association for Mental Health**

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

### **See Me**

See Me is Scotland's programme to tackle mental health stigma & discrimination. It is managed by Scottish Association for Mental Health, & Medical Health Foundation Scotland.

[www.seemescotland.org](http://www.seemescotland.org)

### **Self-Injury Support**

A national charity organisation that supports girls and women affected by self-injury or self-harm.

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

### **Side by Side, Mind**

Mind's online community where you can share your experiences with others.

<https://sidebyside.mind.org.uk>

### **SupportLine**

SupportLine offers confidential emotional support to children, young adult and adults who are isolated, vulnerable, at risk, and victims of any form of abuse.

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

### **Survivors of Bereavement by Suicide (SOBS)**

[www.uksobs.org](http://www.uksobs.org)

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### **Survivors UK**

Offers support to male victims of both childhood sexual abuse and adult sexual assault and rape.

[www.survivorsuk.org](http://www.survivorsuk.org)

## **T**

### **Talk ED (Formerly Anorexia & Bulimia Care, ABC)**

[www.talk-ed.org.uk](http://www.talk-ed.org.uk)

### **Together for Mental Wellbeing**

Together for Mental Wellbeing is a national charity that works alongside people on their journey towards better mental health wellbeing & independent lives.

[www.together-uk.org](http://www.together-uk.org)

### **Togetherall**

An online community for 16+ to improve mental health & wellbeing.

[www.togetherall.com/en-gb](http://www.togetherall.com/en-gb)

### **Triumph Over Phobia (TOP UK)**

[www.topuk.org](http://www.topuk.org)

### **Turning Point**

Provides services for people with drug, alcohol, and mental health problems.

[www.turning-point.co.uk](http://www.turning-point.co.uk)

## **U**

## **V**

### **Voice Collective**

Voice Collective is a UK wide, London based project that supports children and young people who hear voices, see visions, have other sensory experiences or beliefs.

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[www.voicecollective.co.uk](http://www.voicecollective.co.uk)

## **W**

### **We Are With You**

It supports people dependent on drug and alcohol and their families.

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

### **Welldoing**

Welldoing is the UK's leading therapist matching service for in-person and online therapy.

[www.welldoing.org](http://www.welldoing.org)

## **X**

## **Y**

### **Young Minds**

Young Mind is the UK leading charity that works for improving the mental health of children and young people.

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

### **Youth Wellbeing Directory:**

#### **Anna Freud National Centre for Children & Families**

The Directory provides a list of free local and national organisations for anyone aged 25 and over. The organisations can be searched by postcode or area, by name of service or by issue or topic.

[www.annafreud.org/on-my-mind/youth-wellbeing](http://www.annafreud.org/on-my-mind/youth-wellbeing)

## **Z**

