



Information for Ukrainian Guests and Hosts

As at 1st September 2023

**Compiled by St John's Church,
Moulsham Street, Chelmsford CM2 0JD**

Later editions of this information booklet can be found at:

<https://www.achurchnearyou.com/church/6497/news/82288/support-for-ukraine-guests-and-their-hosts/>

MEETING OTHER UKRAINIAN GUESTS AND HOSTS:

Coffee and chat for Ukrainians' hosts and guests – drop in for mutual support and friendship:

1st Mondays of each month 19.00-21.00 at St John's Church, Moulsham Street CM2 OJD

Wednesdays 10.00-12.00 at Ingatestone Parish Room. Stock Lane, CM4 9DY

Fridays 10.30-12.30 at Great Canfield Village Hall, CM6 1JX

Last Saturdays monthly 12.00 at St Bartholomew's Church, Church Road, Wickham Bishops, CM8

LEARNING ENGLISH:

Online English lessons (free) - <https://www.open.edu/openlearn/supporting-ukrainians>

Free courses to learn English – not in school holidays: Adult Learning - <https://aclessex.com/>

Chelmsford College - <https://www.chelmsford.ac.uk/courses/section.asp?sectionid=11>

Chelmsford College - <https://www.chelmsford.ac.uk/courses/view-course.asp?courseid=348>

English conversation for Ukrainian guests – Mondays and Thursdays 09.15-11.45 - St John's JubiLatte café to practise English with other local people

English for Women – on Tuesdays & Thursdays 10.00-12.00 (not in school holidays) at YMCA at 16 Victoria Road, CM1 1NZ. Contact admin@englishforwomen.org.uk or 07575 904098

Words R Us – an English for Speakers of Other Languages (ESOL) book group – meets at 13.00 (2nd Thursdays of each month) at The Art Place, The Meadows Shopping Centre, High Street CM2 6FD

HOUSING:

Housing advisor for Ukrainians – Chelmsford City Council's specialist housing advisor for Ukrainians – contact Tetyana Skoropad at Tetyana.SKOROPAD@chelmsford.gov.uk

If placement with host family is breaking down – inform both Paul.gayler@chelmsford.gov.uk and businesssupport.familyOPs@essex.gov.uk

Struggling to meet your bills - Peabody might offer practical help, benefit claims/advice and employment. See Peabody details above**

Help with a deposit – Chelmsford City Council run a Rent Deposit Scheme – contact Private Sector Housing Team 01245 606606 <https://www.chelmsford.gov.uk/housing/landlords/rent-deposit-scheme/>

Furnishing a new home – SVP can provide furniture, bedding, kitchen items, white goods, contact presidentspringfield@svp.org.uk or 07796 393131

Council tax discount – available for Ukrainians with a Homes for Ukraine visa <https://forms.chelmsford.gov.uk/contactus-counciltax/>

GETTING A JOB:

Help with CVs etc – on Mondays from 10.00-13.00 at Chelmsford Salvation Army, 70 Baddow Road, CM2 0DL. Contact chelmsford@salvationarmy.org.uk or tel 01245 490998

Job preparation – training for jobs in health, social care and security, including intensive 12 week English course, then help in finding a job. Contact admin@willowcentre.co.uk or tel 01245 267071

Volunteering – Chelmsford Volunteering Centre offers opportunities for Ukrainians to volunteer volunteer@chelmsfordcvs.org.uk or 01245 351888

Laptops – Any Ukrainian guest (adults and children) can request a laptop using the form at https://docs.google.com/forms/d/e/1FAIpQLScSoxNd7QtKlgVC_eyXrW6NT6Ko3JjfN5_8vnyMWufB8vdtxw/viewform

CHILDREN & YOUNG PEOPLE:

Free books and use of computers – Libraries are free to use, lend books for adults and children, and have computers for people to use and access information. For addresses and opening times: <https://libraries.essex.gov.uk/library-locations-and-opening-times/>

0-5s & parents – groups for parents and children age 0-5 years during school term times – just go along, you'll be very welcome:

Wednesdays – Little Robins at Chelmsford Cathedral's Learning Centre, New Street (opposite end of Church Street), through a gate and across a courtyard – 09.30-11.30

Fridays – Tots & Tinies at St John's church from 10.00 on Fridays (during term time)

10-14s – St John's Scout group, a youth group, has spaces to welcome boys and girls aged 10+, and meets on Friday evenings from 19.45-21.30 at St John's Parish Hall, Vicarage Road. Contact Russell Burton on 15thchelmsford@chelmsfordscouts.org.uk

Girls 7-14 – Brownies (7-10s) offer weekly activities <https://www.girlguiding.org.uk/what-we-do/brownies-7-10/all-about-brownies/>. Guides (10-14s) offer weekly activities & adventures <https://www.girlguiding.org.uk/what-we-do/guides-10-14/all-about-guides/>

11-19s - Youth clubs run by the Essex Youth Service run in school term time at Galleywood Youth Centre, Watchouse Road, CM2 8PT and Chelmergate Youth Centre, 193 Moulsham Street CM2 0LG. Contact Emma Cavanagh at emma.cavanagh@essex.gov.uk or tel 07717 814472 for details

Free books, videos etc offering Ukrainian children, their families and teachers unlimited learning and entertainment. Apps: <https://apps.apple.com/us/app/ukraine-unlimited-learning/id1615037168>. Also Ukrainian & English books at <http://ow.ly/JfeU50Jz7js>

Bikes – The Art Place has been offered bikes from a community police officer. Email hosts@ideashubchelmsford.org

Athletics – Chelmsford Athletics Club welcomes Ukrainian athletes age 12+ to free training twice a week (Tues & Thurs) with no membership required. Contact www.chelmsford-athletics.club/athleticsstandstogether

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Clothing and children's equipment (at no cost) – clothing for children available from Growbaby at 199 Moulsham Street, open Wednesdays 10.00-13.00 – no appointment, just drop in or stay and play

MENTAL WELLBEING – CHILDREN AND ADULTS:

Child bereavement support - Ресурси українською мовою - Інформація про підтримку в ситуації важкої втрати, перекладена українською мовою. Ми можемо запропонувати послуги перекладача для підтримки, яку ми пропонуємо по телефону, відео та віч-на-віч. Щоб

дізнатися більше, зателефонуйте на нашу гарячу лінію у Великобританії за номером 0800 02 888 40. <https://www.childbereavementuk.org/Listing/Category/resources-in-ukrainian>

Helpline offering therapeutic support, advice and practical support including housing, accessing key health services, education, employment (with Ukrainian & Russian interpreters). Open Mon-Fri 10.00-20.00 and Sat 10.00-15.30. Contact Ukrainiansupport@barnardos.org.uk or 0800 148 8586

Top Trauma Tips for Hosts: Offered by Trauma Treatment International:

www.static1.squarespace.com/static/58c9052e9f7456a4a13d9593/t/627d2b8f93d22d307780607e/1652370325956/Trauma+Top+Tips.pdf

Rape and sexual abuse survivors – CARA offers specialist, independent support to victims of abuse & child sexual abuse survivors. <https://caraessex.org.uk/>, info@caraessex.org.uk 01206 769795

ADVICE & SUPPORT :

Citizens Advice gives free, independent advice: Консультаційна служба для громадян надає безкоштовні, незалежні та конфіденційні консультації. Наші консультаційні послуги. безкоштовні і в нас наявні. перекладачі. Ми є благодійною організацією, що допомагає людям віднайти ймовірні варіанти дій, ким би вони не були та якими би не були їхні проблеми . Для отримання консультації та з'ясування додаткових способів зв'язатись із нами, див: www.ci+tizensadvice.org.uk .

Emergency food parcels – contact Citizens Advice on 01245 205579 for a Foodbank voucher

GENERAL ADVICE FOR GUESTS AND HOSTS ABOUT WHAT TO DO AND WHEN:

UK Government guide for Ukrainians arriving in the UK:

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1086088/Ukraine_Welcome_Guide.pdf

'Life in the UK' has useful information for guests and hosts https://chelmsfordcab-my.sharepoint.com/:w:/g/personal/sam_russell_chelmsfordcab_org/EV2IAR1d_HZJmeq2cvHybLM_BkbVFkP9amzDZsl96nGrNWw?rttime=zmShjbpP2kg

Red Cross information sheets about helping Ukrainian families coming to and staying in the UK, covering getting National Insurance No, benefits, bank account, healthcare etc:

<https://www.redcross.org.uk/-/media/documents/get-help-as-a-refugee/ukraine/information-leaflet-for-ukrainians-arriving-in-the-uk.pdf?la=en&hash=F7B944113231A3D1E81779862CBB0CE8C6E94EC8>

Packs for sponsors – available from <https://www.essex.gov.uk/news/2022/welcome-essex-packs-sponsors>

IF HOME IS NOT SAFE:

Modern Slavery Helpline – report any suspicions to 08000 121 700 or the Police (101)

Domestic violence - Next Chapter (Tel 01206 500585 or 0330 333 7444) offers local support including accommodation, help for children & young people and counselling. Or 24 hour National Domestic Violence Helpline (0808 2000 247). In an emergency, dial 999