



Information for Ukrainian Guests and Hosts

As at 2nd March 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 10.30 at St Bartholomew's Church, Church Road, Wickham Bishops, CM8

LEARNING ENGLISH:

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

English lessons (adults and 16+)

Mondays 09.30-12.30 at Broomfield Methodist Church CM1 7AG - for places email Donna at eventsandfunding@broomfieldessex.co.uk

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:

If placement with host family is breaking down – If guests find themselves unable to continue to live at the address of their host, for whatever reason, it is crucial that they immediately inform both businesssupport.familyOPs@essex.gov.uk and Paul.gayler@chelmsford.gov.uk

Homeless – Peabody can help with housing, practical help, benefit claims/advice and employment. Contact 0800 288 8883, efscsco-ordinator@peabody.org.uk or <https://www.peabody.org.uk/cs-services/outreach-form> **

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

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

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 – St John's runs a Tots & Tinies group for parents and 0-5s from 10.00 on Fridays (during term time). Open for people to just come along

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 for Ukrainian visitors run by the Essex Youth Service runs at Galleywood Youth Centre, Watchouse Road, CM2 8PT (school term time only) on:

Wednesdays 16.30-18.00 - to learn about other things going on that they might like to join

Saturdays 14.00-16.00 – Art Creatives group for young people working towards an art award and take part in local art projects – this is at Chelmergate, 193 Moulsham Street CM2 0LG

Contact Emma Cavanagh at emma.cavanagh@essex.gov.uk or tel 07717 814472

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_HZJmeq2cvHybLMBkbVFkP9amzDZsl96nGrNWw?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>

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