



Information for Ukrainian Guests and Hosts

As at 10th September 2022

**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/>

NEW THINGS WE'VE ADDED RECENTLY:

Support for those facing homelessness
Bereavement support for Ukrainian children and young people
Free online English lessons with Open University
Activities for girls age 7-14

MEETING OTHER UKRAINIAN GUESTS AND HOSTS:

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

Mondays 19.00-21.00 at St John's Church, Moulsham Street CM2 0JD

Tuesdays 09.30 at Writtle Christian Centre, Church Lane, Writtle, CM1 3EN

Tuesdays 12.30-14.30 from 13th Sept in garden at Guy Harlings, 53 New Street CM1 1AT

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

Thursdays 13.00-14.30 at Broomfield Village Hall, 158 Main Road, Broomfield CM1 7AH

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

Tuesdays at 09.30 at Writtle Christian Centre, Church Lane, Writtle, CM1 3EN (adults & children)

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 Jubilate 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

WHEN THING AREN'T WORKING BETWEEN HOSTS AND GUESTS:

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>

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

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

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

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

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 01245 490998

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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