

## Refugees, Asylum Seekers and Migrants Directory

*Updated 1 August 2022*

This directory lists organisations which offer support to or are taking action for refugees, asylum seekers and migrants. It also lists organisations which offer specific services of interest to refugees, asylum seekers and migrants.

There are a number of refugee, asylum seeker and migrant community groups which provide support across the city. A list of these groups is included here. The directory is updated regularly, so if you spot any errors, please contact Sanctuary on Sea at [info@brighton-and-hove.cityofsanctuary.org](mailto:info@brighton-and-hove.cityofsanctuary.org)

Other sources of information about local organisations and services include:

- A directory of local community organisations and their services is on the [Community Works' website](#).
- A directory of local organisations which support groups to organise themselves and run activities is on the [Community Works' website](#).
- A website listing a range of health and social care services is on the [My Life website](#).
- A website listing services for young people is on the [Where To Go For website](#).

If you want to know more about groups and organisations coming together across the UK to take action for refugees in Calais, and beyond, the [Calaid-ipedia website](#) has a list.

The organisations listed in the **Local** sections here are based in Brighton and Hove or nearby in East Sussex and West Sussex.

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## National organisations

### Afghanistan and Central Asian Association

Web: [aca.org.uk](http://aca.org.uk)

Tel: 0208 572 0300

Email: [outreach@afghanistan-central-asian.org.uk](mailto:outreach@afghanistan-central-asian.org.uk)

Facebook: [AfghanCentralAsian](#)

Twitter: [@A\\_CAA](#)

The Afghanistan and Central Asian Association (ACAA) supports vulnerable refugees and recent migrants, from Afghanistan and other parts of the Middle East and central Asia, living in some of the most disadvantaged and deprived areas of the UK, to improve their wellbeing, independence, aspirations and integration. ACAA aims to break down language and cultural barriers and give these communities a voice and address their needs. ACAA's work is underpinned by a community development ethos centred on addressing individual needs and circumstances. Although ACCA's main area of support is refugee families, activities are open to all.

### Amnesty International UK

Address: Amnesty International UK, Human Rights Action Centre, 17-25 New Inn Yard, London EC2A 3EA

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

Tel: 020 7033 1500

Email: [sct@amnesty.org.uk](mailto:sct@amnesty.org.uk)

Facebook: [AmnestyUK](#)

Twitter: [@AmnestyUK](#)

Amnesty International UK works to protect women, men and children wherever justice, freedom, truth and dignity are denied. As a global movement of over 7 million people, Amnesty International is the world's largest grassroots human rights organisation. They investigate and expose abuses, educate and mobilise the public, and help transform societies to create a safer more just world.

## Asylum Aid

Address: Migrants Resource Centre, Berol House, 25 Ashley Road, London N17 9LJ

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

Tel: 020 7354 9631

Asylum Advice Line (Tuesday 1 p.m. to 4 p.m.): 020 7354 9264

Email: [advice@migrants.org.uk](mailto:advice@migrants.org.uk)

Asylum Aid is part of Migrants Resource Centre. It offers free, confidential and independent legal advice and representation on asylum and statelessness.

## Asylum Help

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

For details of helplines in own language: [asylumhelpuk.org/our-services](http://asylumhelpuk.org/our-services)

Telephone helpline for advice: 0808 8000630

Telephone helpline for support applications: 0808 8000631

Asylum Help is part of a charity called Migrant Help. Asylum Help services are free of charge and are available to anyone entering the UK and applying for refugee status, or anyone who has had their refugee status refused. They can provide advice at every stage of the asylum application process (see advice helpline below), and they can assist with applying for accommodation and support if you are an asylum seeker (see support applications helpline below). Both their helplines are free.

## Freedom from Torture

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

Tel: 020 7697 7777

Facebook: [FreedomfromTorture](https://www.facebook.com/FreedomfromTorture)

Twitter: [@freefromtorture](https://twitter.com/freefromtorture)

Freedom from Torture provides direct clinical services to survivors of torture who arrive in the UK, as well as striving to protect and promote their rights. Referrals for clinical services can be made by survivors themselves, or by a professional.

## Gatwick Detainees Welfare Group

Address: The Orchard, 1-2 Gleneagles Court, Brighton Road, Crawley RH10 6AD

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

Email: [info@gdwg.org.uk](mailto:info@gdwg.org.uk)

Facebook: [Gatwick-Detainees-Welfare-Group-134375319959263](https://www.facebook.com/Gatwick-Detainees-Welfare-Group-134375319959263)

Twitter: [@GatDetainees](https://twitter.com/GatDetainees)

The charity provides emotional and practical support, through its volunteer visitors, to asylum seekers and immigration detainees held at Tinsley House and Brook House removal centres near Gatwick Airport.

## Helen Bamber Foundation

Address: Bruges Place, 15-20 Baynes Street, (Entrance is via Randolph Street), London NW1 0TF

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

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

Tel: 0203 058 2020

Email: [reception@helenbamber.org](mailto:reception@helenbamber.org)

Facebook: [helenbamberfoundation](https://www.facebook.com/helenbamberfoundation)

Twitter: [@helenbamber](#)

The Helen Bamber Foundation supports refugees and asylum seekers who have experienced extreme human cruelty, such as torture and human trafficking. They provide specialist care to meet the complex needs of some of the most marginalised and vulnerable people in the world, offering survivors specialist psychological and physical therapy, housing and welfare support, legal protection and creative arts and skills programmes to help people rebuild their lives.

## Help Refugees

Web: [helprefugees.org.uk](http://helprefugees.org.uk)

Email: [brighton@helprefugees.org.uk](mailto:brighton@helprefugees.org.uk)

Help Refugees is a grassroots collective working with small groups and organisations that have sprung up in response to the humanitarian crisis. They respond where the need is greatest, whether by providing food, clothing, shelter or funding to more than 80 projects across Europe and the Middle East. In the UK, they are taking joint action to improve lives of refugees.

## Migrants' Rights Network

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

Tel: 020 7336 9412

Email: [info@migrantrights.org.uk](mailto:info@migrantrights.org.uk)

Facebook: [migrantsrights](#)

Twitter: [@migrants\\_rights](#)

The network works and campaigns in support of migrants in the UK. They promote policy analysis, partnership and debate for the rights of all migrants. Sign up on their website to receive their regular newsletter and get all the latest updates on migration issues.

## Refugee Action

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

Tel: 020 7952 1511

Email: [info@refugee-action.org.uk](mailto:info@refugee-action.org.uk)

Facebook: [RefugeeAction](#)

Twitter: [@RefugeeAction](#)

Provides help and advice for refugees and asylum seekers on issues including the asylum process and how to access support.

## Refugee Council

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

Tel: 020 7346 6700

Facebook: [refugeecouncil](#)

Twitter: [@refugeecouncil](#)

The Refugee Council supports refugees to rebuild their lives, advocates for them and ensures they have a stronger and more influential voice in decisions that affect them. It runs a “holistic information service” supporting people who have recently been granted asylum. It provides services for asylum seekers, including counselling and support; signposting to helpful services for asylum seekers by phone, in person or through an online resources directory; destitution support (mainly in London) and English classes. Its Children's Section works to safeguard and improve the lives of separated children seeking asylum.

If you are working with an unaccompanied child who is seeking asylum, refer them to the Children's Section by [clicking here](#).

## Refugee Therapy Centre

Address: 1A Leeds Place, Tollington Park, London, N4 3RF

Web: [www.refugeetherapy.org.uk](http://www.refugeetherapy.org.uk)

Referrals: [www.refugeetherapy.org.uk/make-a-referral/](http://www.refugeetherapy.org.uk/make-a-referral/)

Email: [info@refugeetherapy.org.uk](mailto:info@refugeetherapy.org.uk)

The Refugee Therapy Centre was established in 1999 in response to the growing need for a therapeutic service which respected, and worked with, the cultural and linguistic needs of refugees and asylum seekers providing people with the opportunity to be heard and receive help in their own language where possible or in English if they so wished.

The Refugee Therapy Centre's central purpose is to help refugees and asylum seekers to feel empowered to deal with their psychological difficulties by providing specialist counselling, psychotherapy and support.

## Refugees in Effective Active Partnership (REAP)

Address: Key House, High Street, Yiewsley, Middlesex, UB7 7BQ

Web: [reap.org.uk](http://reap.org.uk)

Tel: 01895 441 530

Email: [enquiries@reap.org.uk](mailto:enquiries@reap.org.uk)

Refugees in Effective and Active Partnership (REAP) is an independent, refugee-led organisation in West London that aims to empower refugees and asylum-seekers to live as valuable and valued members of British society.

## Right to Remain

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

contact form: [righttoremain.org.uk/contact/](http://righttoremain.org.uk/contact/)

Facebook: [RightToRemainUK](https://www.facebook.com/RightToRemainUK)

Twitter: [@Right to Remain](https://twitter.com/Right_to_Remain)

Right to Remain's vision is a world in which everyone can exercise their right to remain with dignity and humanity, where they need to be.

In April 2020 Right to Remain launched the [online version of the Asylum Navigation Board](#). The Board helps people understand the UK asylum process, raises awareness of common problems people face as they navigate the process, and shares survival strategies. The navigation board, developed by Right to Remain, Dr Vicky Canning and Calverts Cooperative, was originally a "serious board game", with a physical real-life presence. It was launched in 2018, with copies going out to asylum support groups, community service-providers, universities and local government departments across the UK. With people no longer meeting face-to-face and attending support groups, Right to Remain has developed it as an online resource. Right to Remain also produces the Right to Remain Toolkit – a guide to the UK immigration and asylum system. It gives an overview of the legal system and procedures, with detailed information on rights and options at key stages, and actions you can take in support of your claim, or to help someone else. [You can download the toolkit here.](#)

## Salvation Army

Web: [www.helpforvictims.co.uk/content/G90.htm](http://www.helpforvictims.co.uk/content/G90.htm)

Tel: 0300 3038151

If you suspect that someone is the victim of modern slavery or human trafficking, or if you are a victim you can get advice from the Salvation Army on their 24 hour confidential helpline.

## Stonewall

Web: [www.stonewall.org.uk](http://www.stonewall.org.uk)

Stonewall provides help and support to LGBT communities and their allies. We're here to let all lesbian, gay, bi and trans people, here and abroad, know they're not alone.

## UK Lesbian and Gay Immigration Group (UKLGIG)

Web: [uklgig.org.uk](http://uklgig.org.uk)

UKLGIG affiliated solicitors: [uklgig.org.uk/?page\\_id=100](http://uklgig.org.uk/?page_id=100)

UKLGIG promotes equality and dignity for lesbian, gay, bisexual, trans, queer and intersex + (LGBTQI+) people who seek asylum in the UK, or who wish to come here to be with their partners. Our asylum related activities include: supporting LGBT asylum seekers: providing emotional support & legal information referring to solicitors; visiting detention centres and running other social support projects; Research & Policy: working to ensure LGBTQI+ people are treated equally and with dignity in the asylum process; seeking to improve the quality of Home Office decision making and seeking an end to the detention of LGBTQI+ people; training and Information: providing training and information on LGBTQI+ asylum issues. UKLGIG also provide support and information to LGBTQI+ people seeking to settle in the UK with their partners, via our website, an online forum and a monthly meeting.

## United Nations High Commissioner for Refugees (UNHCR)

Address: 10 Furnival Street, London EC4A 1AB

Web: [www.unhcr.org/uk/united-kingdom-of-great-britain-and-northern-ireland.html](http://www.unhcr.org/uk/united-kingdom-of-great-britain-and-northern-ireland.html)

Tel: 020 3761 9500

Facebook: [unhcr.uk](https://www.facebook.com/unhcr.uk)

Twitter: [@UNHCRUK](https://twitter.com/UNHCRUK)

UNHCR leads and co-ordinates international action to protect refugees and resolve refugee problems worldwide. Its primary purpose is to safeguard the rights and wellbeing of refugees. It strives to ensure that everyone can exercise their right to seek asylum and refugee in another State, with the option to return home voluntarily, integrate locally or to resettle in a third country. It also has a mandate to help stateless people.

## Women for Refugee Women

Address: Tindlemanor, 52-54 Featherstone St, London EC1Y 8RT

Web: [www.refugeewomen.co.uk](http://www.refugeewomen.co.uk)

Tel: 020 7250 1239

Email: [admin@refugeewomen.co.uk](mailto:admin@refugeewomen.co.uk)

Women for Refugee Women challenges the injustices experienced by women who cross borders to seek safety. We work in three ways: We work at the grassroots to support and empower women who are seeking asylum; We work with the arts, media and public events to tell women's stories; And, by publishing research and informing politicians, we try to create a fairer asylum process.

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## Local organisations supporting or campaigning for refugees, asylum seekers and migrants

## **Aegean Solidarity Network Team UK**

Web: [asnteamuk.org](http://asnteamuk.org)

Email: [info@asnteamuk.org](mailto:info@asnteamuk.org)

Based in Steyning, West Sussex, ASN helps refugees in Greece by raising funds to support local grassroots organisations.

## **Articulate**

Address: ONCA Gallery, 14 St George's Place, Brighton BN1 4GB

Web: [www.articulate.global](http://www.articulate.global)

Tel: 07967 719 137

Email: [lynn@articulate.global](mailto:lynn@articulate.global)

Facebook: [articulate.global](https://www.facebook.com/articulate.global)

Twitter: [@articulate\\_arts](https://twitter.com/articulate_arts)

Articulate works with children and young people who've had a difficult start in life; and continue to face some tough challenges. Their art projects and Creative Safe Spaces help young people to be creatively vocal, providing them with a positive environment where they are free to explore, express themselves and enjoy themselves in the process.

## **Bestfoot Music**

Web: [www.bestfootmusic.net](http://www.bestfootmusic.net)

Soundcloud: [soundcloud.com/bestfootmusic](https://soundcloud.com/bestfootmusic)

Tel: 07983 810 874

Email: [music@bestfootmusic.net](mailto:music@bestfootmusic.net)

Facebook: [BestFootMusicPage](https://www.facebook.com/BestFootMusicPage)

Established in 2009, Best Foot Music is an intercultural music and arts organisation. It aims to encourage social inclusion and cultural diversity by supporting, promoting and documenting the music and arts of communities and individuals who have moved to the UK from around the World. Bestfoot is a volunteer organisation with committee members working on a 'not for profit' basis, whilst strongly believing musicians should be paid a professional wage for the work they do. Activities include:

- Music recordings and documentation
- Event Production
- Supporting artists in developing their own projects
- Booking artists for events held by other organisations
- Documenting events held by similar organisations and advising those wanting to organise their own events.

## **Black and Minority Ethnic Community Partnership**

Address: BMECP Centre, 10A Fleet Street, Brighton, BN1 4ZE

Web: [bmeccp.org.uk](http://bmeccp.org.uk)

Tel: 0300 3031171

Email: [resourcecentre@bmeccp.org.uk](mailto:resourcecentre@bmeccp.org.uk)

The Black and Minority Ethnic Community Partnership offer a drop in service for refugees and asylum seekers every other Friday, 11 a.m. to 2 p.m. It is a great opportunity to meet other refugees and migrants, seek welfare benefits and advice, and help to apply for documents such as naturalisation and travel. Information about hate crimes is also available. Call the centre to find out which Fridays the drop in takes place.

## Brighton & Hove Community Sponsorship

Web: [brightonhovecs.com](http://brightonhovecs.com)

Email: [brightonhovecs@gmail.com](mailto:brightonhovecs@gmail.com)

Facebook: [brightonhovecs](https://www.facebook.com/brightonhovecs)

Twitter: [@brightonhovecs](https://twitter.com/brightonhovecs)

Brighton and Hove Community Sponsorship is a volunteer organisation set up to welcome refugee families to the city and support them as they establish their lives in the UK. It is a Community Sponsorship group operating with the approval and guidance of the Home Office. BHCS is looking for people to volunteer, to share their expertise in areas such as English lessons, school placement, benefits, fundraising and access accommodation.

## Brighton Migrant Solidarity

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

Email: [brimigsol@riseup.net](mailto:brimigsol@riseup.net)

Facebook: [brightonmigrantssolidarity](https://www.facebook.com/brightonmigrantssolidarity)

Twitter: [@brimigsol](https://twitter.com/brimigsol)

Brighton Migrant Solidarity is a community and campaign group who focus on freedom of movement and supporting migrants. They warmly welcome people with experience of fleeing conflict or seeking sanctuary to all their meetings and events.

## Calais Action – Brighton

Email: [calaisactionbrighton@gmail.com](mailto:calaisactionbrighton@gmail.com)

Facebook: [Calais-Action-Brighton-646481882121064](https://www.facebook.com/Calais-Action-Brighton-646481882121064)

An active grassroots group which organises regular collections of practical aid (mostly men's clothes and food) to Calais and Northern France. Volunteers travel to France to support organisations working on the ground (Refugee Community Kitchen, Help Refugees Calais Warehouse, School Bus Project). Please contact for more information.

## Community Works

Address: Community Base, 113 Queens Road, Brighton BN1 3XG

Web: [www.bhcommunityworks.org.uk/volunteering](http://www.bhcommunityworks.org.uk/volunteering)

Tel: 01273 234023

Email: [volunteercentre@bhcommunityworks.org.uk](mailto:volunteercentre@bhcommunityworks.org.uk)

Facebook: [bhcommunityworks](https://www.facebook.com/bhcommunityworks)

Twitter: [@bh\\_cw](https://twitter.com/bh_cw)

Community Works connects charities, volunteers and businesses. They help people who want to volunteer their time to find local opportunities. Their volunteer centre can help you find a volunteering opportunity with an organisation that is supporting or taking action for refugees, asylum seekers and migrants in Brighton, Hove, Adur or Worthing.

The searchable Directory of Community Works member organisations lists details of the range of services and activities provided by the over 550 members, all of which are voluntary or community organisations based in Brighton, Hove, Adur or Worthing. This is accessible via [www.bhcommunityworks.org.uk/member-directory](http://www.bhcommunityworks.org.uk/member-directory)

## Euro-Mediterranean Resources Network

Address: Community Base, 113 Queens Road, Brighton BN1 3XG

Web: [www.euromernet.org](http://www.euromernet.org)



Tel: 01273 251574

Facebook: [euromernet](#)

Twitter: [@euromernetnews](#)

Euro-Mediterranean Resources Network specialises in news and information gathering, strategic research and training on environment, development, social justice and civil liberties in the countries across the Euro-Mediterranean region.

### **Hummingbird Project**

Address: BMECP Centre, 10A Fleet Street, Brighton BN1 4ZE

Web: [hummingbirdproject.org.uk](http://hummingbirdproject.org.uk)

Tel: 07756 216722

Facebook: [HummingbirdUK](#)

Twitter: [@hummingbirdbn](#)

The Hummingbird Project grew out of solidarity and aid to refugees in the Calais and Dunkirk. With the closure of the camps, the Hummingbird Project now work creatively 1:1 and in groups with young refugees in Brighton. They run a youth group every Monday at the YPC, 5 p.m. to 7 p.m. Young people can drop in or be referred through [elaine@hummingbirdproject.org.uk](mailto:elaine@hummingbirdproject.org.uk)

The Hummingbird team have experience of working with at risk young people who have been forced to be on the move. They can offer case work in Sussex and extra emotional and practical support. Additional support, training and awareness sessions can be organised at request.

### **Lewes Group in Support of Refugees and Asylum Seekers (LGSRAS)**

Address: c/o Town Hall, Lewes BN7 2QS

Tel: 07976 923393

Email: [lgsraslewes@gmail.com](mailto:lgsraslewes@gmail.com)

LGSRAS is a voluntary group in the Lewes district, which works to raise awareness and to support people in our area, regardless of their status. We also advocate about issues affecting refugees and asylum seekers.

We provide a voluntary befriender service to families in the district who have come under the Syrian Resettlement Programme, and are keen to extend support to other refugees and asylum seekers as they move into the district.

### **Migrant and Refugee Solidarity (MARS)**

Web: [marsuob.wordpress.com](http://marsuob.wordpress.com)

Email: [marsbton@riseup.net](mailto:marsbton@riseup.net)

Facebook: [marsbrighton](#)

MARS is an activist network set up by workers, teachers and students at the University of Brighton in solidarity to the millions of migrants and refugees seeking a safer and better future outside their countries of birth. We are linked to local and international solidarity initiatives. Contact MARS if you want information, speakers, and contacts or if you have ideas to share. They are keen to utilise their academic skills and links with a variety of actors, in Britain and abroad.

### **Refugee Radio**

Address: Community Base, 113 Queens Road, Brighton BN1 3XG

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

Email: [info@refugeeradio.org.uk](mailto:info@refugeeradio.org.uk)

Facebook: [Refugee-Radio](#)

Refugee Radio provides a weekly support group around mental health, as well as outreach and advice. It also produces radio with refugees and asylum seekers for their stories to be heard.

### **Sanctuary Café**

Address: Hove Methodist Church, Portland Road, Hove BN3 5DR

For more information contact Paul: [paul@stayupdate.org](mailto:paul@stayupdate.org)

Facebook: [sanctuarycafehove](#)

Sanctuary Café takes place on the second Saturday of the month between 5 p.m. and 7 p.m. The aim is to create a place for people who are asylum seekers and refugees to meet local residents and get to know each other better over a meal. It will always be a simple vegetarian meal and free (donations if possible).

The venue is fully accessible and children are welcome. People of any faith and no faith are welcome – no need to bring anything other than love. For details of the next event [visit the Sanctuary Cafe Facebook page](#).

### **Sanctuary on Sea**

Web: [brighton-and-hove.cityofsanctuary.org](http://brighton-and-hove.cityofsanctuary.org)

Email: [brightonandhove@cityofsanctuary.org](mailto:brightonandhove@cityofsanctuary.org)

Facebook: [BrightonandHoveCityofSanctuary](#)

Twitter: [@Brightonsanct](#)

Sanctuary on Sea is the Brighton group of the City of Sanctuary movement, a national network made up of about 100 local groups of businesses, community organisations and individuals who aim to foster a culture of welcome for people seeking sanctuary. Since recognising Brighton and Hove as a City of Sanctuary, it maintains a dialogue with the Council about how the city can live up to that name. Its steering group is made up of some of the other organisations included in this directory. It runs a Schools of Sanctuary and Clubs of Sanctuary programme, coordinates the annual Refugee Week celebrations in June and supports national campaigns. It provides information about any events relating to refugees and migrants in the city via facebook, twitter and an e-newsletter.

### **Student Action for Refugees (STAR)**

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

Email: [star@ussu.sussex.ac.uk](mailto:star@ussu.sussex.ac.uk)

Facebook: [STARsussex](#)

STAR is a national charity of 12,000 students welcoming refugees to the UK. They work to:

- Volunteer at local refugee projects
- Campaign to improve the lives of refugees
- Educate people about refugees and asylum seekers
- Fundraise to welcome refugees.

STAR has been represented at Sussex University since 2014; their Equal Access campaign work has resulted in the University's management offering two full scholarships to students with Discretionary Leave to Remain in the UK. The local STAR group meets regularly.

### **Sussex Interpreting Services**

Address: Community Base, 113 Queens Road, Brighton BN1 3XG

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

Tel: 01273 702005

Emergencies at any time of day or night.: 07811 459315

Email: [info@sussexinterpreting.org.uk](mailto:info@sussexinterpreting.org.uk)

Facebook: [sis.interpreting.services](https://www.facebook.com/sis.interpreting.services)

Twitter: [@sussexinterpret](https://twitter.com/sussexinterpret)

Sussex Interpreting Services offers a range of support services which are free to all refugees, asylum seekers and migrants. These include community interpreting, bilingual advocacy, a health promotion project, and translation.

There is a drop-in service at BMECP Centre, 10a Fleet Street, Brighton BN1 4ZE, any time between 11 a.m. and 1 p.m. on the first and third Tuesday of every month offering free help, support and information in 16 languages. No appointment necessary.

Sussex Interpreting Services have prepared a translation of useful information for Ukrainian refugees. [Download here](#).

## Sussex Refugee Solidarity

Facebook: [groups/790732351036244/](https://www.facebook.com/groups/790732351036244/)

Sussex Refugee Solidarity is a local community support and action group for refugees, set up by parents in Sussex. It is a forum which aims to set out what we can offer to refugees resettling in East Sussex and West Sussex.

## Thousand 4 £1000

Address: Community Base, 113 Queens Road, Brighton BN1 3XG

Web: [www.thousand4thousand.org.uk](http://www.thousand4thousand.org.uk)

Email: [admin@thousand4thousand.org.uk](mailto:admin@thousand4thousand.org.uk)

Facebook: [thousand41000](https://www.facebook.com/thousand41000)

Twitter: [@ThousandFor1000](https://twitter.com/ThousandFor1000)

Thousand 4 £1000 is a Brighton-based charity which pools hundreds of small regular donations to provide temporary accommodation for migrants without documented right to reside in the UK.

The charity works closely with the Sussex Refugees and Migrants Self-Support Group, which runs the weekly Jollof Cafe at the Cowley Club, London Road on Tuesday afternoons. The Jollof Cafe is the first point of contact for anyone seeking help.

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## Government and local authority services

### Brighton and Hove City Council lead for refugees and migrants

Web: [www.brighton-hove.gov.uk/content/life-events-and-communities/migrants-asylum-seekers-and-refugees/how-help-refugees-brighton](http://www.brighton-hove.gov.uk/content/life-events-and-communities/migrants-asylum-seekers-and-refugees/how-help-refugees-brighton)

Tel: 01273 292572

Email: [Lucy.Bryson@brighton-hove.gov.uk](mailto:Lucy.Bryson@brighton-hove.gov.uk)

Lucy Bryson is the Community Safety Manager for Refugees and Migrants for Brighton and Hove City Council. She can be contacted for further information regarding the council's work on migration in the city. Lucy is also the Chair of the Brighton & Hove Refugee Forum.

### Brighton and Hove City Council Syrian refugee resettlement scheme

Tel: 01273 291248

Email: [refugeehelp@brighton-hove.gov.uk](mailto:refugeehelp@brighton-hove.gov.uk)

Brighton and Hove City Council is proud to be welcoming Syrian refugees through the UK's Vulnerable Person's Resettlement Scheme (VPRS) which aims to resettle 20,000 Syrian refugees across the UK by 2020. The success of the scheme is reliant on local landlords willing to provide properties at affordable rates and for at least one year or longer if possible.

If you have any questions about the resettlement scheme in Brighton and Hove or you are a private landlord and want to find out more, please get in touch.

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## CHILDREN'S SERVICES

### Brighton and Hove City Council support and activities for young people

Web: [www.brighton-hove.gov.uk/content/children-and-education/support-and-activities-young-people](http://www.brighton-hove.gov.uk/content/children-and-education/support-and-activities-young-people)

The Brighton and Hove City Council website contains a page of web links to a wide variety of support and activities for young people

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## EDUCATION

### Bullying in schools information for parents and carers

Web: [www.brighton-hove.gov.uk/content/children-and-education/schools/bullying-schools-information-parents-and-carers](http://www.brighton-hove.gov.uk/content/children-and-education/schools/bullying-schools-information-parents-and-carers)

Brighton and Hove schools work hard to prevent and respond to bullying, but bullying does occur and children and young people often need the support of adults to resolve it.

The 'Safe from bullying' leaflet aims to support parents and carers to work with schools to resolve bullying issues. The leaflet was written by Brighton and Hove City Council's Children's Services working in partnership with the Parent's Forum. We also involved other statutory, community and voluntary sector organisations.

A leaflet for parents and carers can be [downloaded here](#). A leaflet for children and young people can be [downloaded here](#).

### Ethnic Minority Achievement Service (EMAS)

Address: Fairlight School, St Leonard's Road, Brighton BN2 3AJ

Web: [www.brighton-hove.gov.uk/content/children-and-education/schools/emas-ethnic-minority-achievement-service](http://www.brighton-hove.gov.uk/content/children-and-education/schools/emas-ethnic-minority-achievement-service)

Tel: 01273 292521

Email: [emasadmin@brighton-hove.gov.uk](mailto:emasadmin@brighton-hove.gov.uk)

The Brighton and Hove City Council Ethnic Minority Achievement Service (EMAS) provides support to children in schools, and at home to school liaison officers to support families if English is not their first language. EMAS is a team of specialist teachers, teaching assistants, bilingual liaison workers and home school liaison workers. EMAS works with pre-school, primary and secondary aged children, within their own schools.

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## ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)

There are a number of ESOL providers in the city offering a range of courses: some for free or at a low-cost. Some providers also offer courses irrespective of immigration status or benefit entitlement. The Brighton and Hove ESOL network have prepared a comprehensive list of ESOL providers in the city which can be downloaded here. The Brighton and Hove ESOL Network have

prepared a comprehensive list of ESOL providers in the city. [Download as PDF](#) / [Download as Excel spreadsheet](#).

## Brighton and Hove Library Service

Web: [www.brighton-hove.gov.uk/libraries-leisure-and-arts/libraries](http://www.brighton-hove.gov.uk/libraries-leisure-and-arts/libraries)

Tel: 01273 290 800

Email: [libraries@brighton-hove.gov.uk](mailto:libraries@brighton-hove.gov.uk)

Facebook: [BrightonandHoveCityLibraries](https://www.facebook.com/BrightonandHoveCityLibraries)

Twitter: [@BHLibraries](https://twitter.com/BHLibraries)

Instagram: [@bhlibraries](https://www.instagram.com/bhlibraries)

Brighton and Hove Libraries have books in community languages, including e-books, e-audio books and newspapers, resources to support learning English, free wifi and PCs, study areas and events and activities for all ages. Jubilee Library was awarded Library of Sanctuary in 2020 and they support many groups and organisations supporting refugees and asylum seekers, offering a warm welcome to all.

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## HATE INCIDENTS AND ANTISOCIAL BEHAVIOUR

### Community Safety Casework Team

Web: [www.safeinthecity.info](http://www.safeinthecity.info)

Tel: 01273 292735

Email: [communitysafety.casework@brighton-hove.gov.uk](mailto:communitysafety.casework@brighton-hove.gov.uk)

Racist and religiously motivated incidents, disability hate incidents, transphobic and homophobic hate incidents and anti-social behaviour can be reported directly to a specialist casework service within the Community Safety Casework Team based at Hove Town Hall (BHCC). Vulnerability and risk are assessed for each incident and the team will either directly support victims, or refer cases to appropriate agencies. The team can also provide advice and guidance regarding any hate incident or anti-social behaviour concern. Hate incidents or anti-social behaviour can also be reported directly to the police by calling 101 (or 999 in an emergency).

### Sussex Police Liaison Officers

Non-emergency calls: 101

Emergency calls: 999

Contact to the liaison officers is made via 101 asking for a message to be passed on to them and they will reply as soon as they can to offer support, guidance and advice.

- *Gypsy/Traveller Liaison*: PCSO Debbie Kimpton 39382
- *Disabled Community Liaison*: PCSO Vanessa Farrell 39061 and PCSO George Verral 37344
- *Black, Asian and Minority Ethnic Liaison*: Alex Hyatt
- *All faiths institutions Liaison*: PCSO Rob Bartholomew 39789 and PC Georgina Baker EA547
- *Jewish Community Liaison*: PCSO Verity Mephram 40742
- *Hindu Community Liaison*: PCSO Richard Wright 63623
- *LGBTQ+ Liaison*: PC Richard Hall CH059
- *TNBI community Liaison*: PC Ella Perfect EA241

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## MODERN SLAVERY AND HUMAN TRAFFICKING

## Safe in the City

Web: [www.safeinthecity.info/getting-help/modern-slavery-and-trafficking](http://www.safeinthecity.info/getting-help/modern-slavery-and-trafficking)

Modern slavery is a term used to describe human trafficking, forced labour, slavery and servitude. Human trafficking occurs when people are moved from one place to another with the use of force or deception for the purpose of exploitation, for example, in the sex industry, in organised crime or for forced labour. Victims of modern slavery are often migrants. This crime is hidden from view and there are many barriers to victims reporting what has happened to them.

If you suspect that someone is the victim of modern slavery, or if you are a victim, call the police on 101 (or 999 in an emergency). If the victim is a child, call the police or social services in the same way as you would report another child protection concern.

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## SOCIAL CARE

The Brighton and Hove City Council website contains a [web page](#) listing a wide variety of social care available in the city

## For adults with no recourse to public funds

Tel: 01273 295555

Direct line: 01273 296126

Email: [AccessPoint@brighton-hove.gov.uk](mailto:AccessPoint@brighton-hove.gov.uk)

Email: [Martha.Spencer@brighton-hove.gov.uk](mailto:Martha.Spencer@brighton-hove.gov.uk)

In some limited cases Brighton and Hove City Council may have a responsibility to accommodate and support families, or single adults with care needs, who have no recourse to public funds and would otherwise be at risk of destitution. Referrals for assessment can be made directly or on a person's behalf.

## For children and their families with no recourse to public funds

Tel: 01273 295400

Email: [mash@brighton-hove.gov.uk](mailto:mash@brighton-hove.gov.uk)

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## TRAINING AND SKILLS

### Brighton and Hove Library Connect

Web: [www.brighton-hove.gov.uk/libraryconnect](http://www.brighton-hove.gov.uk/libraryconnect)

Tel: 01273 290800

The Library Connect service provides free one-to-one and drop-in sessions helping people develop digital and online skills. Help is available to develop skills in areas such as using the internet and email, keeping in touch with friends/relatives on line, job searches, sending attachments, accessing Council services online, navigating online forms, printing/scanning, downloading apps or e-books, transferring photographs from a digital camera to a computer/ memory stick, sending text messages and more. Sessions are tailored to individual needs. Free Library Connect sessions at your local library can be booked by phone or through the Library Connect website.

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## VISAS, IMMIGRATION AND SETTLEMENT

### Diversity Resource International

Tel: 07443 420785

Email: [chilingchan@hotmail.co.uk](mailto:chilingchan@hotmail.co.uk)

Diversity Resource International provide an advice service for people arriving from Hong Kong with British National (overseas) status. A leaflet with further information in English and Chinese can be downloaded from [this link](#).

## UK Visas and Immigration

Web: [www.gov.uk/government/organisations/uk-visas-and-immigration](http://www.gov.uk/government/organisations/uk-visas-and-immigration)

UK Visas and Immigration is a national government department which decides who has the right to visit or stay in the UK. They run the UK's asylum service which offers protection to those eligible under the 1951 Geneva Convention.

## Voluntary returns service

Web: [www.gov.uk/return-home-voluntarily](http://www.gov.uk/return-home-voluntarily)

Tel: 0300 004 0202

Email: [voluntaryreturns@homeoffice.gsi.gov.uk](mailto:voluntaryreturns@homeoffice.gsi.gov.uk)

If someone is in the UK unlawfully the Home Office can help them to return to their home country if they wish to do so. They can assist with travel documentation and arranging financial help to support resettlement in their home country.

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## Local services and organisations

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### ADVOCACY

#### Sussex Interpreting Services

Address: Community Base, 113 Queens Road, Brighton BN1 3XG

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

Tel: 01273 234016

Email: [info@sussexinterpreting.org.uk](mailto:info@sussexinterpreting.org.uk)

Facebook: [sis.interpreting.services](https://www.facebook.com/sis.interpreting.services)

Twitter: [@sussexinterpret](https://twitter.com/sussexinterpret)

Sussex Interpreting Services provide bilingual advocates who work with vulnerable and isolated people. They take the time to appreciate people's views, needs, expectations and concerns and ensure they are heard, respected and acted upon where necessary.

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### EDUCATION

#### Alnoure Academy

Address: Hove Park Valley Campus, Hangleton Way, Hove BN3 8AA

Web: [www.alnoureacademy.org](http://www.alnoureacademy.org)

Tel: 07935 293834

Email: [academyalnour@gmail.com](mailto:academyalnour@gmail.com)

Facebook: [Alnoure-Academy-Arabic-GCSE-pathway](https://www.facebook.com/Alnoure-Academy-Arabic-GCSE-pathway)

Alnoure Academy is an independent non-profit community Arabic school organisation for GCSE and A-level pathways. Students

are from a range of communities and a wide variety of backgrounds including: Iraqi, Palestinian, Bangladeshi, Polish, Syrian and English.

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## EMPLOYMENT

### Growing Points

Online referral form for organisations: [growingpoints.co.uk/referral/](http://growingpoints.co.uk/referral/)...

Tel: 07889 752169

Email: [annjohnson169@gmail.com](mailto:annjohnson169@gmail.com)...

Facebook: [ambitionandaction](https://www.facebook.com/ambitionandaction)...

National charity Growing Points works to improve the social mobility of people from excluded communities, using the powerful and influential networks of volunteer Guardians to enable them to achieve their ambitions. Guardians are talented and well connected in all sorts of fields including education, health and social care; management consultancy and journalism. They are matched up with people with ambition from excluded communities such as refugees. Guardians work with them on their ambitions by using their networks to find opportunities for growth and success in their chosen field. They work in partnership with referring organisations including City of Sanctuary, the Sussex Partnership NHS Foundation Trust and Brighton Mind. Most work is by email and telephone with some face to face contact with customers. Referrals do not come directly from individuals but from organisations working with people who are likely to need Growing Points' help.

### The Launchpad Collective

Web: [wearetlc.org.uk](http://wearetlc.org.uk)...

Email: [brightontlc@gmail.com](mailto:brightontlc@gmail.com)...

The Launchpad Collective offer free support to refugees and asylum seekers looking for training and work in Brighton and surrounding areas.

- Work-ready English classes
- Opportunities to meet people from local industries
- Getting ready for interviews
- CV writing
- Skills testing
- IT classes
- Confidence building and wellbeing classes

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## ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)

There are a number of ESOL providers in the city offering a range of courses: some for free or at a low-cost. Some providers also offer courses irrespective of immigration status or benefit entitlement. The Brighton and Hove ESOL network have prepared a comprehensive list of ESOL providers in the city which can be downloaded here. The Brighton and Hove ESOL Network have prepared a comprehensive list of ESOL providers in the city. [Download as PDF](#)... / [Download as Excel spreadsheet](#).

### BHASVIC

Address: Brighton, Hove and Sussex Sixth Form College, 205 Dyke Road, Hove, BN3 6EG

Web: [www.bhasvic.ac.uk](http://www.bhasvic.ac.uk)...

Tel: 01273 552200



Email: [info@bhasvic.ac.uk](mailto:info@bhasvic.ac.uk)

## Brighton Metropolitan College (formerly City College)

Address: Brighton MET, Pelham Street, Brighton, BN1 4FA

Web: [www.gbmc.ac.uk/brighton](http://www.gbmc.ac.uk/brighton)

Tel: 01273 667788

Course information: 01273 667759

Facebook: [BrightonMET](https://www.facebook.com/BrightonMET)

Twitter: [@GBMetColl](https://twitter.com/GBMetColl)

## Brighton Table Tennis Club

Web: [www.brightontabletennisclub.co.uk](http://www.brightontabletennisclub.co.uk)

Tim Holtam: 07985 141788

Email: [tim@brightontabletennisclub.com](mailto:tim@brightontabletennisclub.com)

Brighton Table Tennis Club offers 'PingLish', which gives migrants and refugees the opportunity to learn English for free with the support of an experienced ESOL teacher whilst playing Table Tennis (also known as Ping Pong).

## EC English Language Centres

Address: Dolphin House, Manchester Street, Brighton, BN2 1TF

Web: [www.ecenglish.com/school-locations/learn-english-in-brighton](http://www.ecenglish.com/school-locations/learn-english-in-brighton)

Tel: 01273 694618

Facebook: [ec.brighton](https://www.facebook.com/ec.brighton)

Twitter: [@ECEnglish](https://twitter.com/ECEnglish)

## English Language Centre (ELC)

Address: 33 Palmeira Mansions, Hove, BN3 2GB

Web: [www.elc-brighton.co.uk](http://www.elc-brighton.co.uk)

Email: [info@elc-brighton.co.uk](mailto:info@elc-brighton.co.uk)

Facebook: [elcbrighton](https://www.facebook.com/elcbrighton)

Twitter: [@elcbrighton](https://twitter.com/elcbrighton)

## Friends Centre

Address: Brighton Junction, 1A Isetta Square, 35 New England Street, Brighton, BN1 4GQ

Web: [www.friendscentre.org](http://www.friendscentre.org)

Tel: 01273 810210

Email: [info@friendscentre.org](mailto:info@friendscentre.org)

Facebook: [FriendsCentreBrighton](https://www.facebook.com/FriendsCentreBrighton)

Twitter: [@FriendsCentre](https://twitter.com/FriendsCentre)

## Intensive School of English (ISE)

Address: 34 Duke St, Brighton, BN1 1BS

Web: [www.isebrighton.com](http://www.isebrighton.com)

Tel: 01273 384800

Email: [info@ise.uk.com](mailto:info@ise.uk.com)

## **Kemp Town Talks**

Address: St Mary's Church, Kemp Town, 61 St James's Street, Brighton BN2 1PR

Tel: 01273 698601

Email: [info@stmaryschurchbrighton.org.uk](mailto:info@stmaryschurchbrighton.org.uk)

Free conversational English classes. Friendly, informal learning for speakers of other languages.

Every Friday

- Beginner – Elementary: 9 a.m. to 10:30 a.m.
- Intermediate – Advanced: 11 a.m. to 12.30 p.m.

No booking necessary. Just drop in!

## **Migrant English Project (MEP)**

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

Email: [mepbrighton12@googlemail.com](mailto:mepbrighton12@googlemail.com)

The Migrant English Project provides:

- free and informal English lessons for asylum seekers, refugees and migrants on Mondays.
- a welcoming, friendly and safe space where people can meet others and receive support
- support, basic advice, referrals and signposting when needed
- free lunch & refreshments during the project

## **Migrant ESOL Support Hub (MESH)**

Cicely Lloyd: 07367 360 134

Rosa Jones: 07907 409267

Cicely Lloyd [MESHcaseworker@trustdevcom.org.uk](mailto:MESHcaseworker@trustdevcom.org.uk)

Rosa Jones [MESHcaseworker@voicesinexile.org](mailto:MESHcaseworker@voicesinexile.org)

### *1:1 casework to support English, employability and integration*

The MESH team provides an integrated ‘one stop’ advice service for migrants 16 years and over, offering a welcoming gateway to ESOL learning provision plus signposting and referral to other support services across Brighton and Hove. Members of the team work with people on a one-to-one basis and connect them with the right support as soon as possible, helping people achieve their aims in relation to education, employment and integration into the life of the city.

There are two MESH case workers – Cicely Lloyd is working at Trust for developing Communities, (who work in neighbourhoods, across the city and beyond to support and facilitate community-led changes) and Rosa Jones is based at Voices in Exile, (a local charity offering practical and legal support to refugees, asylum seekers and vulnerable migrants). The project co-ordinator Alison Kelly is based at Friends Centre, an independent adult education organisation and charity which serves over 1,100 learners each year through their wide range of daytime and evening classes.

The personalised 1:1 support from case workers offers help with:

- improving English
- using leisure and public services
- training and education

- volunteering and internships
- getting into work
- financial skills
- meeting people

To refer someone, self-refer or for further information please contact one of the case workers.

### **Portslade Adult Learning**

Address: PACA, Chalky Road, Portslade, BN41 2WS

Web: [www.portslade.org](http://www.portslade.org)

Tel: 01273 422632

Email: [comed@paca.uk.com](mailto:comed@paca.uk.com)

### **University of Sussex**

Address: University of Sussex, Falmer, Brighton BN1 9RH

Web: [www.sussex.ac.uk/languages/english](http://www.sussex.ac.uk/languages/english)

Email: [svprs@sussex.ac.uk](mailto:svprs@sussex.ac.uk)

The University of Sussex offers scholarships to study English language for 15 hours per week (Monday to Friday, 9 a.m. to 12.30 p.m.) or 21 hours per week (Monday to Friday, 9 a.m. to 12.30 p.m. plus three afternoons 2 p.m. to 4 p.m.). Full attendance is required. Terms start September / January / April / June. Not suitable for beginners.

The University of Sussex also offers free English language courses in Falmer in the spring term. The classes are on Tuesdays from 1 p.m to 3 p.m starting on 13 February. The classes are open to anyone over the age of 18.

### **Varndean College**

Address: Surrenden Road, Brighton, BN1 6WQ

Web: [www.varndean.ac.uk](http://www.varndean.ac.uk)

Tel: 01273 508011

Adult education: 01273 546602

Email: [office@varndean.ac.uk](mailto:office@varndean.ac.uk)

### **Workers Education Association – adult education**

Web: [wea.org.uk](http://wea.org.uk)

Tel: 01273 945869

Email: [sussex@wea.org.uk](mailto:sussex@wea.org.uk)

### **WREC Ltd**

Address: 7 Marlborough Place, Brighton BN1 1UB

Web: [www.wrecltd.co.uk](http://www.wrecltd.co.uk)

Tel: 01273 281981

Email: [workforceskills@wrecltd.co.uk](mailto:workforceskills@wrecltd.co.uk)

Whitehead-Ross Education and Consulting (WREC Ltd) is a leading provider of innovative education, youth and social welfare programmes. We pride ourselves in offering flexible programmes that are relevant and beneficial. Our ESOL Skills for Life qualifications support speakers of other languages based within the UK to develop their English language skills for work, further

learning or everyday life. The course will develop your skills in reading, writing, speaking and listening. Come and see our state of the art training facility in the centre of Brighton for more information.

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## **FAMILY TRACING AND FAMILY REUNION TRAVEL ASSISTANCE**

### **British Red Cross**

Address: Unit 7, St Joseph's Close, St Joseph's Business Park, Hove BN3 7HG

Web: [www.redcross.org.uk/What-we-do/Refugee-support/Our-services-for-refugees](http://www.redcross.org.uk/What-we-do/Refugee-support/Our-services-for-refugees)

Landline: 01273 227801 / Ext: 17752

Mobile: 07885 969270

Email: [CNazari@redcross.org.uk](mailto:CNazari@redcross.org.uk)

Email: [RSIFTKentandSussex@redcross.org.uk](mailto:RSIFTKentandSussex@redcross.org.uk)

The British Red Cross International Family Tracing (IFT) Service helps to restore and maintain contact between families separated by armed conflict, migration or natural disaster by using the global Red Cross and Red Crescent network. The IFT team can also provide a service for sending Red Cross Messages, certificates of detention for those imprisoned overseas and also provides services inside Immigration Removal Centres.

The British Red Cross Family Reunion Travel Assistance Scheme pays for and arranges travel to reunite refugee families. The scheme organises and pays for family members' travel to the UK only. To be eligible, individuals must already be in possession of visas and be able to provide evidence that they are unable to afford the cost of flights. Destitution and Casework Support is also available.

The British Red Cross Destitution and Casework Support service is provided by partner organisation, Voices in Exile (VIE); further details can be found under the BVIE entry.

The British Red Cross International Family Tracing and Refugee Support Co-ordinator for East Sussex is Christin Nazari who works Tuesdays, Wednesdays and Thursdays

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## **FOOD**

Individuals need to be referred to most food banks and cannot just turn up. If you are an individual in need, or a professional and want to refer someone to emergency food, read the Brighton and Hove Food Partnerships advice on what to do.

### **Brighton and Hove Food Partnership**

Address: Brighthelm Centre, North Road, Brighton BN1 1YD

Web: [www.bhfood.org.uk](http://www.bhfood.org.uk)

Tel: 01273 431700

Email: [info@bhfood.org.uk](mailto:info@bhfood.org.uk)

The Brighton and Hove Food Partnership is a non-profit organisation providing a hub for information, inspiration and connection around food. It delivers a range of community projects such as:

- Cookery courses for beginners and those looking to teach others
- Helping people grow food with others in their community
- Tips and advice on reducing food waste at home
- Setting up community composting sites across the city
- Healthy eating advice and workshops

- Advice on food poverty and support for food banks
  - Weight management programmes for adults and families
- 

## HEALTH AND MENTAL HEALTH

### **Boloh helpline**

Web: [helpline.barnardos.org.uk](https://helpline.barnardos.org.uk)

Tel: 0800 151 2605

Boloh, a service provided by Barnados, is a helpline offering advice, emotional support and free therapy to adult asylum seekers and Black, Asian or Minority Ethnic parents in the UK. Boloh advisers can also offer help in understanding symptoms of colds, coughs and respiratory infections to adults caring for children at home.

The free telephone helpline is available Monday to Friday from 10 a.m. to 8 p.m., and on Saturdays from 10 a.m. to 3 p.m.

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

Web: [brightonandhovecbt.com/BERTS.html](https://brightonandhovecbt.com/BERTS.html)

Tel: 07961 779010

Email: [sally@brightonandhovecbt.com](mailto:sally@brightonandhovecbt.com)

Brighton Exiled/Refugee Trauma Service (BERTS) is a dedicated trauma service hosted by Brighton and Hove CBT (Cognitive Behavioural Therapy), for refugees and asylum seekers in Sussex. It offers free specialist trauma counselling and psychotherapy to local people to help them come to terms with their relocation in the UK, after what can be very difficult experiences for themselves and their families in their countries of origin. Referrals are accepted from the NHS Counselling Services or from your GP. Contact the Sanctuary Project if you are unsure of how to do this or need more help

### **Brighton Natural Health Centre**

Address: 27 Regent Street, Brighton, BN1 1UL

Web: [brightonnaturalhealthcentre.org.uk](https://brightonnaturalhealthcentre.org.uk)

Tel: 01273 600010

Email: [hello@brightonnaturalhealthcentre.org.uk](mailto:hello@brightonnaturalhealthcentre.org.uk)

Facebook: [BrightonNaturalHealthCentre](https://www.facebook.com/BrightonNaturalHealthCentre)

Twitter: [@BrightonNatural](https://twitter.com/BrightonNatural)

Instagram: [@brightonnaturalhealthcentre](https://www.instagram.com/brightonnaturalhealthcentre)

The Brighton Natural Health Centre run free weekly drop-in yoga classes for female migrants, asylum seekers and refugees on Fridays at 11.30 a.m. – 12.30 p.m. in central Brighton. The classes are run by experienced Iyengar Yoga teacher, Jen Henwood and observe social distancing and Covid 19 safety measures.

The health benefits of yoga can help to reduce depression, stress and anxiety, allowing those who are suffering to feel better in themselves, build confidence and self-esteem. These classes provide a safe and supportive space to exercise, make new friends and improve physical and mental well-being.

### **Healthwatch Brighton and Hove**

Address: Community Base, 113 Queens Road, Brighton BN1 3XG

Web: [www.healthwatchbrightonandhove.co.uk](https://www.healthwatchbrightonandhove.co.uk)

Information line: 01273 234040

General enquiries: 01273 234 041

Email: [info@healthwatchbrightonandhove.co.uk](mailto:info@healthwatchbrightonandhove.co.uk)

Facebook: [healthwatchbrightonandhove](https://www.facebook.com/healthwatchbrightonandhove)

Healthwatch Brighton and Hove is a local watchdog and consumer champion for health and social care. It can support you to influence the design, delivery and improvement of local health and social care services. It can also enable you to make informed choices about your health and wellbeing by assisting you when you have concerns or complaints about these services.

The Independent Health Complaints Advocacy Service (IHCAS) is provided in Brighton and Hove by POhWER, a charity providing free advocacy, information and advice to people who experience disability, vulnerability, distress and social exclusion. They offer support to people making complaints about NHS care or treatment, and can be contacted by phone: 0300 456 2370 or by email [pohwer@pohwer.net](mailto:pohwer@pohwer.net). More information can be found on the POhWER website at: <https://www.pohwer.net/brighton-and-hove>

## Mind in Brighton and Hove

Address: 51 New England Street, Brighton BN1 4GQ

Web: [www.mindcharity.co.uk](http://www.mindcharity.co.uk)

Tel: 01273 666950

Mind in Brighton and Hove is an independent charity, which offers free and confidential advice to anyone affected by mental health issues. The service can be accessed by telephone or by email. If you would prefer to talk in person, one-to-one meetings can also be booked at the Mind in Brighton and Hove office in New England Street. Mind in Brighton and Hove runs outreach advice sessions in Moulsecombe and Whitehawk. Appointments are available for residents of East Brighton.

Mind also has an online Directory of mental health and wellbeing services to help individuals and professionals locate services and resources directly or indirectly promoting and supporting mental health and wellbeing, including for refugees and asylum seekers. It includes NHS and other statutory, voluntary and non-profit making organisations who offer services. Focusing primarily on services and resources in Brighton and Hove, it also includes some national organisations, [the directory can be found here](#).

## NHS 111 service

Tel: 111

The NHS 111 service is for when you urgently need help or advice but it is not a life-threatening situation.

## OK Rehab

Web: [www.okrehab.org](http://www.okrehab.org)

Tel: 0800 326 5559

OK Rehab specialises in addiction treatment. This treatment is available via both inpatient and outpatient treatment providers. OK Rehab's aim is to help individuals break free from the shackles of addiction and find a treatment that's ideally suited to their needs. This treatment is applicable for drug addiction, alcoholism and process/behavioural addictions.

- An over-the-phone assessment to determine if you require addiction treatment
- Access to over 140+ clinics across the UK and abroad
- Advice relating to outpatient, residential and home detox services
- Access to detox clinics regulated by the Care Quality Commission (CQC)
- Fast access to emergency detox treatment, is appropriate
- Access to professional interventionists across the UK

Advice by staff members who are themselves in recovery

- Information on both private and statutory funded addiction treatment providers

## **Samaritans**

Web: [www.samaritans.org](http://www.samaritans.org)

Free number open 24-hours a day: 116 123

Tel: 01273 772277

## **Saneline**

Web: [www.sane.org.uk](http://www.sane.org.uk)

4.30 p.m. to 10.30 p.m. daily: 0300 304 7000

## **Specialist Health Visiting Team for BME and Traveller families**

Address: Candy Barrett, Community Public Health Nurse Specialist: Refugees and Migrants, Healthy Futures Team, Turner Children's Centre, Morley Street, BN2 9QE

Tel: (Tuesday – Wednesday): 01273 666484 ext. 6576

Tel: 07785 521131

Email: [candy.barrett@nhs.net](mailto:candy.barrett@nhs.net)

Health Visitors are qualified nurses with training in public health. In this team they visit families with insecure immigration status, asylum seekers and newly arrived refugees as well as Travellers. They assess children's development and provide information on a range of health issues and local services for all family members.

## **Sussex Beacon**

Address: 10 Bevendean Road, Brighton BN2 4DE

Web: [www.sussexbeacon.org.uk](http://www.sussexbeacon.org.uk)

Tel: 01273 694222

Facebook: [thesussexbeacon](https://www.facebook.com/thesussexbeacon)

Twitter: [@sussexbeacon](https://twitter.com/sussexbeacon)

The Sussex Beacon provides a range of specialist HIV treatment and support services.

## **Sussex Interpreting Services – Health Promotion Project**

Address: Community Base, 113 Queens Road, Brighton BN1 3XG

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

Tel: 01273 234016

Email: [info@sussexinterpreting.org.uk](mailto:info@sussexinterpreting.org.uk)

Email: [interpreting@sussexinterpreting.org.uk](mailto:interpreting@sussexinterpreting.org.uk)

Facebook: [sis.interpreting.services](https://www.facebook.com/sis.interpreting.services)

Twitter: [@sussexinterpret](https://twitter.com/sussexinterpret)

Sussex Interpreting Services' volunteer Linguists, reach out to isolated people and excluded communities to explain what services are available and how to access them. They support people to make appointments, understand correspondence, fill in simple forms and appreciate health information. They also act as a reference group for local planners to improve understanding of service users' needs.

## Sussex Mental Health Line

Tel: 0300 5000101

Open 5 p.m. to 9 a.m. on week nights, and on a 24 hours basis during weekends and bank holidays

## Wellbeing Service

Web: [www.brightonandhovewellbeing.org](http://www.brightonandhovewellbeing.org)

Tel: 0300 002 0060

Email: [bics.brighton-and-hove-wellbeing@nhs.net](mailto:bics.brighton-and-hove-wellbeing@nhs.net)

Psychotherapeutic counselling is provided by the Wellbeing Service, a part of the local NHS primary mental healthcare service. It is an adults-only service and works with anyone (including refugees and asylum seekers) who doesn't need hospitalisation or very intensive input with mental health issues at a primary level. The Service works with interpreters when necessary and can help refugees and asylum seekers struggling with the mental health impact of what their status has imposed on them, including issues such as self-esteem and trust. The Wellbeing Service offers six sessions to patients who are referred to them. There are 2 routes into the Wellbeing Service, via a GP and via a form that can be downloaded from the website. The Service has a limited capacity and present waiting list of approximately 4-6 months.

If you feel you are not able to keep yourself safe, and do not need immediate medical assistance, you should contact the Mental Health Rapid Response Service which is able to offer immediate support: 0300 304 0078 (24 hours a day, 7 days a week including bank holidays).

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## HOUSING

### Apptivists Brighton

Web: [homelessinbrighton.org.uk](http://homelessinbrighton.org.uk)

Email: [info@homelessinbrighton.org.uk](mailto:info@homelessinbrighton.org.uk)

Apptivists have created an online directory of local resources. It includes local information on housing, food, social activities, health, mental health and abuse, substance misuse, benefits and debt advice to youth, elderly, refugees and migrants, women, men and the LGBTQ community.

### Brighton Housing Trust

Address: 144 London Rd, Brighton BN1 4PH

Web: [www.bht.org.uk/services/legal-advice/brighton-advice-centre/brighton-specialist-housing-advice/](http://www.bht.org.uk/services/legal-advice/brighton-advice-centre/brighton-specialist-housing-advice/)

Tel: 01273 645400

Email: [advice@bht.org.uk](mailto:advice@bht.org.uk)

Brighton Housing Trust offers a range of specialist housing advice to those in need through its Brighton Advice Centre.

### East Sussex Fire and Rescue Service (ESFRS)

Web: [www.esfrs.org](http://www.esfrs.org)

Tel: 0800 1777069

Email: [Homefire.Safetyvisits@esfrs.org](mailto:Homefire.Safetyvisits@esfrs.org)

Facebook: [eastsussexfireandrescue](https://www.facebook.com/eastsussexfireandrescue)

Twitter: [@EastSussexFRS](https://twitter.com/EastSussexFRS)



ESFRS provides free visits to your home to give advice and information about fire and home safety, and can fit free smoke alarms if needed.

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## LANGUAGE SERVICES

An online list of all the current English provisions for speakers of other languages (ESOL) in Brighton and Hove is available at [the Brighton and Hove City Council Libraries website](#).

### Sussex Interpreting Services

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

Monday to Friday, 9 a.m. to 5 p.m.: 01273 702005

Emergencies at any time of day or night.: 07811 459315

Email: [interpreting@sussexinterpreting.org.uk](mailto:interpreting@sussexinterpreting.org.uk)

Sussex Interpreting Services provides community interpreting. Their community interpreters work face to face to ensure access to services for people with language support needs.

Sussex Interpreting Services also provides translation services. Their community translators are experienced in translation of a wide range of written information and documentation, including: letters, reports, leaflets, newsletters, websites, medical records and passports, birth and marriage certificates.

There is a drop-in service at BMECP Centre, 10a Fleet Street, Brighton BN1 4ZE, any time between 11 a.m. and 1 p.m. on the first and third Tuesday of every month offering free help, support and information in 16 languages. No appointment necessary.

Sussex Interpreting Services have prepared a translation of useful information for Ukrainian refugees. [Download here](#)

### Vandu Language Services

Address: 36 St Nicholas Lane, Lewes, East Sussex BN7 2JZ

Web: [www.vlslanguages.com](http://www.vlslanguages.com)

Tel: 01273 473986

Email: [info@vlslanguages.com](mailto:info@vlslanguages.com)

Vandu Language Services provide cost effective, culturally intelligent interpreting and translation services in Sussex.

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## LEGAL ADVICE – LOCAL CHARITIES

The Migration Law Clinic at the University of Sussex was established in 2019 to offer migration and asylum legal advice on a pro bono (cost-free) basis to any individual who requires advice in this legal field and cannot afford to pay a legal practitioner. The Clinic has OISC registration (at Level 3). In its first months, the Clinic focussed on asylum law and Article 8 issues, and provided advice on citizenship applications. The Clinic does not run during university holiday or assessment periods, which restricts its capacity, and unfortunately this means it is unable to accept any new clients before the start of the next academic year (September 2019). For further information please email [migrationlaw@sussex.ac.uk](mailto:migrationlaw@sussex.ac.uk)

The legal framework in England and Wales is heavily regulated and legal advice can only be provided under very strict conditions. The Immigration and Asylum Act 1999 made it unlawful for anyone to provide unregulated immigration advice or immigration services. Immigration advice in the UK is regulated by the OISC (Office of the Immigration Services Commissioner). The type of advice that a qualified and registered adviser can give depends on their level of qualification. [Click here for an explanation on the Gov.uk website](#).

For more complex immigration issues, an immigration solicitor or specialist caseworker is needed. You need to make sure that an immigration specialist is registered with OISC before you ask for their advice.

There are two ways of accessing immigration and asylum representation. Firstly, through private solicitors at regulated law firms. They will charge fees which can be discussed directly with your solicitor. The second is through the publicly funded legal aid scheme for asylum claims and some limited types of immigration cases. If you qualify to receive legal aid, the Legal Services Commission (LSC) is responsible for the payment of your fees. The amount the LSC is willing to pay may be limited; in some cases you may have to pay towards the cost. Qualifying for legal aid to meet the costs of immigration and asylum representation is dependent on your financial position and the nature of your claim. You can find out if you're eligible in the following ways:

- [Citizens Advice website](#) explains the financial conditions for getting civil legal aid.
- [Government website](#) includes an online tool to check if you can get legal aid.
- Civil Legal Advice helpline: call 0345 345 434.

In Brighton and Hove, the lack of immigration advice and representation has reached a critically low level. There are very few OISC accredited advisors, particularly at the higher level of OISC qualification. Where legal aid is still available for asylum applications, it can be difficult to secure representation. Currently, the only local legal aid representation and advice is supplied by Brighton Housing Trust, but it cannot take on all cases. At the time of writing, they were prioritising cases involving children and only a limited number of adult cases. However, this may change so please contact them if you have a claim that may be eligible for legal aid support. [Please see its website here for further information](#).

Please note that services funded by legal aid provide a comparable quality to private services, so if you are entitled to legal aid representation you would be well-advised to try and secure it. Out of area, legal aid cases may be taken on by Barnes Harrild and Dyer, a solicitor firm based in Croydon (details below).

Anyone looking for information about organisations or people providing legal services in England and Wales that are regulated by the Solicitors Regulation Authority (SRA) can freely search the online Find a Solicitor service run by the Law Society; this can be found on [the Law Society website](#).

### **Brighton Housing Trust's Immigration Legal Service**

Address: 144 London Rd, Brighton BN1 4PH

Web: [www.bht.org.uk/services/legal-advice/brighton-advice-centre/immigration-legal-service/](http://www.bht.org.uk/services/legal-advice/brighton-advice-centre/immigration-legal-service/)

Email: [immigrationlegalservices@bht.org.uk](mailto:immigrationlegalservices@bht.org.uk)

Brighton Housing Trusts Immigration Legal Service can offer legal advice and representation for those eligible to legal aid funding e.g. asylum cases, bail and some specific cases involving domestic violence or human trafficking. As the ILS team is small, they can only take on cases when they have capacity to do so (see entry above).

### **Citizens Advice Brighton and Hove**

Web: [www.citizensadvice.org.uk/local/brighton-hove/](http://www.citizensadvice.org.uk/local/brighton-hove/)

Tel: 0300 3309033 (If you are calling on a landline from a mobile phone, you will be asked to enter a local landline number. If you enter 01273 123456 at this point, you will be put through if an advisor is available)

Citizens Advice Brighton and Hove provides free and confidential advice. They can give basic advice on immigration applications and help clients to complete standard forms. They run a drop in Monday-Thursday, 8.45 a.m. to 10.30 a.m. at Bartholomew House, Bartholomew Square, Brighton, East Sussex, BN1 1JA. They also run an email advice service. To access this go to:

[www.brightonhovocab.org.uk](http://www.brightonhovocab.org.uk) and complete the online web form. Information about when the Citizens Advice holds advice and telephone advice sessions can be [found here](#).

## **Gatwick Detainees Welfare Group**

Address: The Orchard, 1-2 Gleneagles Court Brighton Road, Crawley RH10 6AD

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

Tel: 01293 657070

Email: [info@gdwg.org.uk](mailto:info@gdwg.org.uk)

Facebook: [Gatwick-Detainees-Welfare-Group](https://www.facebook.com/Gatwick-Detainees-Welfare-Group)

Twitter: [@GatDetainees](https://twitter.com/GatDetainees)

The charity provides emotional and practical support through its volunteer visitors, to asylum seekers and immigration detainees held at Tinsley House and Brook House removal centres near Gatwick Airport.

## **Migration Law Clinic at the University of Sussex**

Web: [www.sussex.ac.uk/law/clinical-legal-education/](http://www.sussex.ac.uk/law/clinical-legal-education/)

Email: [migrationlaw@sussex.ac.uk](mailto:migrationlaw@sussex.ac.uk)

The Migration Law Clinic at the University of Sussex was established in 2019 to offer migration and asylum legal advice on a pro bono (cost-free) basis to any individual who requires advice in this legal field and cannot afford to pay a legal practitioner. The Clinic has OISC registration (at Level 3). In its first months, the Clinic focussed on asylum law and Article 8 issues, and provided advice on citizenship applications. The Clinic does not run during university holiday or assessment periods, which restricts its capacity, and unfortunately this means it is unable to accept any new clients before the start of the next academic year (September 2019). For further information please email [migrationlaw@sussex.ac.uk](mailto:migrationlaw@sussex.ac.uk)

## **Money Advice Plus**

Address: Hove Town Hall, Tisbury Road, Hove BN3 3BQ

Web: [www.moneyadviceplus.org.uk](http://www.moneyadviceplus.org.uk)

Tel: 01273 664000

Email: [info@moneyadviceplus.org.uk](mailto:info@moneyadviceplus.org.uk)

Facebook: [Money-Advice-Plus-156960874327636](https://www.facebook.com/Money-Advice-Plus-156960874327636)

Twitter: [@MoneyAdvicePlus](https://twitter.com/MoneyAdvicePlus)

Money Advice Plus helps people who are experiencing difficulty managing their money or financial affairs. They can give debt and benefit advice. In addition we have an adviser authorised by the OISC to give level 1 immigration advice, and can also help apply for documents such as naturalisation and travel documents. They run a drop-in session at the BMECP Centre, 10a Fleet Street, Brighton BN1 4ZE every fortnight on a Friday, 11 a.m. to 2 p.m.

## **Voices in Exile (VIE)**

Address: The Fitzherbert Centre, 36 Upper Bedford Street, Brighton, BN2 1JP

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

Tel: 01273 328598

Email: [admin@voicesinexile.org](mailto:admin@voicesinexile.org)

Email: [advice@voicesinexile.org](mailto:advice@voicesinexile.org)

Facebook: [brightonvoicesinexile](https://www.facebook.com/brightonvoicesinexile)

Voices in Exile is accredited to provide specialist immigration advice up to OISC Level 2. We can assist with complex applications but cannot represent in appeals to the First Tier Tribunal or Upper Tier Tribunal or with judicial review. Our services are for vulnerable and/or destitute migrants, asylum seekers and refugees who are not eligible for legal aid and/or do not have the means to pay for private legal advice. As a general rule we cannot currently assist EEA nationals – but will consider particularly

vulnerable/complex cases. We also provide generalist advice on welfare benefits, housing and homelessness, asylum support, children's and adult community care. You can download our referral form from our website.

We currently deliver the following free advice services from our premises in Kempton:

- Immigration advice drop-in – Tuesdays 1.30 to 3.30 p.m.: for refugees, asylum seekers and migrants unable to pay for immigration advice or to access legal aid services elsewhere. St. John the Baptist Church parish hall – entrance on Bristol Road, BN2 1AP
- Phone advice – Thursdays 2 to 4 p.m. on 01273 082105
- Email advice – we will respond to email advice enquiries sent to [advice@voicesinexile.org](mailto:advice@voicesinexile.org) as soon as we practically can.
- Destitution service and food bank (generalist advice) – Fridays 11 a.m. to 1 p.m.: by referral only (through our referral form, an email or phone call) for clients who are destitute or with no recourse to public funds.

Please note that we cannot see clients without an appointment or outside these drop-in times.

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## LEGAL ADVICE – LOCAL COMMERCIAL FIRMS

We accept no responsibility for, nor do we endorse the services offered by these firms.

### **Afshaan Hena, Barrister**

Address: 10 Kings Bench Walk, Temple, London EC4Y 7EB

Web: [10kbw.co.uk/barrister/afshaan-hena/](http://10kbw.co.uk/barrister/afshaan-hena/)

Tel: 020 7353 7742

Mobile: 07551 969570

Email: [afshaan.hena@10kbw.co.uk](mailto:afshaan.hena@10kbw.co.uk)

### **Barnes, Harrild and Dyer**

Address: West Croydon Office: , 76 London Road, Croydon CR0 2TB, East Croydon Office, Fourth Floor, Park House, 22 Park Street, Croydon CR0 1YE

Tel: 020 8681 5128

Fax: 020 8686 9776

Kaweh Beheshtizadeh: 020 8253 0990

Email: [enquiries@bhdsolicitors.co.uk](mailto:enquiries@bhdsolicitors.co.uk)

Will accept inquiries relating to any area of immigration and asylum, and human rights issues. They can take on some cases which fall under the scope of legal aid, and also offer private services.

### **Healy's LLP**

Address: 8 and 9 Old Steine, Brighton BN1 1EJ

Tel: 01273 685 888

Fax: 01273 685 454

Ivon Sampson: 01273 669 131

Email: [brighton@healys.com](mailto:brighton@healys.com)

Email: [ivon.sampson@healys.com](mailto:ivon.sampson@healys.com)

Will accept inquiries in all areas of immigration, asylum and EEA law. Can meet clients in Brighton office.

## Irving and Co Solicitors

Address: Third Floor, Queensberry House, 106 Queens Road, Brighton BN1 3XF

Tel: 01273 862 209

Fax: 01273 862 428

Email: [mail@irvinglegal.co.uk](mailto:mail@irvinglegal.co.uk)

Irving and Co Solicitors represent clients in all areas of Immigration law, European law, Asylum law and Nationality law. They represent clients at all stages of the appeal process in the Immigration and Asylum Chamber, Upper Tribunal, Court of Appeal and European court. They also specialise in Judicial Review applications to the High Court.

Irving and Co are no longer able to offer legal aid and costs are on a private basis.

## James and Co

Address: Third Floor, Queensberry House, 106 Queens Road, Brighton BN1 3XF

Paul Ward, Tel: 01273 862552

Fax: 01273 371225

Raj Rayan: 01273 862553

Email: [paulward@pjward.co.uk](mailto:paulward@pjward.co.uk)

Email: [rajrayan@pjward.co.uk](mailto:rajrayan@pjward.co.uk)

Will accept inquiries in all areas of immigration, asylum, including deportation and EEA issues. Contact Paul Ward

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## LGBTQ

### MindOut

Web: [www.mindout.org.uk](http://www.mindout.org.uk)

MindOut is a mental health service run by and for lesbians, gay men, bisexual, trans, and queer people. Please do contact us with any enquiries about mental health, we can help you find the support you need. We provide advice & information, advocacy, a peer support group programme, wellbeing activities and events, a peer mentoring service, an out of hours online chat service and a food project. We are based in Brighton, and we also work around the country to deliver LGBTQ Affirmative Practice training for Mental Health professionals and seek to influence national policy & practice.

### Switchboard LGBT

Web: [www.switchboard.org.uk](http://www.switchboard.org.uk)

Tel: 0300 3300630

Brighton and Hove LGBT Switchboard was founded in 1975 and has been providing services to the LGBTQ community in Brighton and beyond ever since. Originally operating as a helpline, Switchboard has expanded over the years to include an older LGBT project, a Trans Survivors Switchboard, an LGBTQ disability group and the LGBTQ Health and Inclusion Project.

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## MONEY

### Money Advice Plus

Address: Hove Town Hall, Tisbury Road, Hove BN3 3BQ

Web: [www.moneyadviceplus.org.uk](http://www.moneyadviceplus.org.uk)

Tel: 01273 664000

Email: [info@moneyadviceplus.org.uk](mailto:info@moneyadviceplus.org.uk)

Facebook: [Money-Advice-Plus-156960874327636](https://www.facebook.com/Money-Advice-Plus-156960874327636)

Twitter: [@MoneyAdvicePlus](https://twitter.com/MoneyAdvicePlus)

Money Advice Plus helps people who are experiencing difficulty managing their money or financial affairs. They can give debt and benefit advice, and help to apply for documents such as naturalisation and travel documents. As part of their money handling services they are able to distribute money to people who are not entitled to benefits but the council has a duty to support.

They run a drop-in session at the BMECP Centre, 10a Fleet Street, Brighton BN1 4ZE every fortnight on a Friday, 11 a.m. to 2 p.m.

### **Moneyworks Advice Line**

Web: [www.advicebrighton-hove.org.uk/services/moneyworks](http://www.advicebrighton-hove.org.uk/services/moneyworks)

Tel: 0800 988 7037

A partnership between a number of organisations supporting financial inclusion in the city including CAB, Money Advice Plus, St Luke's Advice Centre, Brighton Unemployed Centre families Project, the Hangleton and Knoll Project and Possability People. It provides free, independent advice to residents of Brighton and Hove on a whole range of money issues, including dealing with debt, maximising income and paying for fuel.

Opening hours: Monday, Tuesday and Thursday, 10 a.m. to 4 p.m.; Wednesday, 5 p.m. to 8 p.m.; Friday 10 a.m. to 2 p.m.

### **Wave Community Bank**

Address: Hove Town Hall, Tisbury Road Offices, Tisbury Road, Hove BN3 3BQ

Web: [wavecb.org.uk](http://wavecb.org.uk)

Tel: 0300 303 3188

Email: [info@wavecb.org.uk](mailto:info@wavecb.org.uk)

Facebook: [WaveCommunityBank](https://www.facebook.com/WaveCommunityBank)

Twitter: [@WaveCommBank](https://twitter.com/WaveCommBank)

Instagram: [@WaveCommunityBank](https://www.instagram.com/WaveCommunityBank)

Wave Community Bank help people who are struggling to open a bank account because of a lack of ID or a permanent address. By joining Wave Community Bank people can access an Engage account, which is a basic pre-paid bank account with a VISA debit card so they can shop online and in shops. To open an account, an application form can be downloaded from

<https://wavecb.org.uk/join-us>

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## **SPORT AND WELLBEING**

### **Away From Home VYD CIC**

Web: [www.vydcic.org](http://www.vydcic.org)

Instagram: : [www.instagram.com/vyd\\_cic/](https://www.instagram.com/vyd_cic/)

Tel: 07989 159984

Email: [fiona@vydcic.org](mailto:fiona@vydcic.org)

Email: [gary@vydcic.org](mailto:gary@vydcic.org)

Twitter: [@vyd\\_cic](https://twitter.com/vyd_cic)

Instagram: [@vyd\\_cic](https://www.instagram.com/vyd_cic)

Away from Home is a community football group open to all refugees and asylum seekers. Run by VYD, a local social impact CIC, the training sessions combine fun with structure and professionalism. We have a qualified experienced coach who oversees the weekly training.

Football clubs belong at the heart of many communities in the UK and are a place that can help create welcoming communities by focusing on what people have in common rather than on their differences. Our aim is to give players space to forget their current problems and focus on playing and having fun with like minded people. We hope that by coming regularly players will start to feel a sense of belonging.

Sessions are free of charge. Please contact us for further details.

### **Brighton Table Tennis Club (BTTC)**

Address: The Fitzherbert's Centre, 36 Upper Bedford Street, Kemptown, Brighton BN2 1JP

Web: [www.brightontabletennisclub.co.uk](http://www.brightontabletennisclub.co.uk)

Tim Holtam, Founder Director, Brighton Table Tennis Club: 07985 141788

Email: [tim@brightontabletennisclub.com](mailto:tim@brightontabletennisclub.com)

The Brighton Table Tennis Club is a Charity working with people of all ages, especially young people, (including refugees), to improve health, celebrate diversity and to build a strong community. The Club has hundreds of players and over 100 Tables across the city. It helps people from many communities and all ages keep fit and well, brings them together offering mutual support and friendship. There are sessions for young people of all ages and backgrounds, those aged 50+, adults with learning disabilities, children in care, at more than 10 schools and colleges.

The BTTC 'PingLish' project offers migrants and refugees the opportunity to learn English whilst playing table tennis (also known as Ping Pong) supported by an experienced ESOL teacher and keen player.

Sessions are free and fun, particularly for people that have never played table tennis before. Players will be invited to join in with other activities at the UK's first Club of Sanctuary, welcoming refugees and asylum seekers. Weekly 1:1 and small group sessions that are 90 minutes long are available. The current timetable is Tuesday and Thursday from 10 a.m. to 1 p.m. and Wednesdays from 10 a.m. to 3 p.m.

### **Nam Yang Brighton Community Association**

Web: [www.namyangbrighton.co.uk](http://www.namyangbrighton.co.uk)

Tel: 07772 699147

Email: [tigercranebrighton@gmail.com](mailto:tigercranebrighton@gmail.com)

Facebook: [NamYangBrightoMartialArts](https://www.facebook.com/NamYangBrightoMartialArts)

Nam Yang Brighton Community Association is an inclusive, not-for-profit, community based Martial Arts club. They teach traditional Martial Arts and Combat Sports including Kickboxing, Kung Fu, Savate Boxe Francais, Brazilian Jiu Jitsu, Tai Chi, Chi Gong and Boxing. They run sessions for all ages, abilities and backgrounds including working with people with disabilities, refugees, asylum seekers, low income households and local schools and community groups. Nam Yang Brighton aim to make a positive impact in the community using Martial Arts and Combat Sports to bring people together. Everyone is welcome.

### **Salaam FC – Football Club**

Tel: 07405 78444156

Email: [salaamfc@gmail.com](mailto:salaamfc@gmail.com)

A Brighton based community run football club for boys and girls aged 10-16, with players from 10 different countries, many of whom are refugees. Set up by the Oromo community group the club was a response to the difficulty that young Oromo people had

in joining clubs and making friends. It now provides a focus for the integration of young people (including refugees) from diverse communities in Brighton & Hove. It has 40 young people from 10 diverse communities that participate in the club and train at Hove Park and have a team in the local football league.

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## SUPPORT FOR COMMUNITY GROUPS

### Community Works

Address: Community Base, 113 Queens Road, Brighton BN1 3XG

Web: [www.bhcommunityworks.org.uk/members/advice-support](http://www.bhcommunityworks.org.uk/members/advice-support)

Tel: 01273 234023

Email: [info@bhcommunityworks.org.uk](mailto:info@bhcommunityworks.org.uk)

Facebook: [bhcommunityworks](https://www.facebook.com/bhcommunityworks)

Twitter: [@bh\\_cw](https://twitter.com/bh_cw)

### Migrant Welcome Project at Voices in Exile

Rosa Jones: 07907 409267

Email: [MESHcaseworker@voicesinexile.org](mailto:MESHcaseworker@voicesinexile.org)

The Migrant Welcome Project aims to enable the coming together of migrants in Brighton and Hove to form friendships and mutual support to explore what the City has to offer. They meet weekly in term-time to discuss what they would find useful and share what they have learned, and to take trips around the City. The sessions and trips are supported by Rosa Jones (group facilitator) and Alison Kelly (project co-ordinator) and are funded by the project to increase confidence in:

- accessing practical services
- travelling the City
- exploring leisure interests
- meeting new people
- surviving on a budget
- sharing experience and making plans
- discovering opportunities to improve health and wellbeing

To refer someone, self-refer or for further information please contact us.

### Resource Centre

Address: Prior House, 6 Tilbury Place, Brighton BN2 0GY

Web: [www.resourcecentre.org.uk](http://www.resourcecentre.org.uk)

Tel: 01273 606160

Email: [info@resourcecentre.org.uk](mailto:info@resourcecentre.org.uk)

Facebook: [ResourceCentreBH](https://www.facebook.com/ResourceCentreBH)

If your community wants to run its own activities, classes or gatherings, the Resource Centre can help with setting up and organising a community group. They can help you to raise funds, keep track of your money, plan events and produce publicity materials. They also have equipment to hire. Opening times are 9 a.m. to 4 p.m. Tuesdays to Fridays.

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## UKRAINIANS



## Sussex Interpreting Services

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

Monday to Friday, 9 a.m. to 5 p.m.: 01273 702005

Emergencies at any time of day or night.: 07811 459315

Email: [interpreting@sussexinterpreting.org.uk](mailto:interpreting@sussexinterpreting.org.uk)

Sussex Interpreting Services have prepared a translation of useful information for Ukrainian refugees. [Download here](#)

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## VIOLENCE AND ABUSE

### Racial Harassment Forum - Brighton and Hove

Address: MECP Centre, 10A Fleet Street, Brighton BN1 4ZE

Tel: 07523 610999

Email: [info.brightonandhoverhf@gmail.com](mailto:info.brightonandhoverhf@gmail.com)

The Racial Harassment Forum is an independent community-led organisation that works to combat and reduce racist and religiously motivated incidents, crimes and harassment in the City of Brighton and Hove. The Project Officer/Administrator, Monika Richards, works on Tuesdays 10 a.m. to 2 p.m. and Thursdays 2 p.m. to 6 p.m.

### Racist and Religiously Motivated Hate Crime

Web: [www.brighton-hove.gov.uk/content/council-and-democracy/equality/racist-and-religiously-motivated-incidents](http://www.brighton-hove.gov.uk/content/council-and-democracy/equality/racist-and-religiously-motivated-incidents)

If you feel that you have been a victim or a witness to any incident motivated by hostility to the victim's race, colour, nationality, religious beliefs, ethnic or cultural background, please report it. Brighton and Hove City Council takes hate incidents seriously and have developed a number of ways to make it easier to report them.

If it is an emergency, call the police on 999.

If it is not an emergency and you want to report by telephone, call the police on 101 and the Council's Partnership Community Safety Team on 01273 292735.

For other ways of reporting hate crime go to the Council's web page [Racist and religiously motivated incidents](#).

## Rise

Web: [www.riseuk.org.uk](http://www.riseuk.org.uk)

Tel: 01273 622822

Facebook: [riseuk](#)

Twitter: [@riseuk](#)

Rise helps people affected by domestic violence and abuse. They offer practical solutions, shelter and support in Brighton and Hove, and other parts of Sussex. They run a drop-in every Wednesday, 10 a.m. to 12 p.m. at Hove Town Hall Customer Service Centre.

Rise currently has a specialist Black and Minority Ethnic (BME) caseworker who can provide direct support / consultancy to people supporting BME victims of domestic abuse, sexual violence and harmful practices (so-called honour based violence, female genital mutilation, forced marriage). Also support can be provided to victims in East Sussex and Brighton and Hove.

Referrals can be made online via the Portal web site:

For Survivors or friends and family: [theportal.org.uk/bme/](http://theportal.org.uk/bme/)

Or

For professionals: [theportal.org.uk/form/?referrer=profes](http://theportal.org.uk/form/?referrer=profes)

## Survivors' Network

Web: [www.survivorsnetwork.org.uk](http://www.survivorsnetwork.org.uk)

Telephone Helpline: 01273 720110, Wednesdays, 7 p.m. to 9 p.m.

Helpline Text: 07717 999989

Email: [info@survivorsnetwork.org.uk](mailto:info@survivorsnetwork.org.uk)

Facebook: [survivorsnet](https://www.facebook.com/survivorsnet)

Twitter: [@SurvivorsnetBtn](https://twitter.com/SurvivorsnetBtn)

Survivors' Network aims to reduce sexual violence and its impact on survivors' lives. We are the Rape Crisis Centre for Sussex, and we offer counselling, advocacy, peer support and groupwork as well as training for professionals. We know that it takes a lot of courage to seek help for the effects of sexual abuse. There is no right or wrong way to feel afterwards and there is no fixed time for recovery.

Due to covid-19 our groupwork and peer support are temporarily on hold, but we are still offering counselling and support with the criminal justice system for survivors of sexual violence. We are also running our Helpline twice a week: Mondays and Wednesdays from 12-2pm. There are three numbers you can call us on: 07928 818130 ; 07526 074 753 ; 01273 720 110. These mobiles will only be on during helpline hours. You can also email us for support at [help@survivorsnetwork.org.uk](mailto:help@survivorsnetwork.org.uk) . We will check and respond to these emails during helpline hours.

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## WELFARE

### Brighton Unemployed Centre Families Project

Address: 6 Tilbury Place, Brighton BN2 0GY

Web: [www.bucfp.org](http://www.bucfp.org)

Tel: 01273 671213

Email: [info@bucfp.org](mailto:info@bucfp.org)

Brighton Unemployed Centre Families Project provides advice, welfare advice, practical support, food, educational and leisure activities, and an Ofsted registered free playroom, to those who are unemployed, on low wages, experiencing food or fuel poverty and to families suffering disadvantage.

## CASE

Address: 4 Crestway Parade, Hollingdean, Brighton BN1 7BL

Web: [www.case-central.co.uk](http://www.case-central.co.uk)

Tel: 01273 540717

Fax: 01273 5407 97

Email: [case\\_enquiries@yahoo.co.uk](mailto:case_enquiries@yahoo.co.uk)

The centre provides welfare rights advice and representation in Brighton and Hove. They offer low cost internet and free computer access, a baby loan equipment scheme, toy library, free bread, summer outings and Christmas events for families on a low income. They provide free calls to the benefit office, utility firms and solicitors. It is open Monday to Friday 10 a.m. to 5 p.m.

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## WOMEN

### Brighton Women's Centre (BWC)

Tel: 01273 698 036

Email: [admin@womenscentre.org.uk](mailto:admin@womenscentre.org.uk)

Brighton Women's Centre works to empower women and children to improve their life chances and lead independent lives by reducing inequalities and promoting independence in a safe women-only space through integrated and holistic women specific services. All women are welcome, regardless of age, disability, gender, marital status, parenthood, race, belief and sexuality.

Services include the ToyBox Pre-School project, a peer group drop in, counselling and personal development mentoring, support to women with multiple vulnerabilities in all stages of the criminal justice system through its Inspire project as well as preventative work around domestic violence, social isolation and health

BWC operates and runs services from two different premises, one in Kemptown and one near St Peter's Church. The Drop in and counselling services are available at 72 High Street, Brighton BN2 1RP. The ToyBox Pre-School and Inspire Projects are available at 22 Richmond Place, Brighton BN2 9NA

### Hangleton and Knoll Multi Cultural Women's Group

Address: Hangleton & Knoll Project, St Richards Community Centre, Egmont Road, Hove BN3 7FP

Web: [www.hkproject.org.uk](http://www.hkproject.org.uk)

Tel: 01273 881446

Email: [info@hkproject.org.uk](mailto:info@hkproject.org.uk)

Facebook: [Hangleton-and-Knoll-Multi-Cultural-Womens-Group-1695642817328269](https://www.facebook.com/Hangleton-and-Knoll-Multi-Cultural-Womens-Group-1695642817328269)

A group open to all women. Providing health focused activities including Yoga, Health Walks, women only swimming and monthly coffee mornings. For more information contact:

- Takako on 07830266819, email: [takako18@hotmail.com](mailto:takako18@hotmail.com)
- Miranda (Arabic speaker) on 07805033421, email: [allanmiranda0@gmail.com](mailto:allanmiranda0@gmail.com)
- Mumtaz (Bengali speaker) on 07950549046, email: [mumtazjamee@hotmail.com](mailto:mumtazjamee@hotmail.com)

We also run English Classes with a Bengali speaking tutor. The courses usually run for 6-8 weeks on a Tuesday and cost £5 for members of the Multi Cultural Women's Group and £10 for non members.

For more information please contact Claire Johnson at the Hangleton and Knoll Project on 01273 410858, email:

[claire.johnson@hkproject.org.uk](mailto:claire.johnson@hkproject.org.uk)

### International Women's Network

Email: [intlwomensnetwork@gmail.com](mailto:intlwomensnetwork@gmail.com)

Email: [linda.beanlands@gmail.com](mailto:linda.beanlands@gmail.com)

The International Women's Network is a new initiative for women in the city. It brings together international women from all backgrounds and offers the opportunity for women to meet up and network, exchange and share ideas. The Network meets periodically to hold discussion forums on women's issues. It hosts a range of friendly and inclusive activities including discussion forums and film shows with bring and share international dishes, or more formal education and training opportunities. Participation is voluntary, and activities are open to all women and are child friendly. To find out more, get involved or participate in the Network events contact Linda Beanlands.

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## YOUNG PEOPLE

### Allsorts Youth Project

Web: [www.allsortsyouth.org.uk](http://www.allsortsyouth.org.uk)

Tel: 01273 721211

Email: [youth@allsortsyouth.org.uk](mailto:youth@allsortsyouth.org.uk)

Twitter: [@allsortsyouth](https://twitter.com/allsortsyouth)

Instagram: [@allsortsyouth](https://www.instagram.com/allsortsyouth)

Allsorts Youth Project listens to, supports and connects children and young people under 26 who are LGBT+ or exploring their sexual orientation and/or gender identity. Allsorts runs a series of Youth Groups, provides a 1:1 service for young people as well as a Family Support Service, for parents of LGBT+ children and young people. To make a referral, visit the website.

### Amaze

Address: Community Base, 113 Queens Road, Brighton BN1 3XG

Web: [amazebrighton.org.uk](http://amazebrighton.org.uk)

Tel: 01273 234020

Helpline: 01273 772289

Email: [info@amazebrighton.org.uk](mailto:info@amazebrighton.org.uk)

Facebook: [AmazeBrighton](https://www.facebook.com/AmazeBrighton)

Amaze is a charity that gives information, advice and support to parents and carers of children and young people with special educational needs and disabilities (SEND). Amaze also supports young people with SEND up to 25. Most of its services are for families in Brighton and Hove. It also has a Helpline for parents, carers, children and young people seeking advice.

### Barnardo's

Address: Barnardo's South East Regional Office, Unit 1, Satellite Business Village, Fleming Way, Crawley RH10 9NE

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

Tel: 01293 610660

Fax: 01293 565678

National children's charity, Barnardo's, works to transform the lives of the most vulnerable children across the UK through its services, campaigning and research expertise. Barnardo's work with asylum seeking families including providing support through the asylum process, including by:

- Running fostering services for children and young people who arrive on their own
- Helping children get the health care and schooling they need in the UK
- Supporting the parents to do the best they can for their children and offer them a place where they can meet each other
- Offering practical support, with finding an interpreter, donations of clothes and food and advice on financial assistance

### Barnardo's Brighton and Hove Link Plus

Address: 55 Drove Road, Portslade, Brighton BN41 2PA

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

Tel: 01273 295179

Managed by the Barnardo's South East and Anglia regional branch, Brighton and Hove Link Plus works in partnership with the Council and other agencies to provide long term, short term and short break placements for disabled children in the Brighton and

Hove area.

### **Black and Minority Ethnic Young People's Project (BMEYPP)**

Address: Ground Floor, The Ironworks, 30 Cheapside, Brighton BN1 4GD

Web: [www.bmeypp.org.uk](http://www.bmeypp.org.uk)

Tel: 07918 621424

Email: [info@bmeypp.org.uk](mailto:info@bmeypp.org.uk)

The Black and Minority Ethnic Young People's Project is a youth-led project for young people aged 11 to 25. They provide a safe space and opportunities for young people to access support, to learn new skills through informal educational, fun, social, sports and arts activities led by and for young people.

### **Brighton MET Pastoral Mentor for Young Refugees and Asylum Seekers**

Address: Brighton MET, Pelham Street, Brighton, BN1 4FA

Web: [www.gbmc.ac.uk/brighton](http://www.gbmc.ac.uk/brighton)

Tel: 01273 667788 ext. 587

Email: [jodietownsend@gbmc.ac.uk](mailto:jodietownsend@gbmc.ac.uk)

Jodie Townsend is the main contact for social workers working with young Refugees and Asylum Seekers who are either enrolled at Brighton MET or thinking of becoming students there. She provides practical support, with information and signposting regarding courses, bursaries etc. as well as emotional well-being support (depending on the level of need), inclusion and social support and making external referrals where appropriate.

### **Childline**

Web: [www.childline.org.uk](http://www.childline.org.uk)

Tel: 0800 111

If you suspect a young person might be feeling suicidal, you can call Childline for help and advice on 0800 111.

### **Front Door for Families**

Web: [www.brighton-hove.gov.uk/frontdoorforfamilies](http://www.brighton-hove.gov.uk/frontdoorforfamilies)

Tel: 01273 290400

Out-of-hours Emergency Duty Service: 01273 335905 or 01273 335906

Email: [FrontDoorforFamilies@brighton-hove.gov.uk](mailto:FrontDoorforFamilies@brighton-hove.gov.uk)

Front Door for Families provides a single point of contact for services offering support, guidance and access to specialist targeted services for parents, carers, members of the public, young people and professionals. Professionals with different areas of expertise work together to assess, decide and coordinate how best to support children, young people and their families where there are concerns, including safeguarding concerns. Front Door for Families provides information, advice and support for families, young people and professionals in Brighton & Hove on issues such as:

- Parenting guidance and information
- How to support your child's development so that are healthy and active
- Getting your child ready for school
- Best ways to support children and young people with mental health or wellbeing issues
- Keeping your child safe from harm and abuse

Referrals to the Front Door for Families are via an online referral form on the Front Door for Families web page. There are separate

referral forms for parents, carers and members of the public and another for use by professionals.

If you want to have a conversation about a child that you are worried about call Front Door for Families. If you need to speak to someone urgently outside of office hours call the Emergency Duty Service. If you think a child or young person is in immediate danger please call 999

A list and contact details of bi-lingual families groups currently available at children centres for parents/carers & their under-5s is [available here](#) . The Brighton and Hove City Council's searchable database of information on Children's Centres is [available here](#).

Opening times: 9 a.m. to 5 p.m. Monday to Thursday and 9 a.m. to 4.30 p.m. on Fridays

## Global Social Club

Address: The Young People's Centre, 69 Ship Street, Brighton BN1 1AE

Web: [www.hummingbirdproject.org.uk](http://www.hummingbirdproject.org.uk)

Web: [youngpeoplescentre.org.uk](http://youngpeoplescentre.org.uk)

Tel: 07756 216722

Tel: 01273 887886

Tel: 01273 230130

Elaine [elaine@hummingbirdproject.org.uk](mailto:elaine@hummingbirdproject.org.uk)

YPC [ypc@impact-initiatives.org.uk](mailto:ypc@impact-initiatives.org.uk)

Ben Glazebrook [ben.glazebrook@impact-initiatives.org.uk](mailto:ben.glazebrook@impact-initiatives.org.uk)

A new drop-in group called the Global Social and Homework Club is being hosted by the YPC (Young Peoples Centre), the Hummingbird Project, Pathways to Independence and Sanctuary on Sea. Operating from the YPC the drop-in takes place every Monday from 5 p.m. to 7 p.m. The drop-in offers the whole of the YPC for young people to spend time on a computer, listen to music, cook or socialise with friends. Sessions are open to all young people and gives young refugees an opportunity to meet and make friends with other British children in a social environment. Specialist UASC support within the sessions is also available.

## Innovation Labs

Web: [www.innovationlabs.org.uk](http://www.innovationlabs.org.uk)

Innovation Labs, a Brighton and Hove initiative, has created the following seven Apps and Websites to help young people improve their mental health:

- [Doc Ready](#) . Helps young people feel more confident and get better results when they see their GP about a mental health issue
- [Find Get Give](#) . Young people can find mental health support in their area and give feedback on it
- [Madly in Love](#) . Relationship and mental health advice for young people and their partners
- [Mood Bug](#) . An App which helps share feelings with close friends and lets them know when you are thinking about them
- [Well Informed](#) . Children and young people's workforce providing instant, accurate support on youth mental health
- [In Hand](#) . Providing young people with tools, advice and activities when their mental health is at risk
- [Head Meds](#) . Provides young people with information about mental health medication.

## Local authority children's services

Web: [www.brighton-hove.gov.uk/content/children-and-education/support-and-activities-young-people](http://www.brighton-hove.gov.uk/content/children-and-education/support-and-activities-young-people)

Brighton and Hove City Council webpage of support and activities for young people The Brighton and Hove City Council website has a webpage containing links to a wide variety of support and activities for young people.

## Pathways to Independence UK

Address: 69 Ship Street, Brighton BN1 1AE

Web: [www.pathwaystoinddependence.org.uk](http://www.pathwaystoinddependence.org.uk)

Tel: 07702 516421

Email: [info@pathwaystoinddependence.org.uk](mailto:info@pathwaystoinddependence.org.uk)

Pathways to Independence provides an integrated package of services to asylum seeking young people aged 16 to 21, who are in the care of the local authority, from point of arrival in the UK to the transition to independence. Services include supported accommodation for 16-21 year olds, a package of support for newly arrived asylum seeking children aged 16-17, planning and return to work, accredited training for young people, floating and outreach support as well as training for foster carers and professionals. They also work with other young people leaving care.

## Starling Project

Tel: 07834 686838

Email: [jess.a.linton@gmail.com](mailto:jess.a.linton@gmail.com)

Facebook: [thestarlingprojectsussex](https://www.facebook.com/thestarlingprojectsussex)

The Starling Project provides a range of creative arts and therapeutic services for refugees and asylum seekers in the Brighton and Sussex areas. Art therapy can help with depression, anxiety, loss, anger, grief, working through traumatic experiences, increasing confidence, forming positive relationships and building support networks.

The project offers:

- 1:1 art therapy for young people and adults, including small & supportive arts projects for groups, training & Consultation for local services and creative collaborations;
- Arts projects for groups, which are time limited (lasting for around 10 sessions). Groups are usually closed and offer the chance to take part in a range of art materials and creative processes, such as film-making, animation, comic-making, painting & drawing, graffiti & art-making in the environment, textiles etc.
- Projects take place depending on funding / contributions from partners. There is no cost to participants. Art therapists and artists are HCPC & BAAT registered with many years of experience in the NHS, community and private sectors.

## Under the Bridge Studios

Address: 7 Trafalgar Arches, Brighton BN1 4FQ

Web: [www.underthebridgemusic.org](http://www.underthebridgemusic.org)

Tel: 07799 564620

Email: [jakichase@gmail.com](mailto:jakichase@gmail.com)

A warm welcome awaits parents and their children at Under the Bridge Studios. All classes are open at no charge and run all year round. Located close to the Green Door Store just under Brighton Station, this community music centre has fully equipped rooms with drum kits guitar and bass amps for band practice. Piano practise rooms and a large community room where mums and dads bring their babies for a weekly session of songs stories and musical activities as well as making friends and having tea together.

Times of various sessions are as follows:

- Babies: Monday to Friday 11 a.m. or 2 p.m. and also Mondays, Wednesdays and Fridays at 10 a.m. and Tuesdays and Thursdays at 3 p.m.
- Older, Active and Walking Toddlers: Mondays, Wednesdays and Fridays at 12 noon, Tuesdays and Thursdays at 10 a.m. and Saturdays at 11 am
- After School Music Club 4-7 yrs: Mondays at 4 p.m.

- Parents Choir (Tuesday night's 7 p.m. to 8 p.m. (All levels of singers welcome)
- Youth Club for teenagers less interested in music: run by the Woodcraft Folk this takes place on Wednesdays at 7.30 p.m.
- Free Piano Lessons for children 6-16 years.

## Where To Go For

Web: [wheretogofor.co.uk/everything](http://wheretogofor.co.uk/everything)...

Where To Go For is a support service database and online directory containing general information on services for young people aged 13 to 25 in Brighton and Hove. Created by The Right Here project and the YMCA, it enables young people to find the help they need in any area of their life and to browse through over 100 local services and find those that are close to them. Information and links include services for refugees and asylum seekers as well as those relating to drugs and alcohol, food, health, housing, learning, training, volunteering and employment, LGBTU, money and benefits, sexual health and violence and abuse.

## Young People's Centre

Address: 69 Ship Street, Brighton BN1 1AE

Web: [youngpeoplescentre.org.uk](http://youngpeoplescentre.org.uk).....

Tel: 01273 887886

Email: [ypc@impact-initiatives.org.uk](mailto:ypc@impact-initiatives.org.uk).....

The Young People's Centre is a free space for young people, a safe haven to come and relax, and chat to people and volunteers. They hold drop-ins every, Monday 4 p.m. to 7 p.m., Wednesday 3 p.m. to 6 p.m., Thursday 4 p.m. to 7 p.m. There is a specific session for refugees and asylum seekers, called Brighthaven. It takes place fortnightly on Wednesdays from 6 p.m. to 8 p.m.

## Youth Advisory Centre (YAC)

Address: 11 St Georges Place, Brighton BN1 4GB

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

Tel: 07387 090811

Email: [andrea.ruiz@refugeecouncil.org.uk](mailto:andrea.ruiz@refugeecouncil.org.uk).....

The Refugee Council has a new local Children's Adviser who works with unaccompanied asylum seeking children (UASC) (under 18's only). The following services are available:

- Advice about the asylum process either to UASC or the different professionals
- involved (OISC level 1 compliant)
- Help to find immigration or welfare solicitors
- Acting as appropriate adults at UASC's meetings
- Advice and support to age disputed young people

A once weekly drop in day takes place from 3 p.m. to 6 p.m. at the Youth Advice Centre.

Referrals can be made directly to the Children's Adviser.

## Community organisations and groups

### Rwandan Youth Information Community Organisation (rYico)

Tel: 01273 234836



Email: [info@ryico.org](mailto:info@ryico.org)

Working within Brighton and Hove community to raise awareness of Rwanda past and present, and fundraising for activities in Rwanda

### **Salaam FC – Football Club**

Tel: 07405 784156

Email: [salaamfc@gmail.com](mailto:salaamfc@gmail.com)

A Brighton based community run football club for boys and girls aged 10-16, with players from ten different countries, many of whom are refugees. The club was set up as a response to the difficulty that young Oromo people had in joining clubs and making friends. It now provides a focus on the integration of young people (including refugees) from diverse communities in Brighton and Hove. It has 40 young people from 10 diverse communities that participate in the club and train at Hove Park. They now have a team in the local football league.

### **Sierra Leone Sussex Association**

Web: [www.sierraleonesussexassociation.wordpress.com](http://www.sierraleonesussexassociation.wordpress.com)

Email: [Hajimatu@hotmail.com](mailto:Hajimatu@hotmail.com)

The mission of Sierra Leone Sussex Association (SLSA) is to unite all Sierra Leoneans by organising social, cultural, educational and recreational activities where ideas can be shared and exchanged to promote and increase understating of diversity and peaceful integration. SLSA is a non-political association, who strive to provide a social support network and encourage a greater collaboration in order to promote peace among Sierra Leonean communities.

### **Sudanese Community in Sussex**

Address: Community Base, 113 Queens Road, Brighton BN1 3XG

Tel: 07943 141076

Promotes the benefit of the inhabitants and primarily the Sudanese inhabitants in Sussex. Advances the education of the said inhabitants.

### **Sudanese Women and Children**

Tel: 07920422685

Email: [easternstar6@hotmail.com](mailto:easternstar6@hotmail.com)

Facebook: [Sudanese-Women-and-Children-Group-in-Brighton-894885527287445](https://www.facebook.com/Sudanese-Women-and-Children-Group-in-Brighton-894885527287445)

Looks after the welfare of the children and promotes women's and children's cultural, social, economic and educational needs. It has an open monthly meeting for women to meet and discuss their problems

### **Sussex Kurdish Community (SKC)**

Address: 92b Lewes Road, Brighton BN2 3HZ

Web: [www.kurdishcom.com](http://www.kurdishcom.com)

Email: [info@kurdishcom.com](mailto:info@kurdishcom.com)

Facebook: [241712002550886](https://www.facebook.com/241712002550886)

The Sussex Kurdish Community (SKC) is a non-profit voluntary organisation that was established by a group of Kurdish residents in the Sussex region in 2010 in order to respond to the needs of Kurdish community in the area. The SKC organises activities and

provides services to develop relations among the Kurdish community, to improve the social and cultural lives of Kurdish people and help them to deal with various issues.

### **Sussex Syrian Community Group**

Web: [www.sussexsyriancommunity.org.uk](http://www.sussexsyriancommunity.org.uk)

Email: [syrians.sussex@gmail.com](mailto:syrians.sussex@gmail.com)

Community group run by and for Syrian people living in Sussex. The Sussex Syrian Community Group runs English classes for adults and Arabic classes for children. They provide advice, information and support to Syrian people in Sussex. The Sussex Syrian Community Group also provides a Befriending Service, a Drop in Service every Monday at St Marys' Magdalene, Summer Activities Club and a Women's Support Group. Main contact: Nadine Strasman.

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*We are grateful to Wiz Bishop, Ben Campbell and Humeira Yaqub for their help with updating this Directory.*