

Help for Asylum Seekers in Bristol area

Updated: March 2022

This information is available in Arabic, Somali, Kurdish Sorani, Pashto, Farsi, Urdu, Albanian, Bengali, French, Mandarin, and Vietnamese. Translations are here

<https://www.bristolrefugeerights.org/how-we-help/i-need-help-i-start/>



Bristol Refugee Rights www.bristolrefugeerights.org

Wellspring Settlement, 43 Ducie Road, BS5 0AX

Helpline Text/ WhatsApp: 07526 352353. Times we can answer will be limited but please tell us your name and phone number. We will call you back when we can. If you need an interpreter, tell us which language you speak.

Advice Team Help with your asylum accommodation, asylum support or asylum claim. Drop-in Wednesday mornings, 10-12. advice@bristolrefugeerights.org

Welcome Team Social drop-in Thursday morning 10-1, with tea and coffee, food, haircuts, wellbeing activities, information about joining English classes and referrals for other practical support including phones, travel tickets, food etc.

Asylum Guides if you would like help to understand the asylum process:

<https://tinyurl.com/3m5wp3ua>. Contact us by phone to get involved or request assistance.

Red Cross Refugee Support <https://www.redcross.org.uk/get-help/get-help-as-a-refugee>

Phone, text or WhatsApp 07739 863 036 / email refugeeservicebristol@redcross.org.uk

We will try to be available **Mon, Tue, Wed and Fri 11am – 3pm**. If there's no answer, leave a message or write to us, and a caseworker will contact you back.

Please tell us your name or the person you are calling on behalf, telephone number and the reason for the call.



Refugee Women of Bristol <https://www.refugeewomenofbristol.org.uk/>

Phone: 07939 582252 / info@refugeewomenofbristol.org.uk

We are providing emotional and practical support for women including those experiencing domestic violence; interpreting of up to date information from the government and NHS; supporting our members to access medical attention; running weekly online yoga sessions and ESOL classes and running our new Community Befriend and Support programme. We are also working with our network of more settled women to support those who are more isolated. We will try to be available every day of the week. If there is no answer, please leave a message or write to us and a community worker will call you back.



Borderlands <https://www.borderlands.uk.com/> Phone: 0117 904 0479

hello@borderlands.org.uk

Fresh food on Tuesdays between 11-1pm and **hot food (Halal)** 1-2.30pm. The Assisi Centre, Lawfords Gate, BS5 0RE.

English classes for beginners in English Language and Literacy (Pre-Entry and Entry 1). For more info or to refer someone to English classes, please contact Sara, sara@borderlands.org.uk 07563 029 027.

The Mentoring Project provides 1:1 emotional and practical support to asylum seekers and refugees for a period of 6-9 months. For more info or to refer someone, please email Olivia olivia@borderlands.org.uk 07732 901174.

Sleep and Relaxation session: this space is facilitated by the Recovery Navigators from the HOPE team, and it aims at supporting asylum seekers and refugees to relax and to learn how to improve their sleep. We run separate sessions for men and women, every other week, in the main hall at Borderlands. For more info or book a space, email: francisco@borderlands.org.uk 07935 484110.



Bristol Hospitality Network <https://www.bhn.org.uk/>

We provide hosting and housing, welcome centre and solidarity fund for destitute refused asylum seekers. We ONLY accept referrals from Bristol Refugee Rights advice team.



Aid Box Community <https://www.aidboxcommunity.co.uk/>

174b Cheltenham Road, Bristol BS6 5RE Phone 0117 336 8441

Aid Box Welcome Hub and Free Shop - You can order essential living items like clothes, toiletries, bags and shoes from our Free Shop, we will deliver, or you can collect.

<https://tinyurl.com/yy3vtvh8>

To book an appointment at the Free Shop please email freeshop@aidboxcommunity.co.uk

Aid Box Woman's Group - We meet on Mondays and Thursdays for companionship, fun, dancing, yoga and food when we can. heather@aidboxcommunity.co.uk

Aid Box Connections can link you with an ABC volunteer, who will keep in regular contact and become a friend you can talk to. Referrals naomi@aidboxcommunity.co.uk

Aid Box Men's Sports Groups jesse@aidboxcommunity.co.uk



Project MAMA <https://projectmama.org/>

Project MAMA is accepting referrals for women throughout pregnancy, labour and birth and in early parenting. We are currently prioritising supporting women who do not have birth partners via. phone or in person. We are currently able to attend births as a birth partner under Covid restrictions.