

**Vulnerable migrants:
Just ordinary people who suddenly
found themselves in extraordinary
circumstances**

What do Sigmund Freud, Mo Farah, Albert Einstein, Freddie Mercury, Prince Philip, Gloria Estefan, Bob Marley, Jesus, and Anne Frank have in common? They're all refugees.

Imagine that armed conflict or persecution forced you to flee from your home and seek safety in another country. For people from countries in conflict like Ukraine, Syria or Sudan, or those with repressive governments like Iran, Afghanistan, or Eritrea, this isn't an 'imagine' – it's real life.

Asylum-seekers, refugees, and other displaced peoples are people who bring gifts and talents, hopes and dreams. But many of them have been through things most people in the UK can't begin to imagine.

Often, they experience significant personal loss, physical hardships and other stressful situations during their flight. On arrival here, they have to adapt to a new language and culture – while coping with uncertainty about immigration status, changing government policies, and, often, poor living conditions. They're not allowed the dignity of work and can face undignified and protracted detention.

Helping people who are seeking sanctuary cope with the trauma and challenges of displacement and resettlement is something we all can do. It helps give new hope – and provides opportunities for people to flourish and for all of us together to make positive contributions to UK society.

Nb. QR codes in this leaflet only work when there's one on your phone screen at a time.

**What can I do to support asylum seekers,
refugees and vulnerable migrants?**

10 simple suggestions to start your thinking...

1. Sign-Up to Host Abingdon's newsletter. Email hello@hostabingdon.org Stay informed about their activities and volunteer with them.
2. Donate to a charity working alongside vulnerable migrants, e.g. Asylum Welcome are always looking for old bikes and old laptops. For more info, email bike@asylum-welcome.org.
3. Give food to a food bank. 'Bank the Food' is a free app that tells you what food is most needed at any particular time by your local food bank.
4. Raise your voice. Campsfield House (near Kidlington) was a fear-filled immigration detention centre for 25 years, which the government now plans to reopen. Sign the petition: www.change.org/keepcampsfieldclosed
5. Educate yourself. Watch some of the United Nations High Commission for Refugees' videos. www.youtube.com/watch?v=FPSbdr3OuGk
6. Become a host with Sanctuary Hosting, a scheme that provides temporary accommodation for refugees, asylum seekers, and vulnerable migrants at risk of homelessness across Oxfordshire and Reading by matching them with volunteer hosts who offer a free bed and a warm welcome. More info: www.sanctuaryhosting.org
7. Join in World Refugee Day in June. More info here: www.unhcr.org/uk/world-refugee-day
8. Invite refugees and asylum seekers to your event. Email comms@asylum-welcome.org to add an event to Asylum Welcome's digital noticeboard.
9. Find out more about what some charities do to support vulnerable migrants. Read the next page!
10. Consider volunteering with a local charity or group that supports vulnerable migrants. Check out www.asylum-welcome.org/volunteer

**Supporting Vulnerable
Migrants in Abingdon**

How might we better help those in need?



'Everyone is welcome' by Katie Mourn
www.unsplash.com/photos/everyone-is-welcome-signage-7XGtYefMXiQ

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What's happening in Oxfordshire to support vulnerable migrants?

There are several organisations supporting vulnerable migrants across Oxfordshire. These are just some of them...



Asylum Welcome offers information, advice and practical support to asylum seekers, refugees and vulnerable migrants living in Oxfordshire. They help vulnerable migrants of all ages to feel safe, respected and understood as members of society. More info here:



Refugee Resource aims to relieve distress, improve well-being and facilitate the integration of refugees, asylum seekers and vulnerable migrants – mainly in Oxfordshire – by providing psychological, social and practical support. More info here:



CCOW Christian Concern for One World's work around refugees aims to build a community of churches and individuals that can offer a warm welcome to asylum seekers and refugees, support each other in prayer and mutual learning, network with other local and national groups, and advocate together for better treatment of refugees in policy and practice. More info here:



Oxford Refugee Health Initiative (ORHI) brings together qualified clinicians, students and researchers to support the health and psychosocial needs of newly arrived refugees and asylum seekers in Oxfordshire. More info here:



Connection Support work alongside people in Oxfordshire to overcome life's challenges, become safely and sustainably housed, and to live as independently as possible. They provide a range of emotional and practical support to help refugee families settle into everyday life in England. More info here:



Citizens Thames Valley Thames Valley Citizens, a people-powered alliance from schools, faith institutions, universities, community groups, and trade unions, who work to overcome injustice and bring change in local communities, including welcoming new communities. More info here:



Refugee Education UK enables young refugees and asylum seekers to increase their access to and outcomes in education (both academic and wellbeing), and to use their education. More info here:



ASIOx Anti-Slavery Initiative Oxford (ASIOx) works with the Oxfordshire Anti-Slavery Network to end modern slavery. ASIOx supports individuals who have been exploited or are at risk of exploitation, to help them escape, find new employment and rebuild their lives. More info here:



CARE 4 CALAIS Care4Calais, a volunteer-run charity delivers aid to refugees in need, or newly arrived, in Oxfordshire and elsewhere. They provide warm clothing, bedding, food, medical assistance, social support, language lessons, sports, and music workshops. More info here:



Abingdon food bank is a place where those in crisis can be referred for emergency food and support. More info here:



What additional help is in Abingdon?

There are many groups supporting vulnerable migrants in Abingdon. These are just a few of them.



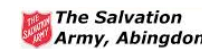
Host Abingdon Host Abingdon is a group of local volunteers who help refugees and asylum seekers in Abingdon with practical support, social events, help with English and signposting to local services and resources. More info here:



International Welcome Cafe ABINGDON (based in The Barn at Christ Church, Northcourt Road) runs term-time on Fridays 1-2.30pm. Make friends and enjoy an hour of English language teaching and conversation. Toys and refreshments provided. More info here:



Abingdon Community Fridge, based at Hadland Road Community Centre, helps fight food waste by redistributing surplus food. For opening times and more info, see here:



The Salvation Army, Abingdon Salvation Army Abingdon runs a monthly social event with food and games celebrating different cultures (all ages and nationalities welcome). More info here:



St Ethelwold's House St Ethelwold's House works with Host Abingdon to befriend refugees, and by being a point for other offers of help. It also offers a safe space community garden. More info here:



The Library Abingdon Language Cafe at Library every Tuesday 10am-12noon. English conversation and language support. More info here:

