

Help for Asylum Seekers in Bristol area

Updated: December 2020

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/>

All drop- are sadly still closed until it is safe to re-open. We are still providing services and can help you through phone, messaging and email. Check our websites for updates. We will start to reopen our services as soon as it is safe to do so.

If you think you have symptoms of Covid-19, **DO NOT go to your GP or pharmacy**, call 111. You can ask for a translator. Or go here: <https://111.nhs.uk/> To book a free Covid test you can call [119](https://111.nhs.uk/)

Translated information about Coronavirus <https://www.doctorsoftheworld.org.uk/coronavirus-information/#>

Government rules about what we must do are here: <https://www.gov.uk/coronavirus>



Bristol Refugee Rights www.bristolrefugeerights.org

Phone 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
advice@bristolrefugeerights.org

Welcome Team Activities, including English classes, wellbeing group, yoga, fitness class and referrals for other practical support including phones, travel tickets, food etc. **Asylum Guides** if you would like help to understand the asylum process information about what the next stage of the asylum system <https://forms.gle/yDhLxKEWUab5eUhv9>. 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 Phone 07939582252 / **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: 01179040479**

enquiries@borderlands.uk.com

Food bags and take-away meals can be collected from The Assisi Centre, Lawfords Gate, BS5 0RE on **Tuesdays** between 12:30-1:30pm. If you are shielding, we can deliver food to your home.

English classes are currently being given over the phone or by Zoom.

The Mentoring Project is running face to face and we are accepting new referrals. For more information, please email Susanna at mentoring.borderlands@gmail.com.



Bristol Hospitality Network <https://www.bhn.org.uk/> **Phone, 0117 379 0011**

If there's no answer, leave a message with your name and phone number.

We will call you back. Help Team email elinor@bhn.org.uk

We are closed to new hosting referrals. Support to existing members and hosts will continue.



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

174b Cheltenham Road, Bristol BS6 5RE Phone 017 336 8441

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

Aid Box 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>

Aid Box Womans Group - We meet on Monday's for companionship, fun, dancing, yoga and food when we can.



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

Project MAMA is still 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.