

**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. 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](mailto:bike@asylum-welcome.org).
2. 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.
3. 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](http://www.change.org/keepcampsfieldclosed)
4. Educate yourself. Watch some of the United Nations High Commission for Refugees' videos. [www.youtube.com/watch?v=FPsbdr30uGk](http://www.youtube.com/watch?v=FPsbdr30uGk)
5. 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](http://www.sanctuaryhosting.org)
6. Stand with refugees. Join World Refugee Day in June. More info here: [www.unhcr.org/uk/world-refugee-day](http://www.unhcr.org/uk/world-refugee-day)
7. Read behind the headlines. Visit news stories in different countries' newspapers.
8. Invite refugees and asylum seekers to your event. Email [comms@asylum-welcome.org](mailto: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](http://www.asylum-welcome.org/volunteer)

**Supporting Vulnerable  
Migrants in Grove & Wantage**

*How might we better help those in need?*



*'Refugees welcome' by Tim Reckmann*  
<https://ccnull.de/foto/refugees-welcome/1003589>

*This leaflet has been put together  
by Libby Hawkness-Smith, Lead Community Chaplain,  
Wantage & Abingdon Methodist Circuit.  
07860805387 | [libby.community.chaplain@gmail.com](mailto:libby.community.chaplain@gmail.com)*

## 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:



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:



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 helps young refugees and asylum seekers to better access education and increase their outcomes (both academic and wellbeing). More info here:



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:



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:

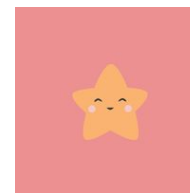


Syrian Community Oxford - shire (SYRCOX) organises food parcels, cultural activities and wellbeing support for those in need. More info here:



## What additional help is there in Grove and Wantage?

*There are many groups providing help in Grove and Wantage. These are just a few of them...*



Wantage & Grove Clothes Bank collect used and new children's clothes for families in need of support. More info here:



Vale Community Impact can help with benefits, housing, debt, translation issues & referrals to the food bank. More info here:



Around Table at Holy Trinity Church Charlton is a free hot meal, available for all, on Wednesdays from 3-6.30pm. Children's menu, takeaway meal, music, games and activities also available. More info here:



Sustainable Wantage offers both a community fridge at the Mix (free surplus food to take), and a community larder (a reduced cost membership-based service providing food at the Beacon on Friday afternoons). More info here:



Wantage & Grove food bank provides short-term emergency help to people who find themselves for whatever reason (for example job-loss, benefit problems, ill-health etc) unable to feed themselves or their families. More info here:

