

**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.
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
4. Educate yourself. Watch some of the United Nations High Commission for Refugees' videos. www.youtube.com/watch?v=FPsbdr3OuGk
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
6. Stand with refugees. Join World Refugee Day in June. More info here: 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 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 [name of place]**

How might we better help those in need?



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

*This leaflet is produced by
[details of your group/church]*

based on a template

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What's happening in [county or region] to support vulnerable migrants?

There are several organisations supporting vulnerable migrants across [name of place]. These are just some of them...



[Insert name of group and brief description]

[Add group's logo and QR code and link to the website]

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:



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:



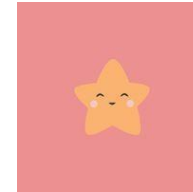
Refugee Education UK helps young refugees and asylum seekers to better access education

and increase their outcomes (both academic and wellbeing). More info here:



What additional help is there in [name of place]?

There are many groups providing help in [name of place]. These are just a few of them...



[Insert name of group and brief description]

[Add group's logo and QR code and link to the website]

More info here:

