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SUFFOLK CHURCHES WELCOME 🌻❤️ UKRAINIANS

**A resource for hosts/potential hosts, individuals,
churches and communities who want to help**

SUFFOLK CHURCHES WELCOME UKRAINIANS



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HOMES

If you have a spare room and are happy for one or more Ukrainians to share your home (or a property you own) for at least six months do sign up to www.gov.uk 'Homes for Ukraine' scheme and RESET www.resetuk.org. NB Using trusted matching schemes seems to speed things up. Do ask around in your area for more information. See page 5



VOLUNTEERING

There are many ways apart from actually hosting in which volunteers can support Ukrainian guests and their hosts, who will need all manner of support. Could you volunteer some time to help out? Contact your local group (see page 5) to see what's needed.



SAFEGUARDING

If members of your church or community are wanting to host or care for families from Ukraine in other ways why not organise some safeguarding training: Advice for everyone [here](#)
Advice specifically for Anglican clergy [here](#)



EUROSTAR & FLIGHTS TO UK

Eurostar are offering free tickets from their continental destinations to London for those with a Ukrainian passport. Some airlines are also offering free flights and Stansted is offering free parking to those picking up Ukrainian guests (use the 'green' car park and explain at the barrier).



UK TRAINS

Ukrainian guests arriving in the country will be eligible for a single onward journey via national rail, bus, light rail and coach free of charge to anywhere in England. Visit www.nationalrail.co.uk for more details.



TRAINING

The Sanctuary Course is an introduction for would-be hosts and others all about safety, wellbeing and support for our guests. Check it out at www.sanctuaryfoundation.org.uk.



RESOURCES

Resources to help inform, inspire and train churches and individuals are growing all the time. The below are a few which may be helpful [The Parish Toolkit](#); [The RESET Toolkit](#) [Suffolk County Council](#); [Sanctuary Foundation](#) [Suffolk Refugee Support](#); [Together for Ipswich](#) [Ukraine2Felixstowe](#); www.gov.uk/guidance/move-to-the-uk-if-youre-from-ukraine



HUBS

A number of local Ukrainian 'Hubs' are being established across Suffolk. These provide opportunities for our Ukrainian guests to make contact with each other, to share experiences and advice and simply to socialise. We hope to share details of these here, and to date there are three that are known to us:
Kesgrave - contact e: allsaints.parish@outlook.com
Ipswich - contact e: info@togetherforipswich.uk
Felixstowe - contact Rev Chris Hood e: revchris@oldfelixstoweparish.org.uk

For help with preparing a risk assessment do contact All Saints Kesgrave and if you'd like to be part of a learning community re hubs please contact ahcutting@yahoo.co.uk



ADVICE

Suffolk Refugee Services can be contacted on 01473 400785 for advice



SUPPORT LINE

The British Red Cross support line provides help in more than 200 languages.
Call on 0808 196 3651 (open daily 10-6pm)
Barnardo's also have a free helpline (0800 148 8586) to offer support to children and families (open Mon-Fri 10am-8pm)



VICARAGES

One vacant vicarage in Ipswich has already been allocated to house some Ukrainian guests. Many ministers (of all denominations) are also offering rooms in their homes. A hosting agreement for Anglican clergy can be found by emailing property@cofesuffolk.org



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ENGLISH

English lessons are available from:

- Oasis English Language School on Thursdays 10-2 (Ipswich) www.oasisenglish.org.uk 07837 152408 (Debbie)
- HOPE Church Ipswich (10 St Margaret's Street) on Thursdays 10-12 (Ipswich) (Aimed at adults but children welcome if accompanied by an adult)
- ESOL Provision available at West Suffolk College, Suffolk New College, PHOEBE & Suffolk Refugee Support



BENEFITS

Hosts: When your guests arrive please email refugeesupport@suffolk.gov.uk and give your name, address and the names of your guests.

Benefits are available from the Job Centre and the Citizens Advice Bureau can help with queries: www.citizensadvice.org.uk
www.gov.uk/universal-credit/how-to-claim



BANKS

To receive Universal Credit and other benefits your guests will need to open a bank account by visiting any bank. HSBC and Monzo have been particularly recommended by support groups thus far, though most banks say they will welcome new Ukrainian customers.



SCHOOLS

The education of children and young people and the supportive community offered by schools will be vital to Ukrainian families. The CofE Suffolk Education Department have put together various links about how to access help and about school places. See [here](#). Also have a look at www.educationhub.blog.gov.uk



PETS

The government are offering a streamlined system covering the costs of any necessary stays in quarantine for the pets of those fleeing Ukraine. Go to www.gov.uk and search 'Ukraine' and 'Pets' will appear.



DOCTORS & DENTISTS

Ukrainian nationals can register with both doctors and dentists. Doctors: contact your local surgery; Dentist: Guests can register as either a NHS patient or a private patient (find a dentist at www.nhs.uk/service-search/find-a-dentist)



TRANSPORT

www.communities.suffolkonboard.com/about is designed to help people travel around Suffolk who might not have access to a regular bus service. Negotiations regarding reduced-price bus passes are ongoing.



SIM CARDS

Free Vodafone SIM cards for Ukrainians are available from Suffolk Refugee Services 01473 400785 or from the Red Cross with unlimited free UK calls for 6 months and 20GB of data plus £50 gift card (from the Red Cross). EE, Three, Virgin Media 02 & BT are also offering schemes. Best for hosts to organise these before guests arrive as these will be key.



FURNITURE

Emmaus Ipswich are happy to offer free items (when available) to any Ukrainians or those caring for Ukrainians needing additional help.

Try www.emmaus.org.uk/suffolk
216 Dales Road | 01473 225627

NB FIND (Families in Need) is a Suffolk-based charity which supports those in need www.findipswich.org



JOBS

Contact Jodi Peck at Suffolk Refugee Services for advice: jpeck@suffolkrefugee.org.uk and the Job Centre nearest you

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BABY BASICS

Go to www.baby-basics.org.uk for details of how they are supporting Ukrainian families and how you could help. A referral form and a useful resources page for those hosting families with babies and young children can be found at www.sanctuaryfoundation.org.uk



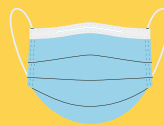
TOP UP SHOPS

For affordable food (£2 a bag) in Ipswich to top up your cupboards contact www.ipswichtopupshops.co.uk. For other food pantries contact the LoveRural Team on loverural@cofesuffolk.org.



SHOES

Thanks to St Margaret's School in Ipswich some money to buy new shoes is available. Contact Archdeacon.Rhiannon@cofesuffolk.org to access the fund.



COVID

Ukrainian nationals can get the Covid-19 vaccine and boosters for free through the NHS, once registered with a GP. These can happen at surgeries, walk-in clinics and via a bookable service (0344 2573961). Specialist support is available if needed.



WHEELCHAIRS

The Red Cross hires out equipment for short-term use. The service is free to Ukrainian refugees.



GARDEN

The NW Ipswich Big Local Trust **Community Garden** would like Ukrainians to know they are very welcome to meet there, to grow fresh healthy food, meet new people and make friends. For more details contact Tracey 07739516384 or www.nwipswichblt.co.uk



DRIVING LESSONS

The AA are providing free drive-confident courses for Ukrainians who already hold a licence. Visit www.theaa.com for more details.



SPONSOR PACKS

Don't miss out on the very helpful Sponsor-Pack from Suffolk County Council, full of helpful info: <https://www.suffolk.gov.uk/assets/Ukraine/2022-04-22-Sponsor-Pack-Homes-for-Ukraine.pdf>



SUFFOLK LIBRARIES

Suffolk Libraries have purchased 85 Ukrainian e-books. If this interests your guests then follow the link below: www.suffolklibraries.overdrive.com/collection/1317966



A TIME TO SEW

Sewing classes in Ipswich are happening in June at Burlington Baptist Church for newly-arrived Ukrainians. Contact Elizabeth on 08815 722317 for more details.

WELCOME BOXES

Churches of all denominations are encouraged to look up www.welcomechurches.org, a national organisation to help churches welcome refugees in their area.



HOST SAFETY INFO

A document covering basic safety precautions to use when preparing to host a Ukrainian family can be found at www.sanctuaryfoundation.org.uk



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BIBLES

Up to 5 free Ukrainian Bibles and New Testaments per church (some for adults, some for children) are available from the Bible Society. Hope Together are also producing a gospel in Ukrainian.



CATHEDRAL

To find out what St Edmundsbury Cathedral are doing to support Ukrainians visit www.stedscathedral.org/ukraine-how-to-help/



THEOLOGY

A document entitled 'Immigration and the Refugee' by the Revd Andy Buttress, Leader of Bridge Church in Ipswich, can be found [here](#)



RETREAT

A couple near Leiston are offering their garden retreat for hosts who might need a couple of days respite and an optional listening ear. Contact e: ajt.opom@gmail.com for details.



FACEBOOK

Look up:

- Ukrainians in Ipswich
- Ipswich Sunflowers
- Suffolk Accommodation for Ukraine
- Suffolk United for Ukraine
- Together for Ipswich
- Waveney Hosts Together
- Suffolk Refugee Support
- Rural Suffolk Communities Welcoming Refugees



WHATSAPP GROUPS

To join a 'hosting' or local Ukrainian WhatsApp group or contact your local support group (see final page).



GIVING

Please continue to encourage giving in your church and community, especially to the Disaster Emergency Committee charities. Bishop Martin is encouraging Anglican churches to give via World Vision. See [here](#).



PRAYER

A number of prayer vigils for Ukraine are happening around the County as well as local prayer groups. Do join one or set up your own. Some prayer resources to help can be found [here](#) and on the Christian Aid website.



AID

Lorries sending aid to Ukraine and neighbouring countries are being organised from Castle Hill Community Centre in Ipswich on an ad hoc basis. See www.castlehillcommunitycentre.co.uk. Also note that the GeeWizz charity in Bury St Edmunds has already filled 20 vans and lorries.



FIND A MISSING FAMILY

The Red Cross International Family Tracing Service may be able to help. Call 0808 196 3651 or email findyour_family@redcross.org.uk



TRIBUTE AREA

A Ukrainian floral tribute area has been created in Bury St Edmunds' Abbey's Garden for people to lay flowers for those killed in Ukraine



TRAUMA

Free Bible-based trauma resources entitle 'Beyond Disaster' are available for Ukrainians from the Bible Society (distributed through Welcome Church) and a number of Trauma training sessions are being offered for hosts. Contact info@togetherforipswich.uk for details. Videos are also available at www.sanctuaryfoundation.org.uk



MAP/LEAFLET

Together for Ipswich has produced 1000 copies of a special map and leaflet for Ukrainians and other refugees detailing support available in Ipswich. See www.togetherforipswich.uk for an electronic version. Version 2 will be coming out in the summer.

WHAT'S HAPPENING ON THE GROUND IN YOUR AREA? ❤️☀️

A number of local support groups (many of them church-based) have been set up and more are in the pipeline. These are aimed at pooling resources and establishing networks both for hosts and for our Ukrainian guests, including practical advice, the sharing of experiences and tips, and details of local hubs (see earlier reference) and prayer vigils etc. Individual groups will vary in exactly what they offer and we suggest you find out more by contacting the one nearest to your location.

Let us know what is happening in your neck of the woods and we can add more information next time.



BECCLES

Contact: richhenderson@btinternet.com



BURY ST EDMUNDS

Contact: canon.pastor@stedscathedral.org



FELIXSTOWE

Contact: Chris Hood, e: revchris@oldfelixstoweparish.org.uk Churches' Representative at ukraine2felixstowe@gmail.com



IPSWICH

Contact: www.togetherforipswich.uk & the Together for Ipswich Facebook Page



LAXFIELD

Contact: ukraineathome@gmail.com



NEWMARKET

Contact: bordal@ntlworld.com



SUDBURY

Contact: info@sudburytowncouncil.co.uk



WOODBIDGE

Contact: peter.jplummer@btinternet.com



If none of the locations above are convenient for you, or if you would just like general information and advice relating to Suffolk, then we suggest you contact [Suffolk Refugee Support](http://www.suffolkrefugee.org.uk) (www.suffolkrefugee.org.uk)

To add or amend anything to this growing list please email archdeacon.rhiannon@cofesuffolk.org and Paul Taylor on taylspaul@gmail.com