

Welcome to the fourth issue of the HFU Chronicle where we will be looking at the following:

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## Good News Stories

### Welcome Event

Regular welcome events are held for anyone that have recently arrived to the Birmingham area via the Homes for Ukraine Scheme. Hosts are also invited to these meetings. Our most recent welcome event took place on Wednesday 7th March 2024. It was great to see both guests and hosts attend. The aim of the Welcome Event is to welcome guests to Birmingham and provide further advice and guidance on the support that RMC and Spring Housing provide. We discuss areas such as health, employment, housing, benefits and immigration advice. We received some valuable feedback from this session, which means that we will now always ensure that there is a translated copy of the Welcome Pack PowerPoint for guests to take home after the event. If you would like to attend our next Welcome Event please get into contact with your family support worker.



### Host Networking Event

On Thursday 15th February RMC organised a host networking event. This gave the opportunity for current hosts to meet with prospective hosts and share their experiences and suggestions. Stakeholders from different organisations were also present to share what support their organisations are able to provide. We were honoured that Professor Sara Jones was also able to attend and deliver her research and findings on the support for displaced Ukrainians. The research and findings are readily accessible via the University of Birmingham website. Similar events will be running in the future, so please keep a look out for any future dates.



## Home for Ukraine Scheme News

### MOVE ON FUNDING

The Homes for Ukraine ‘move on’ package continues to be a significant offer to guests seeking/are ready to move on (out) from hosts. To keep it relevant, manage it effectively and reduce confusion, BCC has updated the eligibility criteria and made it clearer on what the fund can be used for. Please continue to check the link and attachments for details of the updated guidance.

[Homes for Ukraine – move on funding | Birmingham City Council](#)

### THANK YOU PAYMENTS

In the October budget statement, the government extended the length of time that hosts can receive ‘thank you’ payments. Payments of £350 a month are made during the first 12 months of your guests’ stay. These will increase to £500 once your guest has been in the UK for over 12 months and is paid for a maximum of up to 3 years after your guest has arrived. This is to encourage sponsors who are able, to continue hosting for longer. Please note BCC incentivises the ‘thank you’ payments for guests that have been in the UK for under 12 months and will increase the payment to £500 per month.

Please check the links [Becoming a sponsor: Homes for Ukraine - GOV.UK \(www.gov.uk\)](#) and [Paying sponsors: Homes for Ukraine - GOV.UK \(www.gov.uk\)](#) for more information on ‘Thank you’ payments and being a sponsor.

### HOST MONTHLY MEETINGS

RMC would like to announce we have decided to change the Host weekly meetings to every month. Due to the current low weekly numbers, we are hoping to get more success in hosts attending a monthly forum. The next one will be on Thursday 28<sup>th</sup> March 2024.

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# Pancake Day and Social in North Birmingham

*Article by NBAU*

The 17th of February was super fun at our NB4U monthly get-together!

We were honoured to have the Mayor of Sutton Coldfield join us for a special pancake celebration. Karolina and Tereza brought lots of energy, encouraging everyone to join in with Ukrainian songs and dance.

The atmosphere was vibrant, with laughter and chatter filling the room as people mingled and enjoyed the delicious food provided by sponsors and guests. It was heart-warming to see everyone coming together, sharing stories, and forming new friendships.

Special mention goes to the organizers who worked tirelessly behind the scenes to ensure everything ran smoothly. From coordinating the venue to arranging entertainment, their dedication was truly appreciated.

The presence of the Mayor and a local councillor added a touch of prestige to the event, and their enthusiasm for engaging with the community was evident. They took the time to speak to attendees, listen to their concerns and ideas, further strengthening the bond between local government and residents.

The support from organizations like the Pioneer Outreach Team and RMC highlights the importance of collaboration in helping individuals find employment and access valuable resources. Their presence added another dimension to the event, providing attendees with practical assistance and guidance.

Overall, it was a memorable afternoon filled with laughter, music, and goodwill. Events like these remind us of the power of community and the positive impact we can have when we come together. We look forward to many more gatherings in the future, each one strengthening the bonds that unite us as neighbours and friends.



# Local ESOL+ Support

Are you looking to learn and improve your English? We have many partners in Birmingham to assist by providing ESOL support. Below are the contact details of our partners:

## ESOL HUB Birmingham

### Providing:

- Help people with English Language needs by finding a suitable English course around the City.
- An online test to check your level of English
- A list of ESOL course providers

M: 0121 303 4318

W: [www.birmingham.esolhub.co.uk](http://www.birmingham.esolhub.co.uk)

## NORTH BIRMINGHAM 4UKRAINE

### Providing:

- ESOL Classes
- Monday morning classes
- Offer a friendly learning environment with free refreshments
- Focus on making learning fun and appropriate to everyday life in the UK.

Contact: [esol@nb4u.co.uk](mailto:esol@nb4u.co.uk)

W: [www.nb4u.co.uk](http://www.nb4u.co.uk)

## BOSNIA HERZEGOVINA UK NETWORK

### Providing:

- ESOL Classes
- Information, advice and guidance
- Social and celebration events
- Day trips

M: 0121 772 3052

W: [www.bosniauknetwork.org](http://www.bosniauknetwork.org)

## STEP UKRAINE PROGRAMME

### Providing:

- Virtual 12-week English language and employment programme
- 2.5 hour daily English classes
- Options for morning, afternoon or evening lessons
- Remote and teacher led

M: 0800 319 6089

W: [www.worldjewishrelief.org/stepukraine/](http://www.worldjewishrelief.org/stepukraine/)

## EWA - EASTERN EUROPEAN WELFARE ASSOCIATION

### Providing:

- Bespoke employment advice, coaching and CV writing
- Vocational ESOL
- Access to Ukrainian speaking Psychologists
- General information, advice and guidance

M: 0121 740 0824

W: [www.ewacic.com](http://www.ewacic.com)

## MOSELEY FOR UKRAINE

### Providing:

- Informal English classes
  - Beginner; 10:00 - 12:00
  - Intermediate; 13:00 - 15:00
- Course is free of charge
- Create a CV
- Translate your Ukrainian diploma/s if necessary.

E: [Moseleyforukraine@gmail.com](mailto:Moseleyforukraine@gmail.com)

W: [www.moseleyforukraine.org](http://www.moseleyforukraine.org)

## CENTRALA

### Providing:

- ESOL Classes
- Tailored learning - cater to your unique goals
- Experienced Instructors - providing a supportive and engaging learning environment
- Practical approach - to support your language for everyday life
- Flexible scheduling - morning or evening classes

M: 0121 513 0240

W: [www.centrala-space.org.uk](http://www.centrala-space.org.uk)

## JOSEPH CHAMBERLAIN SIXTH FORM COLLEGE

### Providing:

- Offer short, intensive courses along with part time one-year courses.
- Vocational ESOL
- Can study other vocational qualifications alongside ESOL
- 

E: [info.adultlearning@jcc.ac.uk](mailto:info.adultlearning@jcc.ac.uk)

W: [www.jcc.ac.uk](http://www.jcc.ac.uk)

# Welcome pack

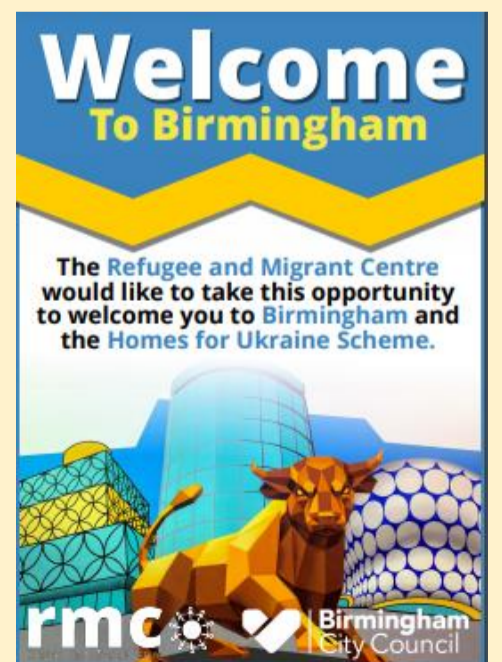


### UKRAINIAN PACK:

<https://rmcentre.org.uk/wp-content/uploads/2024/01/HFU-Welcome-Pack-Host-Guest-Ukrainian.pdf>

### ENGLISH PACK:

<https://rmcentre.org.uk/wp-content/uploads/2024/01/HFU-Welcome-Pack-Host-Guest.pdf>



# NOTICE BOARD

Centrala

# CEE US!

What's on this month?

March 2024

<b>ADVISORY DROP IN SESSIONS</b> Offering advice or/and be sign posted to supportive agencies about employment, schools and education, housing, accessing GP and mental health service	Tuesdays 2 - 5pm
<b>ESOL</b> At Centrala, we offer ESOL classes to improve your English language skills	Wednesdays 10-12pm & 6-8pm Saturdays 10 - 12pm
<b>JOB CLUB</b> The sessions can provide 1:1 support with CVs, applications, interviews, and job hunting.	Thursdays 10am - 12pm
<b>DROP IN SESSIONS WITH RMC</b> Offering support and advice: staying with hosts and moving on; health and mental health; art and culture	Thursdays 11am - 12pm
<b>GAMES CLUB</b> Boardgames, cards, chess, draughts	Saturday 12 - 2pm
<b>EMPLOYABILITY WORKSHOP</b> Offering advice and support to enable Ukrainians in Birmingham to gain the skills necessary to find employment in the UK	Tuesday 5th and 19th 10am - 1pm

**DROP IN SESSIONS WITH SPRING HOUSING** Thursday 7th, 21st  
12 - 5pm

Offering advice on: initial housing support on arrival; move on support; post tenancy support, and actions and support planning for individuals

**INTERNATIONAL WOMEN'S DAY** Friday 8th  
11am - 12pm

Free services including neck and shoulders massage; Kobido face massage; cat eye makeup tutorials; nails and haircuts.

Free tickets need to be booked in advance on our website

**HOUSEHOLD SUPPORT GRANT** Friday 15th  
10.30am-12.30pm

A grant for up to £200 per household for people in receive of means-tested benefits

**WELL-BEING WORKSHOP** Saturday 9th  
12.30pm-2.30pm

Find Your Place in Space: Art and Movement Workshop with Outside The Box.

**EASTER CELEBRATION** Saturday 23rd  
12 - 3pm

Arts and crafts activities; plenty of fun for the whole family. Traditional "Pysanky" eggs painting. Tickets are free but need to be booked in advance on our website

Unit 4 Minerva Works  
158 Fazeley Street, Birmingham, B5 5RT  
0121 5130240  
www.centrala-space.org.uk



## Talking Space Are You Having a Difficult Time?

Our Talking Space service offers an out of hours, safe place, to come and chat with our Crisis Intervention Workers. (with access to clinical support if needed)



ERDINGTON

SELLY OAK

NORTHFIELD

### WE CAN HELP WITH

- Low Mood
- Struggling to Cope
- Anxiety
- Stress
- Suicidal Thoughts

Open to anyone aged 18+

5pm till 11pm

Every Day

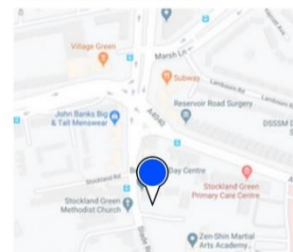
By Appointment

Simply call us:  
0121 262 3555

Email:  
help@birminghammind.org

## Our Talking Space Venues

### ERDINGTON



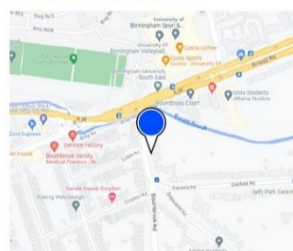
5pm till 11pm | Every Day

Beechcroft,  
Rear of 501 Slade Road  
Erdington, Birmingham  
B23 7JG

Appointment Only  
Call Us:  
0121 262 3555

Bus routes: 11c, 11a, 65, X64

### SELLY OAK

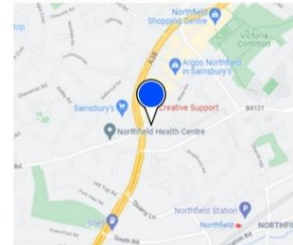


5pm till 11pm | Monday - Wednesday

grounded.  
11 Bournbrook Road, Selly  
Oak, Birmingham, B29 7BL  
Bus routes: 68

Appointment Only  
Call Us:  
0121 262 3555

### NORTHFIELD



5pm till 11pm | Thursday - Sunday

Creative Support, 888 Bristol Road  
South, Northfield, Birmingham B31 2NS

Bus routes: 61, 63, X20,18,27,76.  
15 minute walk from Northfield Train  
Station

Book Now



### What is the Community Mental Health and Wellbeing Service?

This service will help and support you with your mental health and wellbeing.

We offer appointments with our specialist team of mental health care professionals, called the Neighbourhood Mental Health Team via your GP practice.

This new service makes it quicker and easier for people to get the right support by bringing together a range of services available in the NHS and in your community.

### How can the service help me?

We help people by providing support, advice, and treatment.

We can help you with your mental and physical health, as well as helping you resolve issues affecting your wellbeing such as money, work, housing, relationships, trauma, abuse, or addiction.



### I need help right now.

If you need emergency support with your mental health, there is always someone to talk to.

You can call the **Birmingham and Solihull Urgent Mental Health Helpline** (managed by Birmingham Mind) 24 hours 7 days a week for advice and support on

**0121 262 3555** or **0800 915 9292**

You can speak to **Samaritans** right now, or any time day or night by calling **116 123**

Or send an email to [jo@samaritans.org](mailto:jo@samaritans.org) for a response within 24 hours.

If you are an immediate danger to yourself or others **call 999** or go to your nearest A&E.



Ask your GP surgery for more information, or visit [www.bsmhft.nhs.uk](http://www.bsmhft.nhs.uk)

v26.06.22



## Birmingham and Solihull Community Mental Health and Wellbeing Service



If you're experiencing problems with your mental health, mood, or wellbeing this service is here to support you.



Birmingham and Solihull Community Mental Health and Wellbeing Service

### Who can access the service?

We welcome anyone aged 18 or over who is experiencing new or ongoing mental health symptoms, as well as people who have an existing mental health diagnosis such as Bipolar, Personality Disorder, Schizophrenia etc.

### Who are the Neighbourhood Mental Health Team?

We are a group of mental health care professionals based at local GP practices across Birmingham and Solihull.

The service is provided in partnership with Birmingham and Solihull Mental Health NHS Foundation Trust and Birmingham Women's and Children's NHS Foundation Trust and is part of the Birmingham and Solihull Integrated Care System (ICS).



Birmingham and Solihull Integrated Care System  
Caring about healthier lives

### What will happen in my appointment?

Appointments take place at your GP practice or over the phone or video call with a mental health care professional. Occasionally our team may also visit you in your home depending on your circumstances.

In your first appointment we'll ask you to talk about how you're feeling, the symptoms you are experiencing and what is happening in your life.

We will listen to you and your experiences and will recommend options to help you to manage your situation and take the next steps to getting further treatment and support.

This may include things like:

- getting a therapy or counselling appointment
- being prescribed medication
- helping you connect with services available in your local community to get support with any issues affecting your wellbeing such as housing, money, or relationships.

The Community Mental Health and Wellbeing Service does not replace an appointment with your doctor, so you'll still be able to see your GP or Psychiatrist if you need to.



### How do I make an appointment?

To book an appointment contact your GP surgery and ask about the Community Mental Health and Wellbeing Service.

**Please note:** this service is not appropriate for everyone. The receptionist may recommend you speak with a care navigator first to find out if it's right for you.

*Goodbye Winter...*  
*Hello Spring*

**March 16th**  
**2PM - 5PM**

**Join us**

**Baptist Church Hall**  
*to celebrate the arrival of Spring.*

Say goodbye to the blues and hello sunshine.

*Activities*  
*M&S Food*  
*Conversation*  
*Drinks*  
*Music*



**rmc**  
Refugee and Migrant Centre



# EMPLOYMENT WORKSHOP

**PLEASE JOIN US!**

- ✓ CAREER DEVELOPMENT
- ✓ CAREERS ADVICE
- ✓ OVERSEAS QUALIFICATIONS
- ✓ INTERVIEW & CV ADVICE

**A CHANCE TO ASK ALL OF YOUR EMPLOYMENT QUESTIONS**

**FRIDAY 15TH MARCH**  
**12:30PM TO 14:30PM**

**VENUE: UNIT 2,**  
**57 FREDERICK STREET,**  
**JEWELLERY QUARTER,**  
**B1 3HS**



**NEW**  
Course

**English for Ukraine**  
**FREE language courses**

Improve your language skills and confidence for work, education and to make friends.

Are you an adult who has come to the UK through the Ukraine Sponsorship Scheme/Homes for Ukraine Scheme, Ukraine Family Scheme or Ukraine Extension Scheme?

Join an online\* or face-to-face course

**Brasshouse Centre**

Library of Birmingham, Centenary Square, B'ham B1 2ND



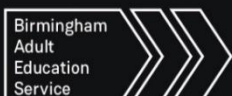
If you are already studying at another college or organisation, you can still join our courses at a time that fits with your schedule.

\*We will try to match your level and preferred day/time with a suitable course. Please note, we may not be able to offer all levels for online courses.

**APPLY NOW**

**For more course information**

email: [ecclestont@baes.ac.uk](mailto:ecclestont@baes.ac.uk)  
or [sadiqs@baes.ac.uk](mailto:sadiqs@baes.ac.uk)



**rmc**  
Refugee and Migrant Centre



# MENTAL HEALTH AWARENESS TRAINING

JOIN OUR MENTAL HEALTH AWARENESS TRAINING SESSION WHERE UKRAINIAN WILL BE THE LANGUAGE OF COMMUNICATION.

**MONDAY 18TH MARCH**  
**11AM UNTIL 1PM**  
**VENUE RMC,**  
**36 FREDERICK STREET,**  
**JEWELLERY QUARTER,**  
**B1 3HN**



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## Dates for your diary

### Mother's Day - 10<sup>th</sup> March

Mother's Day is a celebration honouring the mother of the family or individual. It is celebrated on different days in many parts of the world, most commonly in the months of March or May.

The UK date of this celebration is rooted in the Christian observance of Lent, with Mothering Sunday taking place on the fourth Sunday, exactly three weeks before Easter Sunday.

This observance originated in the Middle Ages, when children who had left their families to work in domestic service were allowed to go to their home - or mother.

The journey home morphed into a spring occasion for families to reunite, which eventually adopted the custom of children picking flowers on the way home as a gift to their mothers.



### Ramadan - 10<sup>th</sup> March to 8<sup>th</sup> April

Ramadan will take place from 10<sup>th</sup> March to 8<sup>th</sup> April, serving as a time of reflection, contemplation and celebration for Muslims all over the world.

Ramadan remembers the month the Quran was first revealed to the Prophet Muhammad. The night the Quran was revealed is known as Lailat ul-Qadr (The night of power).

Throughout the Ramadan period, adult Muslims of able body and mind start their day fasting, with a pre-dawn meal known as Suhur.



### Masnitsya - 11<sup>th</sup> - 17<sup>th</sup> March

Masnitsya is an ancient Slavic holiday marked by a mass baking of flat pancakes called, in Ukrainian, mlintsi. In pagan tradition, Masnitsya marks the end of winter.

The mlintsi themselves resemble the sun and, as part of the celebrations, an effigy of winter is burned, symbolizing rebirth and the coming spring.



### St Patrick's Day - 17<sup>th</sup> March

St Patrick's Day is a religious and cultural holiday that celebrates the arrival of Christianity in Ireland. This date represents and commemorates the death of Saint Patrick, the foremost patron saint of Ireland.

It is a day to celebrate Irish heritage and culture, and is known for its festivities, parades and green-themed events.



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## We Want Your Feedback

We would like to share any feedback, so please do not hesitate in writing to [ukraineb@rmcentre.org.uk](mailto:ukraineb@rmcentre.org.uk) with 'feedback' as the heading. We really want to know any suggestions you have in improving services or anything you think could be done differently. This will then, with your permission of course, be featured in a 'you said we did' section in future issues of the HFU Chronicle.

We would be very grateful if you can send us anything: for example, events you hold, a good news story, even classified for the March issue to [ukraineb@rmcentre.org.uk](mailto:ukraineb@rmcentre.org.uk) FAO Sandra. Deadline for any submissions will be by close of play 28<sup>th</sup> March 2024.

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