

**Vulnerable migrants:  
Just ordinary people who suddenly  
found themselves in extraordinary  
circumstances**

What do Sigmund Freud, Mo Farrar, 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=FPsldr30uGk](http://www.youtube.com/watch?v=FPsldr30uGk)
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. Widen your reading. Visit news stories in different papers, including [www.aljazeera.com](http://www.aljazeera.com)
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 Oxford**

*How might we better help those in need?*



*'Berlin: Refugees Welcome' by Jeanne Menjoulet*  
[www.flickr.com/photos/jmenj/26680626775](http://www.flickr.com/photos/jmenj/26680626775)

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## 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 is 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 (formerly Refugee Support Network) enables young refugees and asylum seekers to better access education, increasing their outcomes in education (both academic and wellbeing), and to use their education. 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 exploitation, find new employment and rebuild their lives. More info here:



Care4Calais is a volunteer-run charity delivering essential aid and support to refugees in Oxfordshire and further afield. They provide warm clothing, bedding, food and medical assistance to people in desperate need. They also provide social support and interaction, including language lessons and sports and music workshops, to newly-arrived refugees. More info here:



## What special help is available in Oxford?

*There are many groups supporting vulnerable migrants in Oxford. These are just a few of them...*



The Syrian Sisters is a support network for refugee women and their families who have relocated to Oxford. They provide opportunities and actively help its members integrate into the wider community. More info here:



The Friendship Centre at St Michaels Church in Summertown welcomes Ukrainians and their host families on Wednesdays for advice, hospitality, food, English tutoring and translators. More info here:



Open Door is a drop-in service for refugees and asylum seekers on Thursday afternoons at the St. Clements Centre. More info here:



Wheatley Refugee Support Group organises public in person and zoom events to support vulnerable migrants in the city and further afield, and to raise awareness of local and national issues facing refugees. More info here:



Refugee Voices Welcome is a network of individuals from different churches and community groups who meet together to raise awareness through singing and story sharing of topical issues facing vulnerable migrants in Oxford. More info here:

