

HOST PACK

Ashbourne

4 Ukraine

**WE ARE HERE TO
SUPPORT YOU**

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Introduction

We are so grateful you picked up this pack as it means you are either interested in hosting a Ukrainian family or you already are.

Firstly, thank you. We appreciate that this is a big decision to make, and we would love to support you in this.

Who Are 'We'?

A lot of people in Ashbourne and the surrounding villages felt compelled to offer help; businesses, organisations, schools, churches and many more. This pack will hopefully be a compilation of information and offers of help that will support you.

It has been compiled by many with expertise in their area. A few organisations involved are Refugee groups- ARCS (Ashbourne Refugee Community Sponsorship Group) and One World Group- who have offered their support, wisdom and networks from their previous ventures and training to settle families into this country after fleeing their homes.

Our Aim

Our aim is to work together to support you. Please be assured that you are not alone in this.

We also aim to support those coming to stay as we have another 'Welcome Pack' translated into both Ukrainian and Russian for those you are hosting. If you would like a copy of this it is available in many supermarkets, schools, churches and community buildings across Ashbourne- for an updated list of where you can collect a pack or to see a digital copy, please see the website (ashelim.ch/ukraine).

Get Connected

First, if you have not already, please register your interest on the Government website to receive updates on the progress of this scheme.

<https://www.gov.uk/register-interest-homes-ukraine>

How to get Connected to a Family

There are a few charities that are planning to connect hosts with Ukraine families.

Please take a look at these charities and organisations, as they are currently matching families with hosts:

- Homes For Ukraine (Reset) – <https://www.homesforukraine.org.uk/>
- Host4Ukraine – <https://www.host4ukraine.com>

Resources & Training Material

There is a lot of information out there. Here is a list of trusted charities and websites that may be worth a look when considering this scheme. They have some great information, training and links for hosts.

In addition, here are some ways you may want to equip yourself. If you wanted to look into a few training programmes to help, here are a few that may be appropriate. It is always important to consider the accrediting body when taking a course online.

- Sanctuary Foundation has some great information and training on how to host families from Ukraine; from preparing yourself and your house to journeying with you. <https://www.sanctuaryfoundation.org.uk/>
- Upbeat Communities- who have settled many families who have had to leave their home countries run courses sporadically. You may want to receive notifications from them. They are running events about what it may be like to host a refugee family. Check out their website for the latest events. <https://www.upbeatcommunities.org/>
- Open University have many relevant free courses that are appropriate <https://www.open.edu/openlearn/>
- Refugee Council have many free online courses and you can sign up for future dates too. <https://www.refugeecouncil.org.uk/latest/training-events/online-training/>
- Reset UK have put together an incredible toolkit for hosts. <https://resetuk.org/news-and-campaigns/news/homes-for-ukraine-sponsor-toolkit>

Getting Started

With a collaboration from a One World Group volunteer trained by Upbeat Communities and a foster carer trained by Derby City council, here are a few pointers in how to get started.

- Pick up your visiting families local welcome pack containing lots of information on schools, transport links, banks and benefits.
- Prepare a personalised welcome pack in advance, including things like:
 - Your names and address
 - Some information about yourself; hobbies and get to know you type information
 - What types of food you eat?
 - Where do you like to go that you could take your guests? (Clubs, Church, Cafes etc.)
- Think about your “house rules” and discuss these with the guest:
 - Are there times when you need to use the bathroom (e.g. to get ready for work?)
 - Are guests OK to use the kitchen, living room, garden themselves?
 - Are there times when you would like your own use of the living room without the guest there (e.g. you might have a regular family film night, and would like that to be just for your family?)
 - What happens if you are away for the weekend?
 - Can they have their own key? You might need to discuss this with your insurance company.
 - Is there a way you can personalise your visitors’ space before they arrive to make them feel more comfortable and welcome (This may be difficult with little knowledge about them)
 - Have you checked your house is safe for the age ranges arriving? May be worth running through a house safety checklist.
 - It may be worth thinking about how you can make a private space for you and for your guests. You may need a space to retreat to and so may they.
- Consider having a weekly meeting to check how things are going. This gives a chance to share any concerns. If there are no concerns, it also reassures the guest and the host that everything is fine. It may be a good time to build on the relationship to ensure all are comfortable.
- We’d also encourage people to try to find a source of support where they can share their experiences (confidentially).
- In cases where a trauma may have occurred before your guests arrive be patient for them to share their experience, if they want to. They may not want to speak of their past experiences with you.
- Be cautious about what you share online (comments or photos) as there may be unintended consequences for the guests.

Useful Facts and Information when Hosting

Medicines and health care

It is vital to get your visitors and all members of the family registered with a doctor's surgery ASAP. Please visit a local surgery and they will be happy to help you do this if they can. There is no charge for medical care.

When children under 5 are registered with a practice Health Visitors may also get in touch to provide additional checks and support.

Ashbourne Doctors Surgeries

(Please note there are more in the surrounding areas)

- Ashbourne Medical Practice:

Address: Clifton Road, Ashbourne, DE6 1DR

Website: ashbournemedicalpractice.co.uk

Telephone: 01335 216885

- The Surgery Ashbourne:

Address: Clifton Road, Ashbourne, DE6 1RR

Website: thesurgeryashbourne.co.uk

Telephone: 01335 300588

Dental Care

Finding an NHS Dentist is harder in this area and it may be the case you need to travel to Uttoxeter or Derby to register. Again, this is an important step to take in case of emergency.

Money and Benefits Available

Ukrainian refugees are entitled to Universal Credit and support with seeking employment immediately and for 3 years.

“Ukrainians will also be eligible for Housing Benefit*, Pension Credit, Personal Independence Payment, Child Disability Living Allowance and Carers Allowance, and Attendance Allowance. Contributions-based Employment and Support Allowance (ESA), and Jobseekers Allowance (JSA) are also available for those Ukrainians who meet the criteria.”¹

For information and to apply, you can go online; <https://www.gov.uk/>

¹ <https://www.gov.uk/government/news/immediate-benefit-support-for-those-fleeing-the-invasion-in-ukraine>

In the UK, it is essential to have a bank account for receiving money including benefits. You can set up a bank account online or go to Lloyds Bank, Compton, Ashbourne, DE6 1GY. Contact Number: 0345 602 1997.

For additional help, Citizens Advice are available on Monday afternoons at Ashbourne Medical Practice. Please call 01335 216885 to book an appointment.

*Please note housing benefit can only be claimed when appropriate and if the family have left their host home.²

Learning English

For greater independence, if the visiting families would like to, there are many ways you will be able to help your guests.

“Everyone learns to speak their native language from childhood by being immersed in it, through listening and then starting to talk. Your guests will rapidly increase their knowledge of English in this way. The most important thing for you to do is to speak slowly, be encouraging, and keep it simple. Google Translate is an excellent website/app which can support you - offering words in writing and spoken. It's worth having a look in advance, and becoming familiar with it.

Another very useful website is www.bbc.co.uk/bitesize. Your guests will probably recognise "BBC" anyway, which will give them confidence; the lessons all link into the UK schools' curriculum.

Local libraries are also an excellent resource; adults will happily read children's books to improve their language and there is a series "Quick Reads" which are designed for adult learners.

More support is available from volunteer specialist English language tutors, but at this stage probably all your guests want is "survival" English; concentrate on helping them with their needs - for example, correctly pronouncing the address where they are living, knowing their phone number, and other key information such as school terminology, shopping, medical terms as appropriate and so on. Don't worry too much about grammar; the important skill for your guests is to be able to communicate simply, with clear pronunciation, and to build confidence.”- Sue Wall, ESOL Specialist

We also have plans to provide environments and events for people to connect, practise and learn together in community with other Ukrainians.

The first host and family event will be held at Ashbourne Elim Church at 2pm 30th April. All hosts and visit families are welcome.

² <https://www.gov.uk/guidance/homes-for-ukraine-scheme-frequently-asked-questions>

Information for those with Children

Refugee Education UK is a great charity that will have an education welcome pack in Ukrainian on their website soon, it is worth keeping checking till it is publicised.

<https://www.reuk.org/home>

As you may know, in the UK, all children attend school until they are at least 16, then between 16-18 young people go to college or do a traineeship. This information will also be in the welcome pack for families, but we have been in touch with all schools to give you a head start, and they are ready to help and support where they can.

Schools for Children 4-11 Years Old



Ashbourne Primary School,
Address: Cokayne Avenue, Ashbourne DE6 1EJ
Telephone: 01335 342891
Email: info@ashbourneprimary.derbyshire.sch.uk



Ashbourne Hilltop Primary and Nursery School, Wyaston Road,
Asbourne DE6 1NB
Telephone: 01335 343041
Email: info@ashbournehilltop.derbyshire.sch.uk



St Oswald's Primary School,
Address: Mayfield Road, Ashbourne, DE6 1AS
Telephone: 01335 342660
Email: info@st-oswalds.derbyshire.sch.uk

School and College for children 11-18 Years Old



Queen Elizabeth's Grammar School,
Address: The Green Road, Ashbourne, DE6 1EP
Please contact: Ms K Morgan
Email: morgan@queenelizabeths.derbyshire.sch.uk
Telephone: 01335 343685

Schools Outside of Ashbourne

School	Phone Number	Email address	Headteacher	School ages
Osmaston Primary, Osmaston	01335 343140	info@osmaston.derbyshire.sch.uk	Mrs J Hart	4-11 years
Clifton Primary, Clifton	01335 342473	info@clifton.derbyshire.sch.uk	Mrs J Hart	4-11 years
Kniveton Primary	01335 342573	enquiries@kniveton.derbyshire.sch.uk	Mr L Redfearn	4-11 years
Fitzherbert Fenny Bentley	01335 350362	fitzherbert@thevillagefederation.co.uk	Mr P Johnston	4-11 years

Children Under 4

Here are a few groups for parents with babies and toddlers to socialise with others. The midwife will have a more extensive list.

Welly Club	Ashbourne Methodist Church	Tuesday AM 9.30 – 10.30	07814 192924
Little Sparkles	Ashbourne Elim Church	Thursday AM 9.30 - 11.30	01335 344338
Edward Bear	St Oswald's Church	Thursday AM 9.30 - 10.30	01335 343052

Contact Numbers

Your Neighbours and Network

If you have neighbours or personal acquaintances that can offer support to the family, it may be worth a thought to letting them know you are now hosting a family from Ukraine. If appropriate, they can support you and the visiting family. There is a space left in the 'welcome pack' for you to add their information.

Contact Ashbourne4Ukraine

Website: ashelim.ch/ukraine

Facebook Page: <http://www.facebook.com/groups/ashbourne4ukraine>

Support for You

These details are available to you if you are unsure where to go to for help with certain matters. They are local and national charities, and local businesses that would love to help you.

Learning English Language

There is a lot of support available; local schools are used to working with pupils from other countries, and will offer support. There are also English language classes run at the Adult Education centre in Ashbourne, through Derbyshire County Council. There is also a huge amount of support available in Derby.

Please attend the community events put on by Ashbourne4Ukraine if you want further details and help in accessing any of this.

Community and Support

Please join Ashbourne 4 Ukraine Facebook page

www.facebook.com/groups/ashbourne4ukraine (if you use Facebook) and also keep an eye on ashelim.ch/ukraine. We will be posting about events to gather hosts together so we can share the experience and journey. There will be a variety of events hosted in venues and by companies, churches and charities across Ashbourne.

The first being 30th April 2022, 2pm at Ashbourne Elim Church. Invite attached at the end of the pack.

Citizens Advice (For Benefits Information)

Ashbourne Medical Practice

Monday AM, please call for an appointment.

Telephone: 01335 216885

Support for the Visiting Family

Barnardo's

Emotional support by Barnardo's (All services include access to interpreters in Ukrainian and Russian)

Telephone: 0800 148 8586

Opening Hours: Monday – Friday 10.00am-8.00pm & Saturday 10.00am-3.00pm.

Association of Ukrainians (Derby)

Telephone: 01332 347226

Email: derby@augb.co.uk

Website: <http://www.augb.co.uk>

24-hour UK Visa Support for Ukrainian Nationals

Telephone: 0808 1648810

