

June 16 '22 Update

Network
SUFFOLK



Information | Networks | Links | Support
with NEW Events | Activities | Offers (see final pages)

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 6)



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 6) 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 Ukrainians Welcome:
<https://ukrainianswelcome.org>
[The Parish Toolkit](#); [Community Action Suffolk](#); [Suffolk County Council](#); The RESET toolkit; [Suffolk Refugee Support](#); [Sanctuary Foundation](#); [Together for Ipswich](#); [Ukraine2Felixstowe](#); www.gov.uk/guidance/move-to-the-uk-if-youre-from-ukraine



HUBS

A number of local Ukrainian 'Hubs'/Support Groups are being established across Suffolk. These provide opportunities for our Ukrainian guests (& hosts) to make contact with each other, to share experiences and advice and simply to socialise. Please refer to page 6 of this leaflet for details of the Hubs that we are aware of to date.



RISK ASSESSMENT

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. Also see final pages of this leaflet for support from the Council and Community Action Suffolk.



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. Email property@cofesuffolk.org for a hosting agreement for Anglican clergy

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ENGLISH

English lessons are available from many places including:

- 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

SUFFOLK CHURCHES WELCOME UKRAINIANS



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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

Clarks are offering 20% discount on all their shoes for all Ukrainian refugees.



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 Burlington Baptist on 01473 259571 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.



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.



CATHEDRAL

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



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.



THEOLOGY

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



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



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.



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



FACEBOOK

Look up:

- Ukrainians in Ipswich
- Ukraine2Felixstowe
- Ipswich Sunflowers
- Suffolk Accommodation for Ukraine
- Suffolk United for Ukraine
- Together for Ipswich
- Waveney Hosts Together
- Suffolk Refugee Support
- Rural Suffolk Communities Welcoming Refugees



TRAUMA

Free Bible-based trauma resources entitled '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 (see below).

For details of further such events contact

info@togetherforipswich.uk

Videos are also available at

www.sanctuaryfoundation.org.uk



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](#).



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 IN YOUR AREA? ❤️ ☀️

A number of local hubs & 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.



BECCLES

Contact: richhenderson@btinternet.com



BURES

Contact: Sue Emerson: murrayandsueemerson@gmail.com



BURY ST EDMUNDS

Contact: canon.pastor@stedscathedral.org



FELIXSTOWE

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



HADLEIGH

Contact: sarah.nicholson7@gmail.com



IPSWICH

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



KESGRAVE

Contact: allsaints.parish@outlook.com



LAXFIELD

Contact: ukraineathome@gmail.com



LOWESTOFT

Contact: Cherie Pointon - pointoncherie@gmail.com & waveneyht@gmail.com



NEWMARKET

Contact: bordal@ntlworld.com



NORTON

Contact: Katherine Valentine: kavalentine677@gmail.com



SUDBURY

Contact: info@sudburytowncouncil.co.uk



WOODBIDGE

Contact: Fr Nigel Pryor at parish.office@stmaryswoodbridge.org OR Peter Plummer at peter.jplummer@btinternet.com

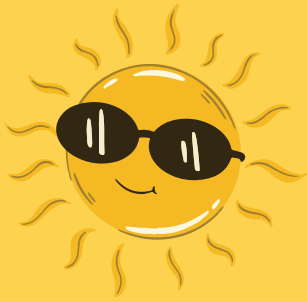
Let us know what is happening in your neck of the woods and we can add more information next time

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

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)

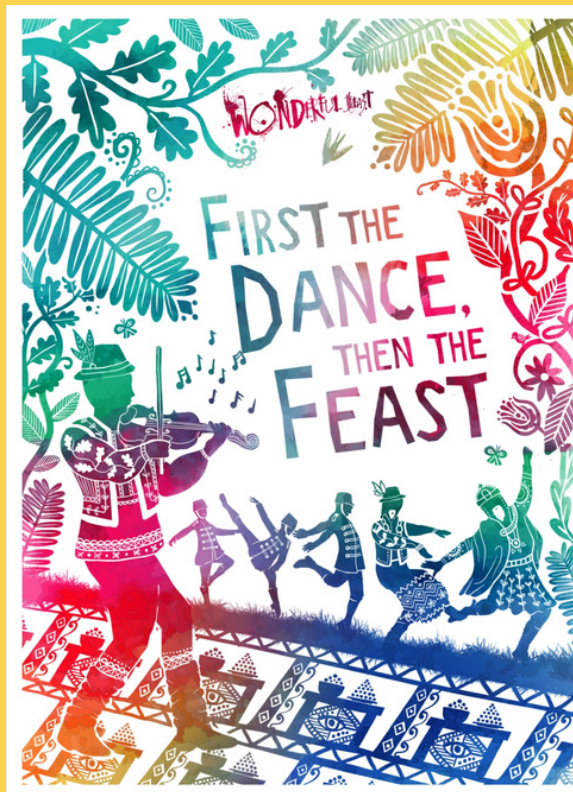


UPCOMING EVENTS



Summer in Suffolk offers a whole host of events/activities/courses and many are offering concessionary (or even free) entry for our Ukrainian guests. There are a few examples below that have come to our notice but there are clearly many more that will be available. We will offer updates in subsequent versions of this leaflet, but also keep an eye on local media and the Community Action Suffolk website (see final page).

June 23rd (4.30-5.30pm) & 24th (6.30-7.30pm)



FIRST THE DANCE, THEN THE FEAST

Thursday June 23rd 16:30 - Friday June 24th 18:30 - Thorington Theatre

AN EASTERN EUROPEAN FOLKTALE
OF MAGIC AND MUSIC

a violin with the power to make people dance...

When he and his children are cruelly evicted from their house, a poor man is given a magic violin that makes anyone who hears it dance until they drop. This doesn't do much for an empty stomach, so he also finds himself with a table that produces any food he can dream of. But how will these help him and his family reclaim their home? Follow his journey through misfortune and injustice in this uproarious dance-filled production.

80 children
3 Suffolk primary schools
2 performances

Cast

Martin Bonger
Rob Gildon
Hilary Greateox
Matt Prendergast

Music

Meg-Rosaleen Hamilton
Martina Schwarz
Bogdan Vacarsecu
The Wonderful Beast Singers

Schools

Handford Hall Primary School
Holton St. Peter Community Primary School
Snape Community Primary School

Creatives

Director: Emma Bernard
Choreographers: Rosy May & Anusha Subramanyam
Creative Producer: Alys Kihl
Composer: Martina Schwarz
Stage Manager: Daniel Peart
Assistant Stage Manager: Eleanor Beck
Project Manager: Emma Close-Brooks

...and a wooden table that will conjure
whatever food is asked of it

BOX OFFICE www.thoringtontheatre.co.uk



BARBARA WHATMORE CHARITABLE TRUST - IPSWICH & WILFORD LOCALITY BUDGETS - FITTON TRUST
LIMBOURNE TRUST - SCARFE FOUNDATION
FUNDING FROM SUFFOLK COMMUNITY FOUNDATION THROUGH: HARRIS FAMILY FUND - HILL FAMILY
GRANTMAKING FUND - SUFFOLK GIVING FUND - WOODWARD FUND - WN ESTATES FAMILY FUND

FIRST THE DANCE, THEN THE FEAST

A Wonderful Beast production at Thorington Theatre, 23rd June (16:30) & 24th June (18:30)

'First the Dance, Then the Feast' is an outdoor theatrical performance at the magical woodland theatre at Thorington (IP17 3RB). It is based on a Hungarian folktale and features Ukrainian, Romanian and Hungarian traditional music. There is a magic violin which sets everyone dancing played by the amazing virtuoso Romanian violinist, Bogdan Vacarsecu. He is joined by his wife, Meg-Rosaleen Hamilton (violin/viola) and Martina Schwarz on accordion, both steeped in the music of eastern Europe. A professional cast and 80 school children perform the music and dance-filled folk tale, bringing fun, laughter and warmth to this beautiful woodland amphitheatre.

The box office is now open at www.thoringtontheatre.co.uk. There are a limited number of £5 concessionary tickets for our Ukrainian guests and hosts on a first-come-first-served basis (please note that all children come for free anyway; all ages welcome). To register interest in these please contact Paul Taylor on taylspaul@gmail.com

UPCOMING EVENTS

July 31st - August 31st 2022

SUMMER AT SNAPE MALTINGS

Concert Hall and Dome (free) stage: 31st July-31st August

Concert Hall Stage

Great nights out in the famous Snape Maltings Concert Hall with outstanding orchestras, music and film events, and international stars from the worlds of classical music, jazz, folk, roots and rock.

Dome Stage

20 FREE outdoor afternoon performances on the beautiful stage overlooking the River Alde. Choose from Catalan Flamenco, Ukrainian harp with hip hop beats, an Afro-British cello and kora duo and so much more.

See Snape Maltings website for full programme details.

August 5th & 19th 2022

THE MAIZE MAZE AT SOUTHWOLD

On Friday 5th and Friday 19th August the wonderful Maize Maze in Southwold is offering 2 free days for 30 Ukrainian guests and their children (children must be accompanied by an adult).

Admission will be at 9.30am (as admissions are not too busy then.) They are then welcome to stay as long as they like. Host families will need to pay if they go in the adventure play park and maze, but hosts/transport providers are free to leave their guests to it... or maybe go to the café and for a walk while they wait, neither of which have entrance fees!

Guests are welcome to bring their own picnics or eat in the café (not free!). The park will remain open to the general public during their visit but there is loads of space. Guests are asked to ensure that there is at least one English speaker among each group as there are safety signs in the maze and the adventure park.

Please could people sign up for either/both days as places will be offered on a first-come-first-served basis (guests will only be allowed both days if demand allows). To book a place please email Paul Taylor on taylspaul@gmail.com with the full names and contact details of each Ukrainian guest (inc. children).

The link below will give everyone a feel for what a great place it is!
www.oldsouthwold.co.uk



UPCOMING EVENTS

July 17th 2022



A PICNIC FOR UKRAINIAN FAMILIES & THEIR HOSTS **White House Farm, Great Glenham IP17 1LS** **Sunday 17th July 11.30-4.00**

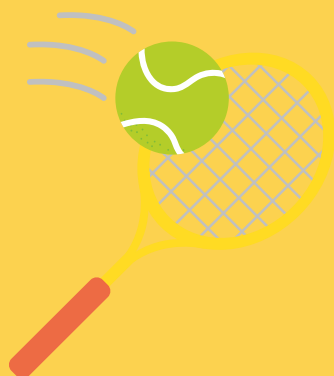
White House Farm is the magical home of the Alde Valley Spring Festival, Galloper Sands Galleries and Jason Gathorne Hardy, who will kindly host this event with Richard and Georgina Sayer.

There are woodland walks, plenty of spaces for children to run and picnic tables for up to 80 guests. There is also a large fire pit and Jason plans to make a Ukrainian stew to share along with salads & bread - and guests are free to bring their own picnics and drinks with them.

This event is FREE and will be on a first-come-first served basis. To reserve a place please email Georgina Sayer with the number and names of those attending : georgina@brightsideoflife.co.uk

UPCOMING EVENTS

10th, 17th & 24th August 2022



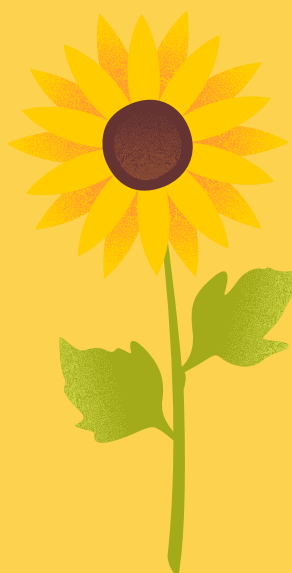
DONKEY GROOMING, PICNIC, PLAY **Stratford St Andrew, Nr. Saxmundham** **Wednesdays 10th, 17th & 24th August (11.30-3pm)**

Richard and Georgina Sayer are offering a day in their wonderful country garden in Stratford St Andrew (near Saxmundham). This is FREE to Ukrainian guests and hosts on three Wednesdays in August.

Children are invited to groom four (very well-behaved) donkeys and are also welcome simply to play in the garden, where a trampoline, tennis court (rackets and balls provided) and various garden games are available. We ask that children are supervised by parents, though there will also be a small team of volunteers to help. Food is not provided, but guests are welcome to bring their own picnics to enjoy in the garden.

There is a limited amount of spaces for each visit (max 30) and we hope this will offer Ukrainian parents and their children general time to mix and relax during the school holidays.

If you would like to book a place then please email Georgina: georgina@brightsideoflife.co.uk



SUPPORT: SUFFOLK COUNTY COUNCIL & COMMUNITY ACTION SUFFOLK



We work closely with [Suffolk County Council](#) and [Community Action Suffolk](#), both of whose websites have a lot of helpful information and advice for hosts and for our Ukrainian guests.

Community Action Suffolk are particularly keen to hear from contacts for Hubs and Social Groups so they can share information, not least to populate their terrific interactive Google map of events/meetings/courses etc. (which they can only do with specific permission of those running these things).

See details below:



[The Suffolk County Council website](#) has dedicated pages for Ukraine hosts and Guests, with lots of information. You can download a dedicated hosts' pack here:

<https://www.suffolk.gov.uk/assets/community-and-safety/Sponsor-Pack-Homes-for-Ukraine.pdf> They also have a useful FAQ page here: <https://www.suffolk.gov.uk/community-and-safety/communities/community-engagement/support-for-refugees/support-for-ukraine/ukraine-information-for-sponsors/> If you have any queries about the hosting process that are not answered by the FAQ or within their web pages you can contact refugeesupport@suffolk.gov.uk



What's happening in your area?

Many organisations across Suffolk are arranging events to support Ukrainian refugees in their communities, and to provide information and support for host families and other organisations. Community Action Suffolk (CAS) have listed a variety of events that may be of benefit to host families, organisations and refugees.



You can find a calendar of one-off events and an interactive map of regular meetings/events etc. here: <https://www.communityactionsuffolk.org.uk/community-support-for-ukrainian-refugees-in-suffolk/community-group-events/>



Suffolk Wide Facebook group for Hosts & those registered to host

Join 'Together for Suffolk – Ukraine Support Group' for dedicated county-wide host support. This is a closed Facebook group only for Suffolk hosts and those registered to host. We have a great network of hosts across the county who are supporting each other with queries around the hosting process and locating support around the county. The group is run by Community Action Suffolk and Suffolk County Council, and has regular information and updates from these organisations as well.

Link: <https://www.facebook.com/groups/tfsukraine/>



Support for community groups

<https://www.communityactionsuffolk.org.uk/community> If you are a community group running regular or one-off events for Ukrainian guests then please do let CAS know about them and they will add them to our map and/or calendar. You can use this form to let them know what you are offering: [-support-for-ukrainian-refugees-in-suffolk/ukraine-support-form/](#) (also found on website if this link does not work).



We also have a closed Facebook group for anyone running community groups so they can network with each other. You can join use here:

<https://www.facebook.com/groups/355948239853695/>