Swansea City of Sanctuary
Abertawe Dinas Noddfa

A Better Welcome to Swansea newsletter for asylum seekers in Swansea
October 2023

This newsletter will come out every month to tell you about activities you can do to keep busy, places to go to meet people, volunteering opportunities, classes you can do and where to go if you need help in an emergency, or any other support.

If you have any questions, please contact us.

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Welcome to Swansea!

Free for everyone

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Are you interested in studying?

Poetry, performing arts & creativity.

Free English Classes

Are you interested in Volunteering?

Do you need expert advice and support?

Are you a Refugee?

Better Welcome to Swansea Staff – Contact Us

Emergency Contact details

Welcome to Swansea!

Welcome to Swansea!



New to Swansea or been here a while?

If you are new to Swansea, you are very welcome – please contact us if you have any questions or would like a volunteer to show you around the city!

If you have been here a while, the newsletter is still for you, it will get updated every month with events, activities and news that may help you.

Please familiarise yourself with the Right to Remain Toolkit, which is available in many languages.
https://righttoremain.org.uk/toolkit/



Free for everyone

RE-CYCLE'S

Volunteering-training program 2022: Putting unwanted bikes back on the road

Email:
cibarra.unica@gmail.com

Mobile:
07395373086
(voice, text and WhatsApp)

Alternatively:
recycleswansea@ymail.com

New Social Drop-in!

Every Friday from 4-7pm

Come and join us at the St James Church for an afternoon of friendship, chat, support, games, food, English class and a Friends And Neighbours meeting. 🏓
🙆 ☕ 😊



St James Church, Walter Road, Swansea SA1 4QF

SASS Swansea Asylum Seekers Support

FAN – Friends and Neighbours

For more information: call- 07853 717017 or email- vol.sbassg@gmail.com

New Social Drop-in!

Every Saturday from 12-3pm

Come and join us at the York Place Baptist Church for an afternoon of friendship, chat, support, games, food, English class and a Friends And Neighbours meeting. 🏓
🙆 ☕ 😊



York Place Baptist Church, York Place, Swansea SA1 3LZ (across from Vue Cinema)

SASS Swansea Asylum Seekers Support

FAN – Friends and Neighbours

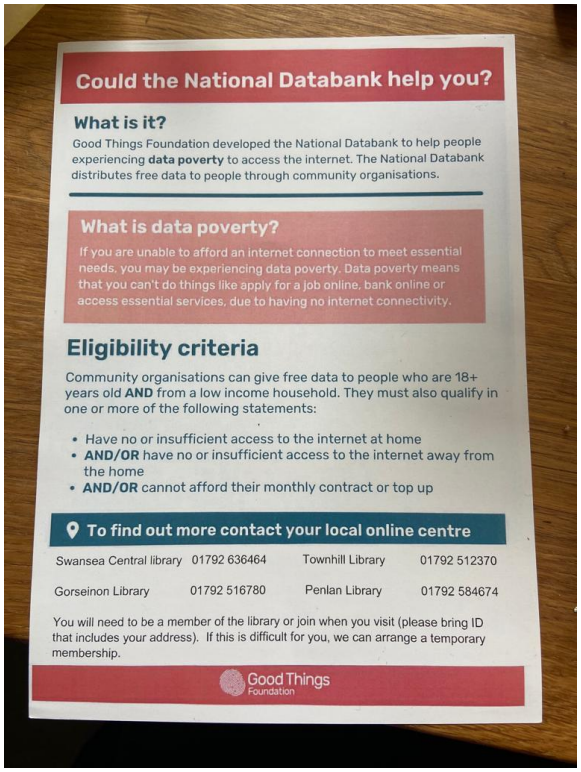
For more information: call- 07853 717017 or email- vol.sbassg@gmail.com


Unity in Diversity
York Place Baptist Church, York Street, Swansea, SA1 3LZ
*near The Vue Cinema
Every Thursday starting at 4pm:
Various activities
Clothing bank
Meal
Intermediate English Class


COMMUNITY TOGETHER
FUN & FRIENDSHIP
FIRST MONDAY OF EVERY MONTH 12-2PM
@ CENTREPOINT
(30 MARKET ST, MORRISTON, SA6 8DA)
EVERYONE WELCOME 18+. FREE
COFFEE CLUB
TABLE TENNIS
ARTS & CRAFTS
TABLE FOOTBALL
FOR MORE INFORMATION, PLEASE CONTACT NICOLA ON 07881 360228
Cyngor Abertawe Swansea Council
Caredig
Libanus Church


MINDFULNESS IN NATURE
Natural mindfulness is the purposeful paying attention of our senses; observing the natural environment. This involves being present and aware of sounds, smells, tastes, textures, bodily sensations and noticing emerging feelings
Being in Nature & Practising Mindfulness can help to:
Reduce stress hormone production
Promote health and happiness
Free up creativity
Lower heart rate and blood pressure
Boost the immune systems
Accelerate recovery from illness
Improve sleep
4 Courses Running from September 2023 to March 2024
To book into a programme please email
swansea.mud@outlook.com
Venue base: Ty'r Blodau building, situated in Botanical Gardens, Singleton Park.
Facilities: Toilets, indoor seating. On-road parking often available near the Gower Road (Sketty) entrance to Singleton Park.
Equipment: Mats supplied . Please wear clothing and footwear appropriate to the weather.
Accessibility: Please contact us to discuss. Walking is slow and purposeful with rest breaks. All activity is low impact.
This program is run by MUD- Minds Under Development and has been funded by the Bay Cluster - you must be registered at a GP practice within Bay Cluster to be eligible to participate


Free trial session
Corporate deals available
YMCA Swansea
Fitness Centre
UNLIMITED ACCESS
£10 a month
No contract
Friendly welcome
Open 6 days a week
1 Kingsway, Swansea. SA1 5JQ
01792 652032



Could the National Databank help you?

What is it?

Good Things Foundation developed the National Databank to help people experiencing **data poverty** to access the internet. The National Databank distributes free data to people through community organisations.

What is data poverty?

If you are unable to afford an internet connection to meet essential needs, you may be experiencing data poverty. Data poverty means that you can't do things like apply for a job online, bank online or access essential services, due to having no internet connectivity.

Eligibility criteria

Community organisations can give free data to people who are 18+ years old **AND** from a low income household. They must also qualify in one or more of the following statements:

- Have no or insufficient access to the internet at home
- **AND/OR** have no or insufficient access to the internet away from the home
- **AND/OR** cannot afford their monthly contract or top up

To find out more contact your local online centre

Swansea Central library	01792 636464	Townhill Library	01792 512370
Gorseinon Library	01792 516780	Penlan Library	01792 584674

You will need to be a member of the library or join when you visit (please bring ID that includes your address). If this is difficult for you, we can arrange a temporary membership.

Good Things Foundation



Swansea Libraries are Free, warm, has Free access to WIFI and you can also get FREE sim cards at the library – just explain you are an asylum seeker.


Come in!
For tasty food
and good company
FOOD CYCLE
Free meals
Mondays
6.30pm
Everyone is welcome
FoodCycle Swansea
The Phoenix Centre
Powys Ave
SA1 6PH


Llywodraeth Cymru
Welsh Government
LIGHT REFRESHMENTS, WIFI, COMPUTER ACCESS AND SUPPORT ON INFORMATION, ADVICE & GUIDANCE
BMHS
WARM SPACE
CITY AND COUNTY OF SWANSEA
DINAS A SIR ABERTAWE
OPEN ON ALL SUNDAYS
FROM
2:00PM-7:00 PM
BMHS Hub, 19 High Street SA1 1LF

Information for Children and families







FREE events throughout Swansea: What's on in Swansea - Swansea

MARCHNAD ABERTAWE SWANSEA MARKET

Terror at the Market Garden!

Join us on Saturday 28 October for a day filled with tricks and treats. 11.00am - 4.00pm, Swansea Market. Free.



Spooks in the City

Spooks in the City takes place in a brand new location at St David's Place Swansea on Saturday 28 October 2023



Swansea Council Fireworks Display

Sunday 5 November 5pm, St Helen's Ground

FREE events at Swansea libraries: Library events - Swansea

Groups Just for men





Cooking Course

Learn how to cook for yourself and others!

Every Thursday 12:30pm - 2:30pm

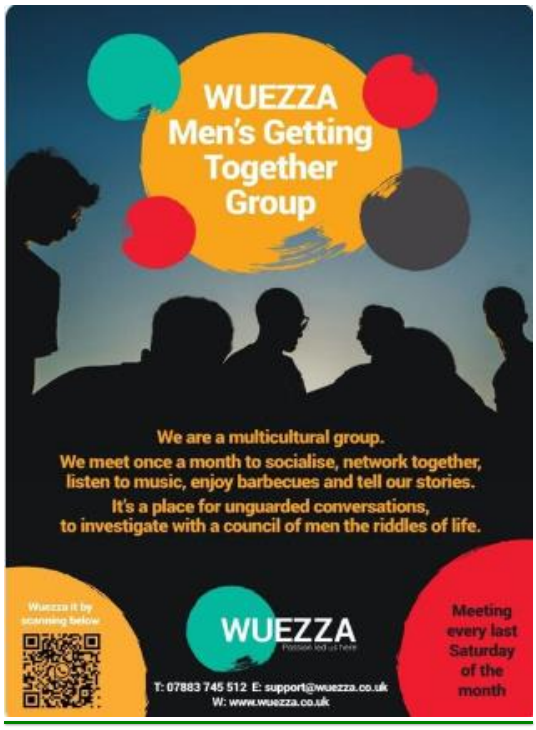
at St. James Parish Centre,
71 Walter Rd, Swansea, SA1 4QA

For men only

Free to attend

Contact 07853717017 to register

SASS
Swansea Asylum Seekers Support



Groups just for Women





SWANSEA COMMUNITY FLAVOURS





Just for women: Friendly cooking group Thursday 10 am - 12 am In the Waterfront Museum. SA1 3RD.




Childcare provided;

Bus paid -*BUT please bring tickets*

Are you interested in studying?

College – ESOL and beyond!

- Gower College offers course at A Level and GCSE – FREE for asylum seekers. Look through their website and choose the course you are interested in, then call the admissions office for that course. You **DO NOT** need to pay the £50 fee – but you have to speak to someone by phone to authorise this.

University Scholarships

- Swansea University currently offer one Sanctuary Scholarship for a postgraduate taught master's student. Please do keep an eye on our website for details of the scholarship opening for the next academic session: https://www.swansea.ac.uk/money-campuslife/sanctuary-scholarship/.

- The STAR network's database of scholarships here, these are all over the UK, so you might not be able to apply depending on your Home Office situation. Please speak to EYST, WRC or your lawyer to check. https://star-network.org.uk/access-to-university/scholarships/.

- The Open Futures Sanctuary Scholarship provides the opportunity for new, UK-resident students who have been displaced from their homeland or place of residence for political, economic, ethnic, environmental, or human rights pressures, to study for free. Sanctuary Scholarship | Open University

Funding for study materials

- There are a number of charitable organisations offering support for refugees and asylum seekers too. One such organisation is the Ruth Hayman trust and we have had a few students successfully achieve a scholarship form this organisation so it is worth looking at: http://www.ruthhaymantrust.org.uk/.

Poetry, performing arts & creativity.

Exiled Ink
magazine

Opportunity for all refugee and migrant writers (stories, poetry) - for more information read down!

- Exiled Writers Ink is proud to be one of the Literary Consultancy's partners and we are currently accepting submissions for the Scheme from those with refugee and migrant backgrounds.
- The Scheme is an opportunity for talented, low-income writers to receive professional feedback on their work. This will be a long, detailed report.
- Please now send your poetry or short stories or novels or play extracts to Exiled Writers Ink. exiledwritersink@gmail.com
- We will assess it for quality and then forward it to The Literary Consultancy.
- Send in a 12 size font and double spaced, except for poetry.



Grand Ambition is a theatre company based at Swansea Grand Theatre, right in the heart of our city.
We want to get to know our neighbours better and find out what culture means
to all of Swansea's communities.
We tell Swansea stories, and we want to engage with and create opportunities
for people from all backgrounds.
We'd love to meet to share ideas and stories, to help us all connect through culture.
For more information contact Richard Mylan richard@grandambition.wales 07936798340

Cyngor Abertawe Swansea Council
Cyngor Celfyddydau Cymru Arts Council of Wales
ARIENNIR GAN Y LOTERI LOTTERY FUNDED
GRAND

Free English Classes

These are informal Free English classes you can join at any time:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Family learning class, with creche, 0945-1215, African Community Centre (ACC)	Beginners' Conversation Class, ACC, 10-12		UiD (Unity in Diversity) beginners class 10-11am York Place Baptist Church, York Street SA1 3LZ	WRC **Zoom**, 930-1030, mixed levels up to intermediate	SASS all levels, 12-1pm at York Place Baptist Church, York Street, SA1 3LZ (followed by a social drop-in until 3pm and includes a FAN group at 120).
FAN (Friends & Neighbours) 10.30-11.30 Informal conversation group; York Place Baptist Church, York Street SA1 3LZ	Mixed levels, focusing on IT skills, ACC, 1215-245	FAN **Zoom** meeting 4-5pm	WRC **Zoom**, 930-1030, mixed levels up to intermediate	GROW Cymru: Women only beginners class 10.30-12.30; Unit 12, St David's Shopping Centre, SA1 3LG	
WRC (Welsh Refugee Council) **Zoom**, 130-230, mixed levels up to intermediate	Swansea University intermediate **Zoom** class 3-4pm	Swansea University beginners **Zoom** class 4-5pm	Swansea University intermediate **Zoom** class 4-5pm	SASS intermediate **Zoom** class 2-3pm	
Swansea University beginners **Zoom** class 3-4pm		SASS advanced **Zoom** class 450-550pm	SASS advanced **Zoom** class 5.30-6.30pm	Swansea University beginners **Zoom** class 4-5pm	
SASS (Swansea Asylum Seekers Support) beginners **Zoom** class 5-6 pm	SASS advanced **Zoom** class 5-6pm	SASS Women's **Zoom** group 6-7pm	UiD intermediate class 5.45-7pm, York Place Baptist Church, York Street, SA1 3LZ (part of a social drop in that starts at 4pm)	SASS all levels 4-5pm, St James Church, Walter Road, SA1 4QF (followed by a social drop in until 7pm, with a FAN group at 5.30pm	SASS advanced **Zoom** class 7-8pm

HOW TO JOIN THE CLASSES

Swansea University beginners/intermediate classes – use this link below to register:
https://tinyurl.com/2p86cb7e

Pre- intermediate and Upper-intermediate Free classes at Swansea University (face to face): contact elts@swansea.ac.uk

For SASS classes: contact George on 07719876193 or georgefw1@gmail.com

For UiD classes: contact David on 07431294145 or jendavebrowell@gmail.com

For Grow Cymru: classes contact Yvonne on 0791865675 or info@growcymru.org.uk

For FAN: contact Philippa on 07938978397 or philippa.wisdom@thefancharity.org

For the African Community Centre: use the link below to register, or contact Chizobam on 07826596900 or chizobam@africancommunitycentre.org.uk
docs.google.com/forms/d/1FylEaf-Go8sxW0rm8UYYqBbYWMq-KFCh-19LqNVUX4Q/edit

For the Welsh Refugee Council, use this link below to register:
https://forms.office.com/r/DE3xeAgYHK

For formal English classes through college, you must make an appointment for an assessment:

REACH Swansea | Scheduling and Booking Website (simplybook.it)

Please call Charlotte if you want help booking your appointment.

Are you interested in Volunteering?



With information on local opportunities, Swansea Volunteer Centre can provide all the support you need to start volunteering - one to one advice and guidance, face to face, by phone or email. Get in touch.

Tel: 01792 544000 / Email: volunteering@scvs.org.uk / Whilst we are currently working remotely, we can offer appointments over the phone or via Zoom – Mon-Fri, 9am-5pm

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Do you need expert advice and support?

Have you been a victim of a hate crime?

Find out about reporting hate crime and how to get support if you, or someone you know, is a victim of hate crime.

What is a hate incident or hate crime?

The term 'hate crime' can be used to describe a range of criminal behaviour where the perpetrator is motivated by hostility or demonstrates hostility towards the victim's disability, race, religion, sexual orientation or transgender identity.

This may include:

- verbal abuse
- offensive graffiti
- threatening behaviour
- damage to property
- assault
- bullying including cyber bullying
- abusive texts, emails or phone calls
- taking money from you.

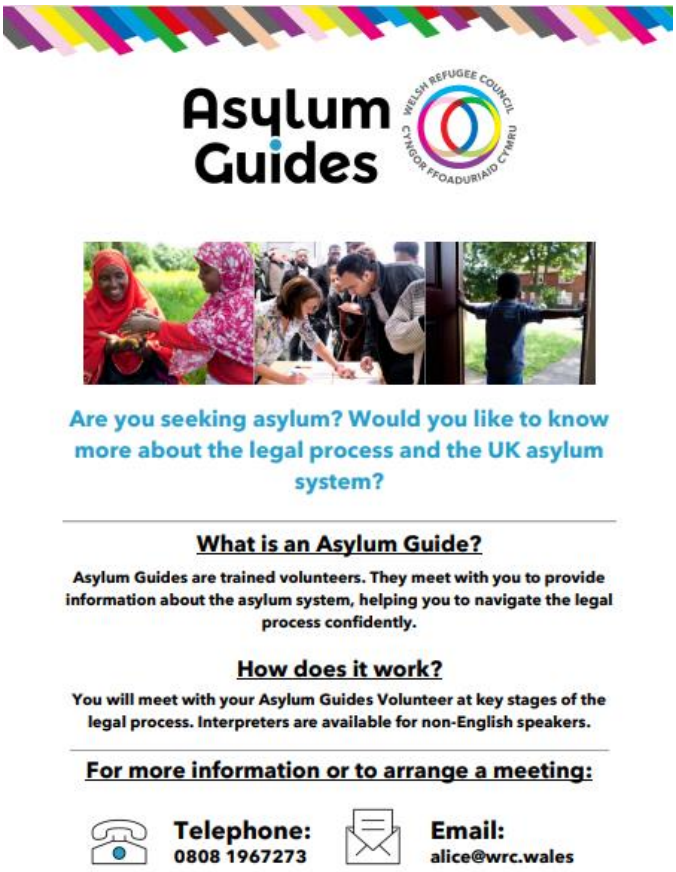
Why is it so important to report a hate crime or hate incident?

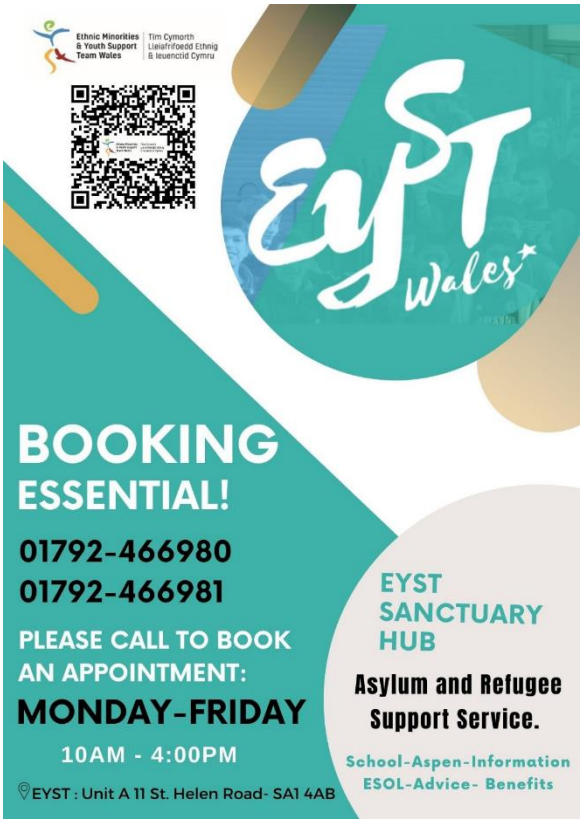
Hate incidents and hate crimes are under-reported. We need to understand the problem so that the right decisions can be made to stop you or a member of your family and friends from becoming the next victim.

The right support means we can stop victims feeling isolated, depressed, frightened, distressed or even worse taking their own life.

Who can I contact?

- Call the police directly by dialling 999 if you are in immediate danger, or 101 for non-emergencies.
- Ring 0300 3031 982 (24/7) to contact victim support directly. Calls are treated confidentially and you have the option to remain anonymous.
- You can also report online on the Report Hate Crime website (opens new window)
- If you are a council tenant you can also report it to your local area housing office - your neighbourhood officer will investigate the complaint.





Book an appointment

We provide face-to-face appointments in our offices on:

Mondays – 10:00 – 13:00 and 14:00 – 15:00.
Tuesdays – 10:00 – 13:00 and 14:00 – 15:00.
Wednesdays – CLOSED
Thursdays – 10:00 – 13:00 and 14:00 – 15:00.
Fridays – 10:00 – 13:00, **we are CLOSED in the afternoon.**
Saturday – CLOSED
Sunday – CLOSED



[Get Support - Welsh Refugee Council (wrc.wales)]

Are you a Refugee?

Have you had any negative experience on busses around Swansea?

Complaints should be reported to their system (by phone or web form, details at:

https://www.firstbus.co.uk/help-support/complaints-feedback/customer-complaints-charter#:~:text=Our%20customer%20services%20team%20can,full%20reply%20in%207%20days.

They need: date, time, place, bus route and destination. And what happened. Bus number plate is helpful too.

Somebody else can make the complaint on behalf of the person/people affected - they can remain anonymous.

Move On Service

Just over half of asylum seekers are granted refugee status. However, they then are given just 28 days to leave asylum accommodation and find housing, employment and means to support themselves.

During this time, homelessness becomes a real possibility. Our Move On Team provides crucial support in this period.

Between 2021-2022 the Move-On service held 2,232 face to face sessions helping 1,296 newly granted applicants and their families.







BritishRedCross



Family Reunion in Wales

At British Red Cross, our team of multi-lingual staff and volunteers can:

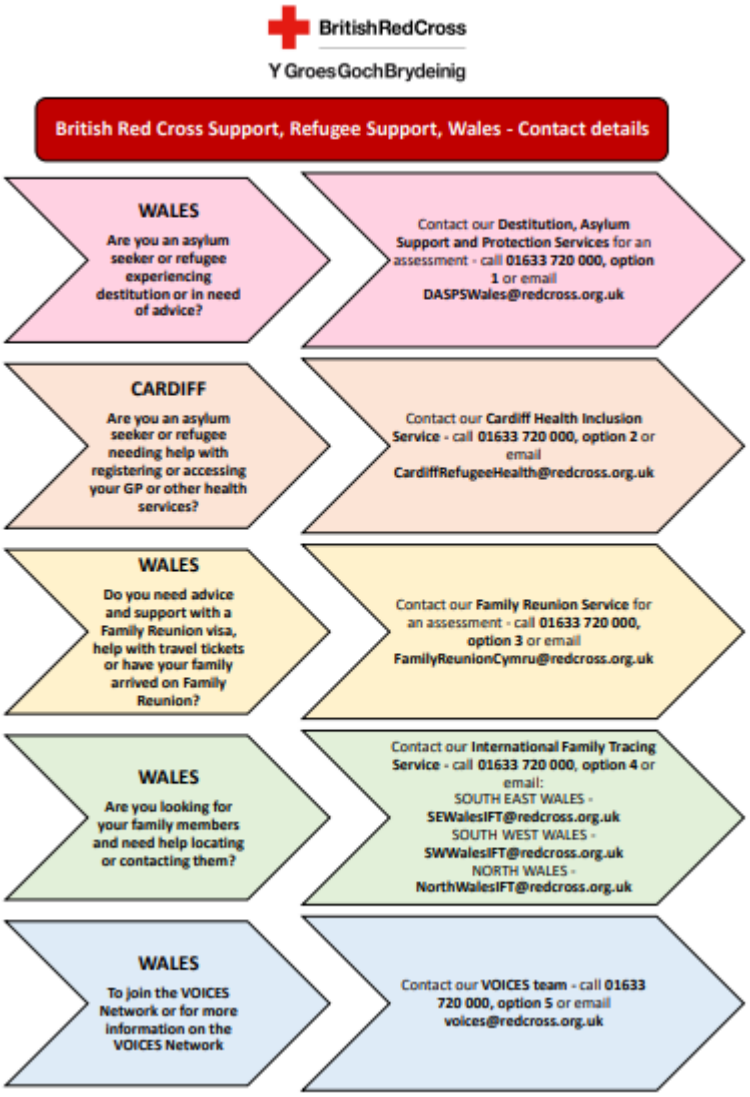
- Support access to advice on family reunion visas.
- Help prepare for family members arrival in Wales.
- Support access to housing, health, welfare and benefits, and education for reunited families.
- Offer orientation and activities for reunited families, including women-only activities.

Please contact us on:
01633 720 000, Option 3
familyreunioncymru@redcross.org.uk

The British Red Cross Society, incorporated by Royal Charter 1908, is a charity registered in England and Wales (220949), Scotland (SC037733), Isle of Man (0734) and Jersey (NR3).
Photo: © Emily Mauerhan/British Red Cross

The power of kindness





Better Welcome to Swansea Staff – Contact Us



I'm Charlotte – I can help by connecting you with people and groups in Swansea - we have a team of volunteers who can show you around the city. I can also help you start volunteering or tell you about organisations who will help with different types of support from food, to housing, English classes, Home Office letters, study and so on. I look forward to meeting you. Please call and leave me a message or email me.

Tel: 07952 785127

Email: Charlotte_davies@scvs.org.uk

Emergency Contact details

URGENT

IF YOU ARE A REFUSED ASYLUM SEEKER, OR YOU KNOW SOMEONE WHO IS

THERE IS HELP AVAILABLE

SUPPORT:

EYST Sanctuary Team, SA1 4AB
01792 466980
Advice / Rights

Share Tawe, SA1 4AB
07519 551192
Temporary Accommodation

Red Cross
01633 245759
Financial / Material Support

Swansea Asylum Seeker Support
07853 717017
Community Support / Food

Unity in Diversity
07531 294145
Community Support / Food

FREE FOOD:

Matthew's House, SA1 1LW
07708115903
Monday 11.30 - 13.45
Tuesday 11.30 - 13.45
Sunday 19.00 - 20.45

Zac's Place, SA1 4HH
Friday 11.30 - 13.00

Missionaries of Charity, SA1 2AW
01792 463107
Wednesday 15.00 - 16.00
Friday 15.00 - 16.00
Sunday 15.00 - 16.00

St Marys Church, SA1 3LP
01792 655489
Wednesday 09.30 - 13.00 (takeaway meal)

St Thomas Church, SA1 8BP
01792 455671
Sunday, Monday, Tuesday 10.00 - 13.00
Wednesday, Thursday, Friday 09.00 - 13.00
Saturday 09.00 - 12.00