



# Useful Information for Ukrainian Guests and their Hosts in the Bridport Area

These notes attempt to capture information and advice that would be useful for Ukrainian refugees (and their hosts) after they have arrived at their new home and are faced with the challenges of settling in to an alien environment.

*This document will be updated from time to time.*

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Comments, suggestions etc. please email them to [jim.tigg@btinternet.com](mailto:jim.tigg@btinternet.com)

## Introduction

This document is essentially a list of items of interest and, hopefully, value.

A separate document has also been prepared titled '***A Practical Guide to Hosting Ukrainian Refugees in the Bridport Area***' which covers the more formal process of becoming a host and everything that needs to be done to ensure statutory requirements are met, as well as the fundamentals such as Universal Credit eligibility and medical registration.

## Key Local Ukrainian Refugee Forums

The main active groups are:

### **Bridport Ukrainian Friends**

A WhatsApp group hosted by the Bridport Quakers. This group is pivotal to the successful support of Ukrainian refugees, hosts, and volunteer helpers in the Bridport area.

**Contact Sue Beckers** on +44 78794 51154 to request join.

### **Lyme Regis Hosts**

Running parallel and in unison with Bridport Ukrainian Friends this group serves the Lyme Regis area.

**Contact Kath Gigg** on +44 75355 21115 to join the group

### **Refugees in Dorset Chat**

A chat group for guests – in Russian & Ukrainian. This is on the Telegram application.

<https://t.me/+I4NQBBVe-Ho5NDMy>

### **Facebook - Homes for Ukraine in Bridport:**

Hosted by Will Austin, the Bridport Town Council's Town Clerk.

## Useful Information

**This information is listed in no particular order.**

### **Bridport Town Council (BTC):**

The Town Council has been active in identifying aspects needing support and negotiating discounted or free facilities with other organisations where feasible. Bridport Town Council are also working to address the potential need for hardship allowances for those guests whose £200 entitlement has been exhausted before they are able to secure an income.

To contact BTC either pop in to the Council offices (Mountfield, Bridport. Dorset. DT6 3JP), or Phone: 01308 456722, or email: [enquiries@bridport-tc.gov.uk](mailto:enquiries@bridport-tc.gov.uk)

### **Bridport Community activity & support groups**

Bridport is home to many community groups which are potentially beneficial to the well-being of Ukrainian guests.

The Tourist Information Centre on Bucky-Doo Square is a useful starting point to finding out what might be helpful for your guests.

Here are a sample – but there are many more out there!

- **Bridport Youth and Community Centre:** <https://www.bridportycc.com/about>  
Hosting many and varied activities for children, teenagers and adults.

- **Bridport Leisure Centre:** <https://www.bridportleisure.com>  
Swimming, keep fit, squash, and more.  
*Bridport Leisure centre offer a limited number of free swimming sessions for guests (£1 for hosts). There are also*
- **Bridport Tennis Club:** <https://clubspark.lta.org.uk/bridporttennisclub>  
*Offer free membership and court use, half price coaching for guests, contact [secretary@bridporttennis.org.uk](mailto:secretary@bridporttennis.org.uk)*
- **Bridport Community Shed:** <https://www.bridportcommunityshed.org.uk> and 07593 880428  
Craft work, stitching, woodwork, making all kinds of things. Lovely quiet, friendly atmosphere. Free and open to all.

And amongst many others:

- **Bridport's Park Run** at 9:30am every Saturday at St. Mary's fields (west of the church). A social run (or walk) for young and not so young.
- **Lyme Regis Junior Parkrun** on Sunday mornings for 4 to 14 year-olds. Meet at 9am to the left of the clock at the bottom of the main street.
- **Yoga sessions** – St. Mary's Field, Sundays 09:30am (free, just turn up)
- A number of singing and choir groups.

### Learning English

Bella Blanchard who represents Skills and Learning has kindly taken on the role of co-ordinating the provision of English lessons and the involvement of volunteers wishing to assist.

Entry-level English classes for two mornings a week based at the Quakers' South Street premises are in place but this is now full. However, the Quakers have kindly offered additional time slots for English lessons.

Email Bella, [bblanchard@salbcp.com](mailto:bblanchard@salbcp.com), for further information and to let her know whether you are seeking beginner or intermediate level lessons. Once slots are established Bella will book a place for you (on first come, first serve basis).

### Learning generally

Suggested websites to visit:

- The British Council website for on-line learning <https://learnenglish.britishcouncil.org>
- [Support for Ukrainian nationals - Skills & Learning Adult Community Education \(skillsandlearninggace.com\)](https://www.skillsandlearninggace.com) provides education, support and signposting information for those wishing to find out about a range of learning opportunities, including to benefit a professional career.

### Transport for guests

#### Bus Travel

First Bus are offering free bus passes valid for 1 week but renewable. There is no certainty how many free passes will be provided. At least 60 Unique Codes have been promised of which 20 have been used already.

Refer [Appendix 1: First Bus, Bus Passes](#) to see what you need to do to get a pass.

First Bus routes and timetables are available on line or pick up a booklet from the Bridport Tourist Information Centre.

### Getting Lifts

A dedicated WhatsApp group is set up to enable those offering to provide lifts to connect with those guests requesting lifts.

If you are willing to give lifts on an ad-hoc basis, or may be in need of a lift, then please contact:  
**Jessica Fields on +44 7554 177015, or email [janddfields@aol.com](mailto:janddfields@aol.com)**

Refer [Appendix 2: Lifts4U](#) for details.

### Getting lifts if you have a 'special' need

Lifts4U has been set up primarily to serve Ukrainian refugees wishing to do things like visiting the Clothing Bank 4 Ukraine, attending get-togethers, visiting friends.

If you need a lift for essential travel to medical appointments, collecting prescriptions, or because you have physical mobility issues, then the services of the charity organisation 'Pathways to Care' can be requested.

<https://www.helpandkindness.co.uk/service/1464/Bridport-%26-District-Good-Neighbour-Scheme--Pathways-to-Care>

Requests for help can be made by:

Either, email [jacquelinepapps@gmail.com](mailto:jacquelinepapps@gmail.com)

Or, telephone 01208 420483 and leave a message (these are checked daily)

### Free Clothing, etc. for Ukrainian Refugees

Bridport Ukraine Volunteers Group made a call for donations of clothing etc. for Ukrainian refugees, (in fact they also made delivery trips to Poland!). As a spin-off they have been operating a 'store' where guests can help themselves to clothes, push chairs, etc. etc. at no cost!

Check the Bridport or Lyme Regis WhatsApp groups for opening times.



## *Bridport Clothes Bank 4 Ukraine*

The Barn, Mapperton Farm, Mapperton, DT8 3NS

### SIM Cards

Vodafone have promised free SIM cards for Ukrainian refugees. These can be applied for on line. Vodafone appear to be overwhelmed by the demand and for some it has taken weeks to obtain one. This has the drawback that guests remain on their Ukrainian phone numbers which, apart from cost implications, mean that calling this number from a UK number is costly. Also in situations where a help line such as NHS 111 need to call a guest they cannot.

It is therefore wise to obtain a SIM card soon after a guest's arrival without relying on Vodafone's well-meaning offer.

### Employment

#### Job opportunities

Currently there are many job opportunities (for non-professional jobs at least) as advertisements in the windows of retail outlets and the like are testament to.

Also, go to the website <https://uk.indeed.com>, type in Bridport (or your location), type in the distance one is prepared to travel and click!

### If your guest finds a job

Guests can start work straight away – but should keep good record of jobs and earnings! (They will be issued a National Insurance Number as part of their Universal Credit application process).

Some of our guests are managing to find part-time or casual work (in some cases, very soon after their arrival) which can result in them earning a fair bit of income. As the jobs accessible to those with little English are mainly cleaning or other relatively mundane activities there may be little formality from their employers, so their earnings may not be immediately visible to the British authorities.

A concern is that over time their employers may declare these earnings to HMRC as part of their own accounting. This may result in either the tax office presenting the worker in question with a large bill for tax arrears, or the Department of Work and Pensions demanding a reimbursement of overpaid Universal Credit. Either would be an unforeseen blow for the guest concerned.

It would be prudent to discuss this with guests who may find themselves in such a situation. Some pointers being:

- How the income tax system and UC works.
- The need to keep careful records of work done, when, where, hours, and income.
- Universal Credit (JobCentre) should be advised of any change of the guest's working circumstances, i.e., whether self-employed, employed or a combination. They will then ask for monthly updates on self-employment income details to adjust UC payments and hence avoid a UC claim back bill in April once declared to HMRC.
- Emphasise that if the employee is formally employed, it counts towards their eventual old-age pension should they decide to stay in the UK – this works via the National Insurance (NI) number, which a reputable employer will ask for.
- The need to keep copies of any paperwork. Note that some employers require invoices to be submitted that they can pay the employee against (Footprints in East Street stock these).

### Miscellaneous

#### Ticks

It is important to let guests know that ticks thrive in the Dorset countryside and tick bites carry the risk of contracting Lyme's disease. Those from rural areas of Ukraine will probably be familiar with them but those from urban areas may not.

#### National Trust – Free Membership

National Trust offer hosts that are already members, free membership for Ukrainian guests.

#### Guests with Learning Disabilities

Should any guests that arrive from Ukraine have learning disabilities Mencap are an organisation that provides support. Call the Mencap Secretary: 0772 02666 if such need arises (the contact person is Linda Simpson).

#### Race Equality:

If guests experience any difficulties as result of their nationality contact Joe Farnum representing Dorset Race Equality Council and Bridport Multi-Cultural Meetings.

#### Schooling

This is organised through Dorset Council.

## Specific Offers of Support – ex Facebook postings

The following have been extracted from Facebook postings up to 28th May 2022.

### Mental and Emotional support

Refer [Appendix 3: Mental and Emotional support](#)

### General Activities

#### Activities and Support for Kids and Young Persons – Respite for Parents & Hosts!

Gayle Pitcher, a teaching assistant, would be happy to support any Ukrainian children who may like to access any groups/clubs, go swimming, to the park or days out. A few hours respite for parents. I am DBS checked and have a car. My mobile number is 07825 728730”.

#### Play an Instrument in a Band?

Amanda Bell invites any guests that play an instrument to join a band! They could probably also help with atypical band instruments/groups as well, through friends, contacts, etc.

Contact via email [enquiries.wessex@gmail.com](mailto:enquiries.wessex@gmail.com) or phone 07535 354433

#### The Cowshed (An allotment and more)

Bessie Gresty would like to offer The Cowshed facilities as a meeting place. The Cowshed is a community centered, wheelchair friendly allotment located next to the Medical Centre. It has a large shelter, 8 chairs and tea bags a plenty...and if anyone fancies it, lots of gardening (weeding?) opportunities too!

Contact fb The Cowshed at Plot 17. Phone: 07769 720773, or email [bessiegresty@hotmail.co.uk](mailto:bessiegresty@hotmail.co.uk)

#### Allington Hillbillies – offer outdoor activities

Cathy Harvey runs the Allington Hillbilly group and says: “We have been discussing putting in outdoor activities for those have little English. Such as natural art, nature walks etc. These will not happen though for at least 6 weeks because all our providers are already booked”. Contact Cathy on 07723 747324.

#### Sauna Time

Anne Sarah Machin offers sauna time free of charge to Ukrainian refugees from Bridport area. It is a cultural ritual for which, she feels, many would find respite and connection.

Please email [seasidesaunahaus@gmail.com](mailto:seasidesaunahaus@gmail.com) or call 07845 576 112.

#### Chiropractic Care

Evelyne O’Hare, Principal at West Dorset Chiropractic Care, is a chiropractor and can help with any back or joint pain at no charge to Ukrainian refugees.

Contact by calling 01308 423322

#### Art Sessions (with a speaker of basic Russian)

Jenny Hackett says: “I can read and write Cyrillic and have a very basic grasp of Russian. Based on my being a retired Art Therapist, I could possibly offer some very gentle supportive art sessions.

Contact [jenny@thehacketts.uk](mailto:jenny@thehacketts.uk)

#### Art – Creative Sessions

Fiona Moir and Gail Sagman could offer some art/creative sessions in Bridport or Jam Factory after 13th June. They have just run a series of these with refugees in Athens.

Contact [Fionamoir@me.com](mailto:Fionamoir@me.com) or phone 07545 237401

## Appendix 1: First Bus, Bus Passes



### Bus Passes for Ukrainian Refugees



**How a Ukrainian refugee in the West Dorset area  
can obtain a free bus pass ticket.**

#### The Free Bus Pass Ticket:

These will be issued as a 1 week ticket.

When it expires another 1 week ticket can be applied for using the same process. But, it is possible First Bus will only provide a limited amount.

It is applied for on line via the **First Bus App**. Go to:

<https://www.firstbus.co.uk/tech-bus/first-bus-app> to download the App.

#### To apply for your ticket a Unique Code is required.

Jenny Tigg will administer the issue of the Unique Code. Contact Jenny by:

- Email: [jenny.tigg@btinternet.com](mailto:jenny.tigg@btinternet.com) , or
- Text message: 07775 563931, or
- As a 'reply privately' option on Bridport Ukrainian Friends WhatsApp group (to avoid the group becoming cluttered).

Jenny will record the name of the Ukrainian guest to whom each Code is issued, and the date of issue.

#### How to get a pass:

##### To get your ticket

1. Obtain your Unique Code from Jenny.
2. Open the First Bus App, go to 'Wessex area'...
3. Select Adult Dorset Week mTicket...
4. Go to Week ticket menu... apply the Unique Code... and that gives you a ticket

##### When you need to use the ticket:

5. 'Activate' the ticket when you need to use it (this is the start of the week that it is valid for)

##### Need another ticket?

6. Go back to 1 and repeat!

**Remember: tickets are only valid for First Bus buses**

**Good luck, safe journeys, and our thanks to First Bus!**

## Appendix 2: Lifts4U



### Enabling Lifts for Ukrainian Refugees

Version 2, 27 June 2022



#### Essential Start Point for those offering lifts:

- Inform your car insurance company of their intent to provide lifts for Ukrainian refugees (possibly accompanied by their hosts) and obtained clearance from them.
- Be DBS cleared

#### How it works:

A dedicated WhatsApp Group called **Lifts4U** has been set-up to serve *the Bridport & Lyme Regis area*. Jessica Fields kindly hosts this new group.

#### People offering lifts:

Email or phone Jessica (see below) who will note your name, contact details, how many people you could take, your location, and perhaps any constraints to availability.

Jessica will maintain a spread sheet record of your details and add you to the Lifts4U group.

#### People who may need a lift at any time:

Provide Jessica with your name and UK phone number so you can be added to Lifts4U.

When a lift is needed – post a request with details on Lifts4U.

Hopefully someone will see your request and respond by posting on Lifts4U, everyone can then see an offer has been made.

If circumstances allow, the person offering may also wish to post that they have space for others who might like to share the lift.

#### Once an offer has been made:

The parties then liaise directly with each other to make detailed arrangements. (To avoid cluttering Lifts4U, note that this can be done using the 'Reply Privately' option in WhatsApp).

If you are willing to give lifts on an ad-hoc basis, or may be in need of a lift, then please contact:

Jessica Fields on +44 7554 177015, or email [janddfields@aol.com](mailto:janddfields@aol.com)



## Appendix 3: Mental and Emotional support

### Useful Links Addressing Trauma Issues for Children and Adults

These are resources which hosts and guests may be interested in:

- UN-Caring-for-child-in-Crisis-Situations-booklet [https://www.unodc.org/res/drug-prevention-and-treatment/publications/data/drug-abuse-treatment-and-rehabilitation\\_caring-for-your-child-in-crisis-situations\\_html/UN-Caring-for-child-in-Crisis-Situations-booklet-200929-DIGITAL.pdf](https://www.unodc.org/res/drug-prevention-and-treatment/publications/data/drug-abuse-treatment-and-rehabilitation_caring-for-your-child-in-crisis-situations_html/UN-Caring-for-child-in-Crisis-Situations-booklet-200929-DIGITAL.pdf)
- Helping Children Cope with Traumatic Events - <https://www.helpguide.org/articles/ptsd-trauma/traumatic-stress.htm>
- Guide for Parents in Supporting their children [https://www.rodekors.dk/sites/rodekors.dk/files/2018-03/Guide\\_EN\\_01\\_B\\_1-korr.pdf](https://www.rodekors.dk/sites/rodekors.dk/files/2018-03/Guide_EN_01_B_1-korr.pdf)
- Mental health support for families and kids, in Ukrainian <https://k-s.org.ua/coping-war/>
- Help for anyone fleeing the Ukrainian conflict. Barnardo's. Therapy with a qualified psychotherapist – delivered via the phone or online, with access to interpreters in Ukrainian and Russian. <https://www.barnardos.org.uk/what-we-do/helping-families/ukrainian-helpline>
- Mental health lifeline launches for families in Ukraine [EN/UK] - <https://reliefweb.int/report/ukraine/mental-health-lifeline-launches-families-ukraine-enuk>
- Red Cross <https://www.redcross.org.uk/get-help/get-help-as-a-refugee/help-for-refugees-from-ukraine> and specifically, dealing with trauma as a child <https://www.redcross.org.uk/-/media/psychosocial-support-for-people-separated-from-family-members.pdf?la=en&hash=68711B7EE6C14ABBDACE10DC450518CF225DEA8E>

Also, you can call the British Red Cross support line, which provides help in more than 200 languages. It helps people who are lonely, worried and finding it hard to get the help they need in the UK. Call on 0808 196 3651 (open daily 10am - 6pm) and ask for an interpreter if you need one.

Help when you feel at your worst - If you are feeling very distressed, call The Samaritans on 116 123 or email [jo@samaritans.org](mailto:jo@samaritans.org).