

East of England

Wellbeing & Work for Refugee Integration Project (WW4RI)

Dear Colleague

WW4RI offers specialist **therapeutic, employment and language** support to refugees living in the East of England. Working in partnership with the Strategic Migration Partnership and regional organisations, the programme supports **refugee adults, families and separated children** to access tailored integration support within their local community. For information contact admin.ww4ri@refugeecouncil.org.uk

In the Wellbeing part of the service we can offer:

- Specialist wellbeing and therapeutic support, focusing on increased resilience & self-care - in Cambridge, Peterborough, Essex and Hertfordshire
- 1-1 therapy over 12 sessions
- Individual and group art therapy for Children and Young people in Peterborough and Cambridge and also for adults in Cambridge
- Individual and group psycho-education
- Other adult therapeutic groups according to interest and availability eg horticulture.

Who is it for?

- Refugee adults and families with children (via asylum-route, VPRS, VCRS and Gateway)
- Separated children seeking asylum

Please bring a **Biometric Residence Permit or Home Office Letter** as proof of eligibility to access this service.

Those eligible include people:

- with Refugee Status
- given Humanitarian Protection
- with Indefinite Leave to Remain
- with Discretionary Leave to Remain (over 12 months – as result of asylum claim)
- who are Resettled refugees (VPRS, VCRS, Gateway)
- here under Family Reunion

“This project is part funded by the EU Asylum, Migration and Integration Fund. Making management of migration flows more efficient across the European Union.”

How to access Essex Wellbeing services:

Please contact us via the email address: admin.ww4ri@refugeecouncil.org.uk

Your enquiry should clearly specify

- **grounds for eligibility** - we will need to see a BRP or Home Office Letter as proof of eligibility to access this service
- **which location and service you wish to refer to.**
- **Please also complete and send the attached referral form to the above email address**

Shireen Dossa (Children Service), Psychological Therapist, British Psychological Society, MBPsS

PhD student at the University of Essex, Psychosocial and Psychoanalytic Department

Wellbeing & Work for Refugee Integration Project: Wellbeing and Therapeutic Service

Colchester and Tendering (Based in Colchester)

Working Days: Monday and Tuesday

Direct line 07436 293 127 Email shireen.dossa@refugeecouncil.org.uk

Mehmet Demir (Adult Service), Psychological Therapist, MA Clin Psychology

PhD Candidate at the University of Essex, Psychosocial and Psychoanalytic Department

Wellbeing & Work for Refugee Integration Project: Wellbeing and Therapeutic Service

Colchester and Tendering (Based in Colchester)

Working Days: Thursday and Friday

Direct line: 07436 255 952 Email: mehmet.demir@refugeecouncil.org.uk

Xing Yi Fagnoni (Children and Adult Service)

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SUPPORTING AND
EMPOWERING
REFUGEES



Psychological Therapist / HCPC registered Music therapist

Wellbeing & Work for Refugee Integration Project: Wellbeing and Therapeutic Service

West Essex (Based in Stevenage)

Working Days: Wednesday and Friday

Direct line 07747 237035 Email xingyi.fagnoni@refugeecouncil.org.uk

Guillermo Guerra Enriquez (Children and Adult Service)

Psychological Therapist / HCPC registered Dramatherapist

Wellbeing & Work for Refugee Integration Project: Wellbeing and Therapeutic Service

West Essex (Based in Stevenage)

Working Days: Monday to Friday

Direct line 07436 255952 Email guillermoquerra.enriquez@refugeecouncil.org.uk

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Wellbeing and Work for Refugee Integration: Wellbeing Service

The Refugee Council's trauma-informed therapeutic care model has been tailored to meet the unique cultural and experiential needs of refugees and people seeking asylum. Our specialist team of therapists employ talking therapies with the use of specially trained interpreters, as well as non-scriptocentric activities to ensure the service is accessible to non-English speaking clients. The model takes a holistic, biopsychosocial approach to considering client needs, recognising that practical challenges with issues such as foster placements, housing and asylum claims will exacerbate mental health issues. As a result therapeutic interventions are complemented with casework as needed.

What we offer:

- A holistic initial assessment exploring the bio-psycho-social needs of the client as well as any practical issues that may be exacerbating their difficulties (e.g. asylum claims).
- Up to 12 one-to-one counselling sessions.
- Up to three crisis intervention sessions for clients with urgent needs.
- Group therapy sessions to build peer support networks and normalise experiences – open and closed groups based on engagement and need.
- Group psychoeducational workshops to help refugees better understand mental health and the symptoms they may be experiencing such as flashbacks, disturbed sleep etc. This can be seen as a standalone intervention, as well as a means to destigmatise mental health and empower individuals to self-refer for further support.
- Group outings to create positive memories and peer relationships within the UK as a host country.
- Clinical consultations with stakeholders to establish informed onwards referrals pathways.
- Delivery of highly specialised and custom tailored training in the therapeutic care model to key stakeholders, including NHS mental health professionals, social workers and foster carers.

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