



Rossendale Refugee Support Group

Registered charity number 1204240

www.rrsg.co.uk

07350 986104

contact.rrsg@gmail.com

c/o Haslingden Community Link, Bury Road, Haslingden BB4 5PG

Welcome!

Are you seeking asylum? Do you have refugee status? Have you been resettled here? Every asylum seeker, refugee and resettler in Rossendale is welcome to use our services. You are part of our Rossendale community. We are a friendly place for you to connect with others, seek help, and feel at home. We are here to try and support you on your journey.

Join us at our weekly drop-in sessions

Wednesdays 9.00 - 12.00

Join us for a friendly space to access friendship, support and community activities. The sessions offer you opportunity to relax, meet new friends, practise English conversation. We can refund bus fares if you bring your ticket and use the cheapest fare.

One-to-one support

Do you need support, advice or information about anything? (e.g. about lawyers, health, exercise, studying English, asylum support, voluntary work, work, emergency food, help to reduce bills, free second hand items etc)

We will help if we can. You can speak to us in confidence.

- **Everyone** can use our Haslingden drop-in support sessions Wednesday 9.00-12.00, Haslingden Community Link, Haslingden BB4 5PG
- If you live in **Bacup and Whitworth**, you can also come to our Bacup session Tuesdays 9.30-12.30, The Maden Centre, Bacup, OL13 9NZ
- If you need **advice about an immigration legal issue**
Monthly legal advice session. Dates and location variable – please ask us for details
- If you need **help at other times** contact us by WhatsApp, phone or email:
WhatsApp and phone +44 7350 986104 contact.rrsg@gmail.com
(We aim to respond at latest by the next working day)

Information and news

- Join our **WhatsApp groups** to keep up to date with events and offers available to our group. e.g. free social events and activities, legal advice clinic, offers of free goods.
- There is lots of information on our **website**: www.rrsg.co.uk
e.g. free and cheap food, finding a lawyer, getting refugee status, renting a home, using the NHS, finding a dentist, ESOL opportunities, mental health.

Group activities

- English conversation practice every Wednesday
- Monthly women's group 'Blooming Together'. Please ask us for details
- Occasional social activities e.g. family outings, social events.

Wellbeing and stress

Life can be stressful.

Please ask us about the support available to you.

There is helpful advice about managing stress on our website.

This includes links to video information in different languages

(Go to the 'Information' page and scroll down to 'Mental health and wellbeing')

Keeping active is often helpful – there are lots of free opportunities in Rossendale.

e.g. football group, Wednesdays 1-2pm Marl Pits, Rawtenstall BB4 7SN.,

Sometimes we also have free gym passes.

Our website has information about free opportunities for exercise.

(Go to the 'Information' page and scroll down to 'Exercise')

Our website: <https://www.rrsg.co.uk>

