

IRC Community Sponsorship

Post Arrival: Ongoing Support Training Resources



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Health and Wellbeing:

NHS Services:

- [NHS Website](#): Info on GPs, pharmacies, prescriptions, hospitals, and dental care.
- [NHS App](#): Book appointments, order repeat prescriptions, and view parts of medical records. (Requires NHS Login or photo ID).

Prescriptions:

- [Standard NHS prescription charge](#): £9.90 per item (2025/26).
- [Free NHS prescriptions](#) for refugees on Universal Credit if take-home earnings are:
 - £435 or less in the last UC assessment period, or
 - £935 or less if the claim includes a child element or limited capability for work
- Families must show Universal Credit Award Notice as proof of eligibility

Other NHS Costs:

- Low-income refugees *not* on Universal Credit can apply via [NHS Low Income Scheme](#) for help with prescriptions, dental, optical, and travel costs.
- If successful, they will receive either:
 - [HC2 certificate](#): full help (all costs covered)
 - [HC3 certificate](#): partial help (some costs still apply)
- NHS staff can assist with completing the HC1 form
- Use the [NHS online eligibility checker](#) for guidance if unsure about eligibility

Mental Health:

- [Samaritans](#): 24/7 emotional support for anyone in distress. Call 116 123
- [Shout](#): Free, confidential text support. Text SHOUT to 85258.
- [Hub of Hope](#): Online directory of local mental health services.
- If someone is at risk of harming themselves or others, they can go to the Accident & Emergency (A&E) department of any hospital and ask for help. Support is available 24/7.

Maternity Entitlements:

- [Healthy Start Voucher](#): Free food and vitamins for pregnant women (10+ weeks) or families with children under 4. Apply online or via midwife/ health visitor.

- [Sure Start Maternity Grant](#): One-off payment of £500 for the first child if receiving certain benefits.

Financial Support

Benefits:

Everyone's circumstances are different - **there is lots of advice and support available.**

You can refer families to, or guide them towards, these trusted sources:

- [GOV.UK Benefits](#): Official UK government website with the latest rules, eligibility, and application links.
- [Citizens Advice](#): Free, confidential advice on all types of benefits.
- [Turn2Us Calculator](#): Online benefits calculator and grant search to check what financial help families might be entitled to.
- Jobcentre Plus: Explains which benefits families may qualify for and support with applications.
- [Discretionary Housing Payment](#): Extra help with rent if affected by benefit cap.

Charitable Grants

Charities can provide grants that do not need to be repaid - a great way to get extra support:

- [Turn2Us](#): Search by postcode for local charities offering grants.
- [National Zakat Foundation](#): Support for hardship, housing, and work or education.
- [Family Fund](#): Grants to families raising disabled or seriously ill children / young adults on low income.
- [Citizens Advice](#): Help with food, energy, and other support.

Basic Needs:

- Free household items via platforms like [Trash Nothing](#), [Freecycle](#), and [Freegle](#).
- Emergency Food:
 - [Trussell Trust](#): 3-day emergency parcels (referral usually via Citizens Advice)
 - Community programmes: Free hot meals from initiatives such as [FoodCycle](#), [NextMeal](#).

Transport & Work:

- Families on Universal Credit may get up to 50% off train or some bus fares with a [Jobcentre Plus Travel Discount Card](#). Discounts can vary by provider, and the card can be requested directly from the local Jobcentre Plus.
- [Jobcentre's Flexible Support Fund](#): Can help with uniforms or work equipment – discuss with work coach

Saving Schemes:

- [Help to Save](#): 50% government bonus for families on Universal Credit or Tax Credits
- [Tax-Free Individual Savings Account \(ISA\)](#): Cash, Stocks & Shares, Lifetime ISAs.
- Interest-free, Sharia-compliant banks: [Al Rayan Bank](#), [Gatehouse Bank](#), and [BLME](#).

Employment and Safety:

Proving the Right to Work:

- Refugees must generate an online Share Code via [GOV.UK “Prove your right to work”](#) to share with employers.

Safety from Exploitation:

- [Modern Slavery Helpline](#): Call 08000 121 700 or visit their website for advice or to report exploitation

Advice on Scams:

For guidance or to report a scam:

- [Action Fraud](#): (UK-wide reporting)
- [Age UK](#): advice for older adults
- [Citizens Advice](#): Guidance on scams and fraud

Education:

Supporting Children at School

- [The Bell Foundation](#): Helps teachers support children learning English and promote inclusion.
- [IRC Healing Classrooms](#): Training for schools and educators on trauma-informed approaches refugee/asylum-seeking children’s wellbeing and inclusion.

Adult Learning & Vocational Courses

- ESOL Classes: Formal and informal classes to help with English, confidence, and communication skills
- [Functional Skills courses](#): Free English, Maths, and IT courses
- [National Careers service](#): Advice, guidance, and tools for careers, jobs, and training
- [FindCourses.co.uk](#): Database of online or in-person vocational courses

Higher / Academic Education

- Overseas Qualifications: [ENIC Statements of Comparability](#) may be funded by Jobcentre Plus.
- Tuition Fees: Refugees qualify for home-fee status
- Sanctuary Scholarships: Available at many universities. See the [STAR Network](#).