

Homes for Ukraine Update 7 – Thursday 7 June

Welcome to our latest update for hosts taking part in the Homes for Ukraine scheme in Norfolk.

This week's update includes information about a couple of special **sessions to support host families and what to do if you are looking after children whilst their family are away in Ukraine**. It also includes an update on our community help events, **new biometric testing sessions** and how to get e-books in Ukrainian.

Sessions to support host families

Understanding trauma and developing emotional resilience

In July, Norfolk County Council Adult Learning are running sessions to support you in your role as host. We know that many of your guests have suffered significant trauma, as well as the challenges that are part of having new people in your home. With this in mind we have designed sessions to give an insight into supporting and understanding trauma and resilience strategies. The course runs for two weeks, with the first week looking at trauma, some of the mental health effects and the physical health problems that may co-occur with it. The second week looks at emotional resilience and coping strategies to help deal with stress and anxiety. It will also look at creating healthy boundaries.

The sessions will also include a question-and-answer forum to give you the opportunity to find out more, address your concerns, ask questions, and get ideas and tips from other hosts. The courses are available in the following locations as well as online:

Diss Corn Hall

- Trauma – Saturday 23 July, 10am until 12pm – Course Code: HAWHS0121P
- Resilience – Saturday 30 July, 10am until 12pm – Course Code: HAWHS0221P

Norwich Millennium Library

- Trauma – Monday 18 July, 1pm until 3pm – Course Code: HAWHN5121P
- Resilience – Monday 25 July, 1pm until 3pm – Course Code: HAWHN5221P

Dereham Ukraine Aid Centre

- Trauma – Thursday 21 July, 10am until 12pm – Course Code: HAWHB0121P
- Resilience – Thursday 28 July, 10am until 12pm – Course Code: HAWHB0221P

Online

- Trauma – Wednesday 20 July, 6pm until 8pm – Course Code: HAWHO6121P
- Resilience – Wednesday 20 July, 6pm until 8pm – Course Code: HAWHO7121P

Please enroll with this link <https://www.smartsurvey.co.uk/s/NCCALET/> using the course codes above to indicate which session/s you wish to attend.

If you have any questions, you can email adultlearning@norfolk.gov.uk or call 03448008020 option 5.

Language learning in the home

English Plus are providing a 'Supporting Language Learning in the Home' course for those hosting guests from Ukraine. The session aims to share useful tools, tips, and thoughts for supporting your guests with learning English. It gives hosts a chance to ask questions, share experiences and get advice from language learning experts.

The session is taking place from 5:30pm – 6:15pm on Wednesday 13 July on Zoom and is open to all hosts in Norfolk. [You can register for the course here](#), or by going to the Eventbrite website and searching for EnglishPlus and clicking the 'search for online events' option in the filters.

Supporting children whilst their parents return to Ukraine

There have been a small number of cases where parents have had to return to Ukraine placing children in the care of hosts. There have also been instances where children have travelled with a group that does not include their parent or legal guardian. As a host, you are not considered to be a legal guardian.

In both scenarios children are classed as unaccompanied, as they are not living with their parent or legal guardian. We want to make sure that children are safe and that hosts have the support they need to help children in these situations.

If children are in your care as a host, without their parents or legal guardian, for longer than 24 hours please get in touch with the Homes for Ukraine Team. The team will be able to offer help and support to you as a host, so please do not hesitate to let us know. You can contact the Homes for Ukraine Team by emailing ncchomesforukraine@norfolk.gov.uk

Bookings for August biometric appointments in Norwich now open

We now have some sessions in place at the Millennium Library at The Forum in Norwich across the week of the 1 August. Guests can [book an appointment on the UKVCAS website](#). They will need to login to see the Norwich pop up appointments and to make a booking as the Norwich pop-ups do not show up under the 'appointment locations' on the homepage.

Remember that if your guest already has an appointment booked elsewhere then they will need to cancel their existing appointment to be able to choose and book a Norwich one. As Norwich dates are extremely popular and go very quickly there is a risk that if there are no suitable appointments remaining in Norwich they may not be able to re-book their previous appointment and so will have to book a new date.

We are working with UK Visas and Immigration to create more of these pop ups later in the year, so please don't worry, if your guest hasn't arrived yet, or can't make it, we hope to have further opportunities.

Changes to the community welcome sessions

We have made some changes to the dates, times and locations of sessions in response to people's needs and the locations of new arrivals.

This includes the addition of new sessions in Cromer Library on Tuesdays from 2-4pm starting on Tuesday 19 July.

Please visit our website to find [information about the updated sessions](#).

Ukrainian eBooks Available Now

A selection of Ukrainian language eBooks for adults and children are available to read for free using [Libby](#), a free app where you can borrow ebooks, digital audiobooks, and magazines from your public library. You can stream titles with Wi-Fi or mobile data, or download them for offline use and read anytime, anywhere. All you need to get started is a library card. Over 310 titles have been added, after some of our wonderful Ukrainian guests volunteered to help choose which titles should be added.

[All the titles that are free to download with a Norfolk library card can be found here](#)

[More information about eBook borrowing information can be found here](#)

[If you or your guests do not have a Norfolk library card you can register for free here](#)

For more information

More [information about the Homes for Ukraine scheme is available on our website](#) where you will find lots of additional information including a [toolkit for hosts](#) that you can download, sources of local support and all [previous updates](#).

However, if you can't find an answer to your question, please email us at ncchomesforukraine@norfolk.gov.uk

Thanks again for your generous support of the Homes for Ukraine scheme.