

A Welcoming Space for Men Seeking Sanctuary

The support and social group for men seeking sanctuary in Barnsley is going from strength to strength. Managed by the Refugee Council in Barnsley, the group meets weekly on Tuesdays at the Quaker Buildings (2a Western Street, S70 2BP) from 12.30-2.00pm and includes both asylum seekers and refugees who've been given leave to remain.

Andy Atkinson, a teacher by background, is the main facilitator and helped to set up the group with the Refugee Council over two years ago. Andy uses the 'Men's Shed' model which focuses on conversation and connection as well as practical activities.

Andy says, "It's taken 18 months for the group to get established, for members to be able to relax together and share their experiences. The most important thing is the one-to-one time when an individual feels able to share their problems with me. I help with form filling, understanding procedures and protocols, references and signposting to appropriate support services. Sometimes I can help to solve the problems and sometimes the most important thing is just to provide a listening ear."

Language can be a barrier to building relationships in a group with a mix of people from different countries, so it's made a big difference to have two volunteer translators for Arabic and Pashto speakers. The group has grown as a result and men who join now stay because they are able to understand and engage.

Every meeting starts with a cup of tea/coffee and a chat. The agenda is led by the participants. Recently the group has started exploring opportunities with the Barnsley Recovery College which offers a range of structured courses and activities for physical and mental wellbeing (see page 4). Members of the group have already signed up for boxercise, gardening, circuit training and football training.

There is also a calendar of trips coming up to explore Barnsley and its history including visits to the Museum and Art Gallery, the Heritage Centre at Elsecar and Cannon Hall. Cycle trips are planned, with bikes provided by the bike recycling scheme (see opposite page). And Andy is also encouraging men in the group who are interested in cricket to go and watch the free cricket matches that take place at Shaw Lane.

"The group is so appreciated by the members," says Andy. "They are wonderful people and I really enjoy helping and supporting them. They each have their own story and their own challenges, and it's fantastic to be part of their fresh start here in Barnsley."

Mohammed was introduced to the Men's Group by a friend. Having newly arrived in Barnsley, he had little contact with anyone. He now has a bike from the bike scheme, he goes football training at Oakwell and he has kept coming to the group.

Razmohamed says that he is very happy to be part of this group. He lives in Shafton which is quite a journey from the centre of town. He, too, has been given a bike. He would love to play cricket and he wants to hear from a club which will welcome him.

Mohamed spent eight months in Scotland before coming to Barnsley. He was very involved in the community where he lived and was an active volunteer. Initially, he had little contact with anyone in Barnsley, but now he trains with the football squad at Oakwell, he is a volunteer gardener in Kendray with the Recovery College and he translates for other members of the group.

Amir said that Andy had helped him with the pressing issue of appealing the decision regarding his children's school, which was too far away. Andy helped him frame his appeal and it was successful. He is so grateful for the help which he received at the Men's Group and his children are happy at school.

New Home for Barnsley's Own Bike Recycling Scheme



The much-admired Barnsley Bike Recycling Scheme is entering a new phase after winning a National Lottery grant. The scheme has now moved into the basement of Wellington House – its first proper home – and the plan is to develop workshop facilities so that those who use the recycled bikes can learn how to maintain and repair them.

Already over 200 bikes have been refurbished to provide an affordable means of transport for those seeking sanctuary in Barnsley. Affordable transport is a key issue for refugees so the gift of a bike can make a huge difference, helping to open new opportunities and make life more manageable.

The life-changing bike scheme is led by local volunteer Alex Simon. For each bike, Alex and his growing team do an assessment and repair anything that needs improving. The Refugee Council in Barnsley acts as a co-ordinator, matching recycled bikes to requests from refugees.

A 'Grand Opening' of the bike scheme's new home is planned for the autumn, with a celebrity cyclist. Check the Barnsley Borough City of Sanctuary website to find out when the launch is announced.

Have a bike to donate? Contact: Penistonebikedonations@outlook.com

Needing a bike? Contact: abdel.mohamed@RefugeeCouncil.org.uk



Alex Simon (second from right) with hard-working helpers Mohammed, Mohammed and Adel who moved the current bike stock to Wellington House.

Here's what some of the lucky recipients of recycled bikes have to say:

"Alex donated a bike to me, one for my friend, and three bikes for our children, along with all necessary equipment such as jackets, helmets, and gloves. Since arriving in the UK, I've always wanted a bike as it can serve as my primary mode of transportation. I use it for various purposes, including health exercises, daily commuting, and leisure activities. When I have nearby appointments or need to buy groceries from a cheaper store a bit far from my place, I rely on the bike. Moreover, the bike has helped me explore the areas around our neighbourhood, visit different places, parks, and other facilities. Most importantly, as I prepare for my driving theory test, riding the bike has improved my understanding of roadways, traffic lights, and various signs."

"Hi Alex, the bikes we received brought joy to my family, smiles to faces of my kids. My daughter 8 and my son 6 learned how to ride a bike and made new friends in our neighbourhood. I am grateful to you, Alex and your doners. I believe this project deserves support."



Education and Skills Feature

Barnsley Recovery and Wellbeing College

Our College is open to anyone aged 18+ who is interested in acquiring more choice and control over their health and life. We help people to do this, by offering a range of Free Courses and Workshops that aim to improve people's self-management skills and wellbeing through learning, with Recovery Coaches, Peer Mentors and Exercise Specialists. We even have a gym on site! Courses are free to asylum seekers waiting for leave to remain, as well as for refugees given leave to remain, so long as they are 18+ and live in Barnsley. Given enough notice, interpreters can be arranged if needed.

Courses and workshops available from September include:

Understanding Mental Health and Wellbeing

- An Introduction to Recovery Workshop
- Anxiety Management (Feel the Fear) Course
- Eating Disorders Workshop
- Managing Depression Course
- Understanding Myself and Dealing with Difficulty Course
- Understanding Self-Harm Workshop
- Living with a Long-Term Condition

Looking After Myself

- Assertiveness, Confidence & Communication Course
- Renew You Course
- Helpful Habits for Sleep Course
- An Introduction to Exercise Course
- Physical Health & Wellbeing Team
- For Those That Give Too Much Workshop
- Tackling Loneliness Workshop
- Valuing my Sensitive Self Workshop
- Men's Health
- Limbic Reflexology

Exploring My Interests

- Cooking Corner Course
- Scrapbooking for Wellbeing Course
- Crafting for Beginners Course by Creative Minds

Moving Forwards

- WRAP (Wellness Recovery Action Plan)
- An Introduction to Volunteering Workshop Facilitation Skills Course Managing Change Workshop
- Professionalism Workshop

If you're new to the college, all you need to do is schedule in a one-to-one induction.

Book your Induction by contacting Julie, our friendly receptionist on 01226 730433,

or email:

Barnsley.Recoverycollege@swyt.nhs.uk

Find out more at:

www.barnsleyrecoverycollege.nhs.uk



At Hope English School, we are delighted to be continuing our English Classes in Barnsley, in partnership with the Penistone Refugee and Asylum Seekers Support Group. The English for speakers of other languages (ESOL) classes take place at the Women's Group for Refugees, Migrants and Asylum Seekers which meets every Wednesday morning at 10.00am at Hope House Café. The group includes a varied mix of nationalities and women can improve their language skills and learn about practical things in a relaxed and friendly environment. Our classes cover a range of topics intended to help learners adjust to day-to-day life in a new country, including shopping, public transport and housing. The group has also enjoyed lessons about food and celebrations, where everyone has been given the opportunity to talk about their own cultures, learn from each other and express opinions, likes and dislikes.

The Wednesday ESOL class has continued to grow and is always very well attended. The women are a wonderful, supportive group and we have seen a steady flow of new learners who have been warmly welcomed. It's been lovely to see these new learners grow in confidence as their level of English improves, and to see them settle in and make friends. The members of the class who have continued to attend regularly have made great progress, particularly in their speaking and listening, with some progressing to attend additional ESOL courses at college. It's been encouraging to see that, as well as having the confidence to attend further learning, these learners have remained committed to our lessons and attend both for extra practice, as well as to keep up the valuable friendships they have made as part of the group.

We are delighted to be able to continue providing these ESOL classes in September on into 2025 and we are also planning to start a Digital Skills course to run alongside our ESOL provision. This will be a 12-week course starting mid-September covering basic digital skills such as keyboard skills/typing, email, internet searches, accessing services online, creating documents and job-related skills. It will be suitable for mixed ability levels. We are so pleased to be able to help women feel more prepared for the challenges they face, to meet new people and have fun.



#LoveToLearn with Adult Skills and Community Learning


Ofsted
Good
Provider



We offer courses and classes for people aged 19 and over. Get in touch if you want to improve your wellbeing, employability and skills or gain qualifications.

We can help develop English skills for anyone where English is not their first language. We also offer a range of digital skills courses to help you improve your skills in using devices such as tablets, smartphones and laptops and help you perform everyday online tasks. Do you need help to book tickets or an appointment online, or fill in online forms?

We have options for a range of levels and abilities. We can help you to set goals based on what you'd like to achieve. You can ease back into learning with a taster class and go right through to gaining a full qualification.

Most of our courses currently take place at Wellington House in Barnsley's town centre, but we also run classes at community venues across the borough, so please contact us for the latest information on where you can study.

Most people with a settled status will be able to attend and if you're on a low income, unemployed or on means-tested benefits you probably won't have to pay or could at least get a discount.

Not sure where to start? Our team of friendly advisors can work with you. We'll help you to explore your options and start on your learning journey.

Tel: 01226 775270

Email: adultlearning@barnsley.gov.uk

www.barnsley.gov.uk/adultlearning



Educational Learning Support Hub (ELSH)

Our Mission:

ELSH provide a safe and supportive learning environment for vulnerable individuals.

We offer free: **ESOL**
English
Mathematics
IT Courses

Along with work experience and training opportunities. Our goal is to build confidence, self-esteem and essential skills for personal and academic growth

Good Food Pantry:

We have free vouchers available for our students to access groceries at discounted prices! At ELSH, we understand the importance of affordable, nutritious meals, especially for our community.

Class Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
ESOL / ENG	10:00 TO 12:15	10:00 TO 12:15	DROP IN SESSION 12:30 TO 14:30	10:00 TO 12:15	10:00 TO 12:15
COMPUTER	13:00 TO 15:00			13:00 TO 15:00	

Tel: 01226 249494 | www.elshub.org.uk
8-10 Market Street, Barnsley S70 1SL

ESOL: English for Speakers of Other Languages (Speaking and Listening) for Adults – Part-time course

For people with a good level of English who want to find jobs where they need a certain level in English, or who would like to gain qualifications in other subjects. Featuring five units:

- Food and hobbies (including things like numbers, dates, food, clothes, shopping, TV, going to a coffee shop, using a library and volunteering for charity)
- Life in the UK (music, art, festivals, homes, family, neighbours and social media)
- Activity and health (sport, human body, going to the doctor, sleep and stress)
- English for work (jobs, places of work, getting jobs, interviews, technology and internet)
- The natural world (animals, transport, holidays, airports and museums)

Asylum seekers, people on Universal Credit, and people working part time or earning less than £21,255 per year do not pay.

Call 01226 216123 or email info@barnsley.ac.uk
www.barnsley.ac.uk

**Also Available:
ESOL for 16-18 years
Full-time course**

Northern College is the only residential adult further education college in the North of England, delivering life-changing learning, situated in Barnsley, South Yorkshire. Teaching takes place in Wentworth Castle, a fabulous grade I listed house surrounded by 550 acres of National Trust grounds.

The college welcomes students aged 19 and above onto a range of 2-day courses and longer residential courses from Entry Level 3 to Level 5. Courses include personal and social development, social justice themed courses, outdoor learning, functional skills, and skills for work.

Asylum seekers who have been in the UK for at least six months can access short courses (usually two or three days) without charge. Refugees who have been given leave to remain can also access courses free of charge provided that they have all of the documentation proving their migration status.

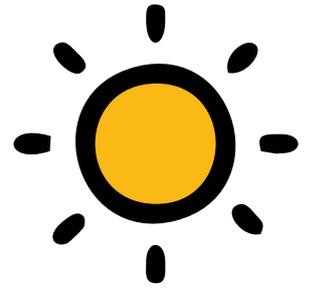
For advice, call 01226 776000
or email: advice@northern.ac.uk
Find out more at: www.northern.ac.uk

Northern College, Wentworth Castle,
Stainborough, Barnsley, S75 3ET

**Northern
College**



YORKSHIRE INTEGRATION FESTIVAL



Migration Yorkshire are thrilled to announce that the 2024 Yorkshire Integration Festival will be held at The Piece Hall, Halifax on Saturday 21st September.

The festival is a family-friendly celebration of the positive impact made by migrants and refugees in Yorkshire and Humber, showcasing the diverse range of cultures and customs that make our region a special place to live. The festival has previously been held in Leeds and Sheffield - and we are excited to be able to bring it to Halifax this year,

Save the date in your calendar and watch this space for more updates!

<https://www.culturedale.co.uk/events/yorkshire-integration-festival>



Celebrating The Great Work

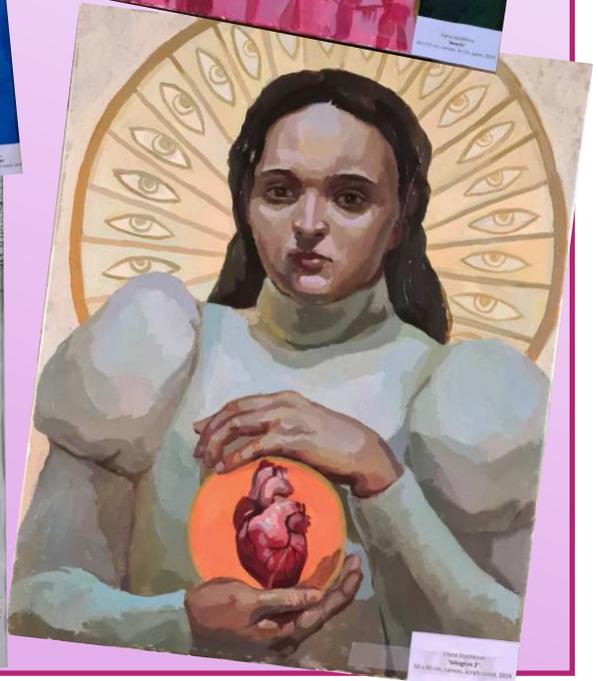
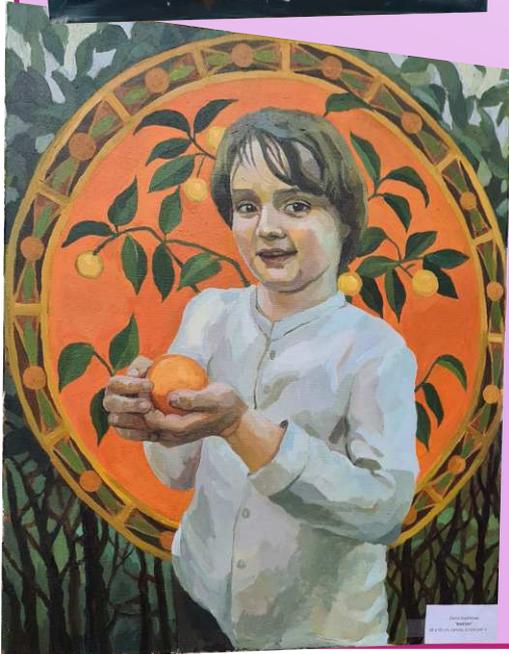
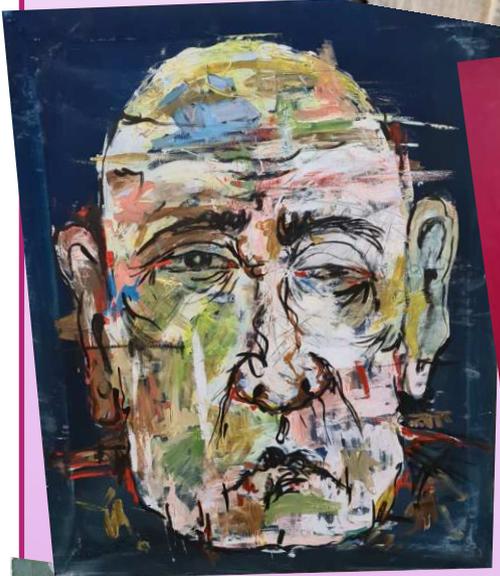
In our last issue, we announced 'The Great Work' art exhibition led by Russian-born artist and playwright Jenya Stashkov. Jenya and his wife Elena, also an artist, were activists against the Russian war with Ukraine and had to leave Russia with their children as they were in danger. They have now been granted asylum in the UK and are settling in South Yorkshire. Together with artists Andrey Novikov, Christopher Allsopp, Farhad Abdalla and Hellga Io, they put on a free exhibition during Penistone Arts Week 2024. Here are some of the works that were on show...



Farhad Abdalla



Jenya Stashkov





Barnsley Refugee Integration Service

FREE SUPPORT FOR YOU AS A NEW REFUGEE

Have you received a positive asylum decision within the past two years? It could be through: refugee status; humanitarian protection; family reunion; discretionary leave to remain with 30 or more months to remain granted; as an unaccompanied asylum-seeking child with leave to remain.

If yes, we can help you for up to 6 months.

We meet you to make a plan together. You will have a support worker who can help with things like: housing, benefits, bank accounts, English classes, training, finding out about work, access to healthcare, getting to know your local community, school places and childcare.

Tel: 01226 787602

Mobile: 07775 033443, 07795 389596

Email: adviceservices@barnsley.gov.uk

Address: PO Box 634, Barnsley S70 9GG

This service is part of Refugee Integration Yorkshire and Humber. The project is managed by Migration Yorkshire and co-funded by the European Union Asylum, Migration and Integration Fund. Barnsley Council is part of this project.



Multi-Agency Drop-in for Barnsley's Migrant Communities

Every Wednesday 12.30pm – 2.30pm

Hope House, Blucher Street, Barnsley S70 1AP

Information, support and advice on: migration, housing, work and benefits, health and wellbeing, education, volunteering, social activities, community groups, safety, children and youth services, Barnsley information, council services and more.

Free Hairdressing, Drinks & Snacks, Foodbank Referrals, Children's Activities

Everyone welcome!

Young Artists Say **WELCOME!**

Young people from across Barnsley have been producing art and poetry to give a warm welcome to anyone new to Barnsley, as part of an annual competition for schools organised by Barnsley Borough City of Sanctuary group.

The theme for this year was 'Welcome!' and the winning pupils came from Worsbrough Common Primary School, Parkside Primary School and Outwood Primary Academy Littleworth Grange.

The winners were presented with certificates and book tokens by the Mayor of Barnsley, Cllr John Clarke JP, at a celebration event in Barnsley Town Hall on Friday 21 June 2024.

The Mayor opened the event by noting how Barnsley has become a town which gives a warm welcome to those who have come from other parts of the world.

Ours is a town of possibilities for all.

George Arthur, Chair of the City of Sanctuary group, said,

"I want to thank the children and the schools for the excellent work they have produced. The art work and poetry was a credit to Barnsley as a welcoming town to everyone and it demonstrates the care and consideration of our young people in Barnsley.

This competition is now established as an annual event, and I hope that even more schools will be able to join in with next year's event.

I must also thank Barnsley Stand Up to Racism group for buying the prizes for the winners."



Competition winners with the Mayor
Left to right: Freya, Lilymae, Isabelle, Eben, Sulaiman, Shane, Breeana.



Things found in my...



A phone to connect with family or police if needed,
 A cuddly, comforting toy to help you along the way.
 Warm smiles to look at :),
 A group of friends to play and gossip with.
 A welcoming netball team.
 All the wonderful places to eat and meet with friends,
 The best schools to learn.
 Amazing shops with kind people,
 A nice knitted scarf to warm you up in winter.
 A book of things to say in Barnsley language!




By Isabelle T
Year 5



THE RUNAWAY

Over the seas,
 Wooden boats stretch as far as the eye can see.
 Looking over the shoulder,
 The place getting deadlier.
 War surrounds our hope,
 No one can cope.
 This is wrong,
 Like a wooden stick hitting a gong.
 To be welcomed to a new land,
 Only a band of us left.
 EBEN PARSONS AGED 10



I feel welcome!

When life is hard, there's no reason to try,
 Every day, every dawn, every night, it makes me cry,
 Just because of war, we had to go,
 Many, many ages ago.



Now, I'm just right and I feel alright,
 Now, my future's bright...

I feel welcome!
 I am safe again,
 I feel welcome!
 I can't feel the pain,
 I feel welcome.

By Subhman S
WCPs C17



REFUGEES!

Beautiful home safe and sound,
 Disaster turned the whole world,
 Dark skies filled the air,
 Time for the journey to take us anywhere.
 On the boat sailing to a different port,
 I thought I was in space,
 Waiting to find a friendly face,
 Now I'm here and I'm saved,
 Beautiful home safe and sound,
 Making sure the people don't take it down.




Young Artists Say
WELCOME!

Homes for Ukrainian Refugees Still Needed

Hosts for families seeking sanctuary from the war in Ukraine are still desperately needed according to Rosanne from Elsecar, who has opened her home to a refugee family for the third time.

“The situation in Ukraine is awful at the moment and there are still many people who urgently need support,” says Rosanne.

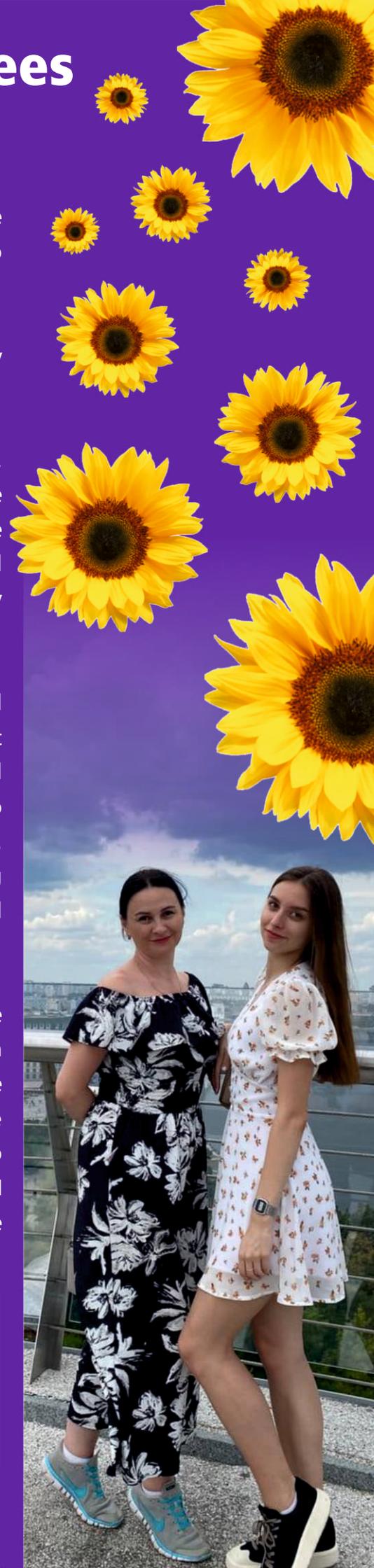
Tetiana and 18-year-old daughter Irina arrived in Elsecar on 3 May, fleeing Sumy in northeastern Ukraine which is under heavy attack by the Russians. Rosanne explains, “Tetiana and Irina just needed somewhere to be safe and find some peace after the constant rockets, drones and alarms. Tetiana's partner has had to stay behind to look after his elderly mother, so they are separated, which is very hard.”

When Rosanne offered a place to stay on Facebook, she was inundated with requests. As usual, she took time to consider and find the right person to support, then spent a long time getting to know Tetiana and Irina online. She was assisted by Olga and Dmytro, the first family who stayed with Rosanne and Ged, who now live nearby and remain friends. “Olga and Dmytro were able to tell Tetiana what it would be like staying with us and living in Barnsley. It's really important to be honest and realistic and set expectations, but then it's a great thing to do.

“I think people are forgetting about Ukraine and also there are misunderstandings about the financial support for hosting a Ukrainian family. For example, the thank you payment you get from the government doesn't impact on your benefits. I have been through the process three times now, so I know a lot about how it all works, but also what it feels like to host a family. I'm happy to share that experience. I know that Tetiana and Irina have many friends back in Ukraine who are desperately hoping to find a sponsor.”

If you would like to find out more about hosting a Ukrainian family or individual, please email and we will put you in touch with Rosanne:
info@barnsley.cityofsanctuary.org

Tetiana (left) with daughter Irina (right)



Refugee, Migrant & Asylum Seeker Women's Group

Come along to our women's group to meet new people,
get help & advice, take part in activities. Children welcome too.

Every Wednesday 10:00am - 12:00pm
Hope House Café, 2 Blucher Street, Barnsley S70 1AP

To join, please contact Abdel Mohamed from the Refugee Council
Mobile: 07917 135843
or email abdel.mohamed@RefugeeCouncil.org.uk



Refugee, Migrant & Asylum Seeker Men's Group

A group that is restarting for men to meet,
socialise, get help & advice

Every Tuesday 12:30pm - 1:30pm
The Quakers Building, 2a Western Street, Barnsley S70 2BP

To join, please contact Abdel Mohamed from the Refugee Council
Mobile: 07917 135843
or email abdel.mohamed@RefugeeCouncil.org.uk



South Yorkshire Refugee Law and Justice



We give one-off immigration
legal advice monthly at the
City of Sanctuary drop-in at
Victoria Hall, Norfolk Street,
Sheffield S1 2JB.
Session dates are listed
on our website.

South Yorkshire Refugee Law and Justice is a small charity based in the Sanctuary in Sheffield but providing free legal advice for people across South Yorkshire. We work with people who have been through the asylum system once and need help making further submissions to the Home Office. Our focus is on those who are destitute and need this help both to access Home Office accommodation and, hopefully, to help them obtain immigration status.

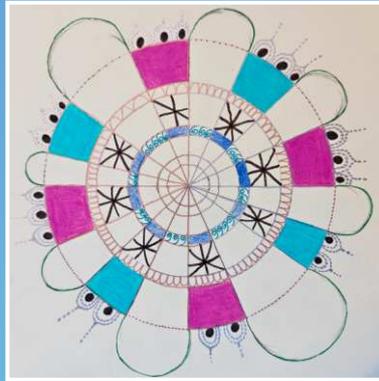
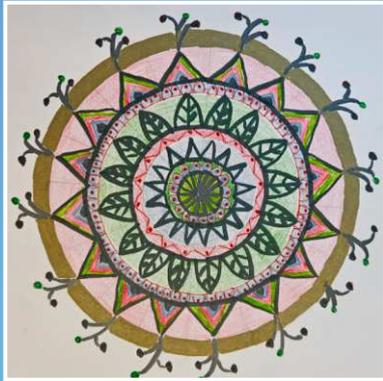
We provide full representation to anyone who becomes our client, ensuring that people understand all of the processes and are assisted in whatever way they need to make further representations. We accept referrals to our info@syrlj.org.uk email address. We can pay travel expenses for any of our clients in South Yorkshire to attend our office. We also provide professional independent interpreters at our appointments for those who need them.

For more information, visit: www.syrlj.org.uk

Libraries Celebrate Refugee Week

We celebrated Refugee Week at Barnsley Libraries with a great line up of activities, including alternative nights out, lunchtime performances and family storytelling stay and plays.

We started by taking some time out of our busy lives to enjoy the mindful art of designing mandalas – it was an opportunity to connect, talk and create a pattern that reflected our individuality.



On Tuesday, we were treated to a powerful dance performance from [Whispered Tales](#) 'Refuge Island' told the story of female migration and the human capacity to offer a place of refuge in times of crisis. It was fabulous to hear everyone's thoughts about the themes raised by the performance at the Q&A afterwards.



We then spent a carefree evening creating some calligraphy. It was a chance to try our hand at something different, have a chat and a few laughs and connect with others. Everyone brought their own individuality and found their own style – what a lovely way to celebrate ourselves and each other.



We were delighted to offer this after-school Crochet Kids session on Friday afternoon! It looks like it will become a regular group for us as the children who came had a fantastic time making a 'worry worm' and learning the basics of crochet. They also went home with a crochet hook and some yarn to continue trying out their new found skills at home.



On Saturday, we welcomed Claire Weetman into the Children's Library for two special performances of her story 'The Giant's Blankets'. Claire tells the story of a lonely giant who lives on a mountain and shelters underneath several blankets. The giant discreetly shares blankets to aid villagers during a storm. By the end of the tale, the giant is welcomed and thanked, illustrating the moral of belonging and kindness to the listeners. Afterwards, Claire engaged with the children by making dens with the blankets, creating mosaic pictures of the giant using felt and helping them colour and design their own blanket.



A Conversation Café has been open in the Central Library in Barnsley for a number of years and it has provided a safe space where people from different home countries and with varied cultural backgrounds can meet to chat and feel more confident in their use of spoken English. The Café meets each Monday at 10am for a couple of hours in The Lightbox and is supported by a number of volunteers drawn mainly from the Penistone Refugee and Asylum Seekers Support Group. You can find this same flyer in different languages on these links.



- Albanian <https://bit.ly/3x8sTE0>
- Arabic <https://bit.ly/3Rx1rqd>
- English <https://bit.ly/3VzclYy>
- Farsi <https://bit.ly/45rczuw>
- Kurdish <https://bit.ly/4cekWfg>
- Polish <https://bit.ly/3RzuLwj>
- Romanian <https://bit.ly/3Xpfi5G>
- Ukrainian <https://bit.ly/4embmZv>
- Spanish <https://bit.ly/3xkdkJg>

Barnsley Safe Places

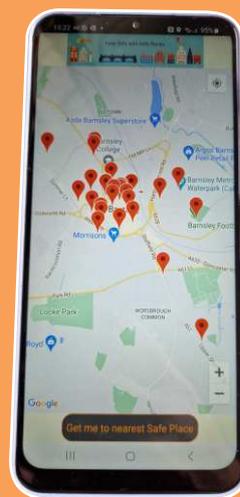
In the last newsletter, you heard about Barnsley Libraries working towards becoming 'Libraries of Sanctuary'. Did you know that all libraries in Barnsley offer 'sanctuary' of a sort, as they are all part of the Safe Places scheme?

What is Barnsley Safe Places?

- They are libraries, shops, cafes and other places, who will provide short term help to any adult who feels unsure or unsafe whilst out in Barnsley.
- The staff can help contact family/supporters or give the person a space to recover and continue with their journey.
- They have all been checked and trained to be friendly, helpful and not to discriminate.
- There are 89 venues across all of the Barnsley area.

How can I tell whether somewhere is part of Barnsley Safe Places?

All venues display the Barnsley Safe Places window sticker



How can I learn more about Barnsley Safe Places?

There is a free app which shows you where all the Safe Places are and guides you to the nearest open Safe Place if you need one. Search for 'Safe Place App' in your app store.

You can become a Member, it is free to join.

- You will get a member's card and guide.
- You will get a welcome phone call and help so you can use Safe Places to fit your life choices.
- You will find out about new venues and events.
- You can follow us on Facebook @Barnsley SafePlaces for helpful links and information about venues

How do I become a Member?

You can apply online at:

<https://cloverleaf-advocacy.co.uk/barnsley-form.php>

You can email:

barnsleysafeplaces@cloverleaf-advocacy.co.uk



Are there Safe Places in other parts of the country?

Barnsley is part of the National Safe Places Scheme.

This covers other local areas including Rotherham, Sheffield, Wakefield and Kirklees.

Full details can be found on the website

<https://www.safeplaces.org.uk/>

which also has other resources including information about 'mate' crime.

Barnsley's Good Food Pantry Network Expands

Many people are having issues due to the cost of living, and sometimes food seems like the easiest way to budget. Barnsley's Good Food Pantries offer local communities good-quality food at heavily discounted prices. The Pantries are open to all – clients simply pay a small fee each week which allows access to the pantry and its produce. This differs from the food banks which offer emergency access to food for those in crisis.

Barnsley's newest Good Food Pantry opened its doors at Priory Campus in Lundwood on Friday 17 May. This space has been made possible by the dedicated young people and staff at BetaLives, with support from Barnsley Council and Barnsley Healthcare Federation and funding from the South Yorkshire Mayoral Combined Authority.

The Pantry at Priory Campus will be open to the public every Friday from 10.30am until 12.30pm and costs £4 for 10 items.

Food suppliers used by the Good Food Pantries offer surplus food which would have otherwise gone to waste.

This means that members are able to make big savings on their food bills while helping to reduce food waste. Pantries don't make a profit, with money made from sales being used to cover the costs of running these spaces, including buying varied good food to choose from.



Did you know there are now FIVE Good Food Pantries in Barnsley!

Royston - provided by Royston Friends Association

Address: Manor Court Community Centre, West End Avenue, Royston S71 4LN
Opening Times: Fridays 10:30am - 12:00pm

ELSH - Education, Learning Support Hub, Serving Barnsley's migrant community

Address: 8-10 Market Street, Barnsley S70 1SL
Opening Times: Wednesdays 1:00pm - 3:00pm | Saturdays 11:00am - 1:00pm

Crossroads

Address: Crossroads Café, 18 Barugh Green Road, Higham, Barnsley S75 1JT
Opening Times: Wednesdays 10:30am - 3:30pm | Thursdays 11:00am - 3:00pm

St George's Church

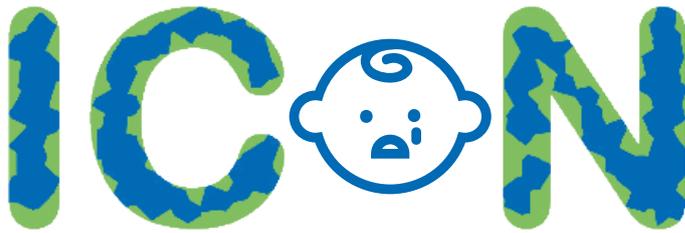
Address: St Georges Church, York Street, Barnsley S70 1BD
Opening Times: Thursdays 12:00pm - 2:00pm

Priory Centre - provided by BetaLives

Address: Priory Campus, Pontefract Road, Barnsley S71 5PN
Opening Times: Friday 10:30am - 12:30pm



Maternity Services Feature



Babies Cry, You Can Cope!



Let's talk about infant crying...

At some point, parents/carers may struggle to cope with their baby's crying. ICON is a programme adopted by health and social care organisations in the UK to provide information about infant crying, including how to cope with crying and how to support parents/carers. ICON aims to reduce deaths and injuries from abusive head trauma, by helping parents/carers understand that crying is normal and there are strategies they can use to help manage their baby's crying if they feel overwhelmed or stressed.

The programme involves specified interventions starting antenatally (by midwives) and followed up postnatally (by the 0-19 nursing service, GP and other contacts with services).

If you are working with families with new babies, ask them how they are doing, and remind them of the ICON message, and that they can get support if needed.



Infant crying is normal and it will stop!

Babies start to cry more frequently from around 2 weeks of age.

The crying may get more frequent and last longer.

After about 8 weeks of age babies start to cry less each week.



Comfort methods can sometimes soothe the baby and the crying will stop.

Think about are they:

- hungry
- tired
- in need of a nappy change

Try simple calming techniques such as singing to the baby or going for a walk.



It's  ok to walk away if you have checked the baby is safe and the crying is getting to you.

After a few minutes when you are feeling calm, go back and check on the baby.



Never, ever shake or hurt a baby.

It can cause lasting brain damage or death.

If you are worried that your baby is unwell contact your GP or call NHS 111.

Speak to someone if you need support such as your family, friends, Midwife, Health Visitor or GP.

You can find more details on the ICON website - [Home - ICON Cope \(https://iconcope.org\)](https://iconcope.org)

Safer Sleep and Sudden Unexpected Death In Infancy (SUDI)

What is SUDI?

Sudden Unexpected Death in Infancy (SUDI) is a term used to describe the unexpected death of an apparently healthy baby under 12 months old, with no other identified cause of death. You may also hear the term Sudden Infant Death Syndrome (SIDS). The term Sudden Unexpected Death in Childhood (SUDC) refers to a baby over 12 months of age.

Since the launch of the Back to Sleep Campaign in England and Wales in 1991, the number of SUDI deaths has fallen by over 81%. This significant reduction is due to practitioners promoting and sharing The Lullaby Trust's expert advice around safer sleep, and parents/carers following this advice.

It is important, when working with families, to look at support interventions to promote safer sleeping, and specifically so with our most vulnerable families. Every contact is an opportunity to promote safer sleep.

The following steps can greatly reduce a baby's risk of SUDI:

- Sleep baby on their back for all sleeps – day and night
- Share a room with your baby for the first six months
- The safest place for a baby to sleep is in their own clear, flat, separate sleep space, such as a cot or Moses basket.
- Keep your baby smoke-free during pregnancy and after birth
- Never sleep on a sofa or armchair with your baby
- Do not co-sleep in the same bed as your baby if you smoke, drink or take drugs or if your baby was born prematurely or was of low birth-weight.
- Avoid letting your baby get too hot.
- Breastfeeding reduces the risk of SUDI.
- Any change to sleeping arrangements should be planned for safety.



For more advice on safer sleep, visit:

<https://www.lullabytrust.org.uk/safer-sleep-advice/>

You will find lots more information and resources on The Lullaby Trust website:

<https://www.lullabytrust.org.uk>

USEFUL CONTACTS

Adult Learning Services

Floor 2, Wellington House, Market St, Barnsley, S70 1WA

Tel: 01226 775270/775271

Email: adultlearning@barnsley.gov.uk

Website: www.barnsley.gov.uk/adultlearning

Barnsley Borough City of Sanctuary

Email: info@barnsley.cityofsanctuary.org

Website: <https://barnsley.cityofsanctuary.org>

Barnsley Foodbank Partnership

Unit 14 Aldham Industrial Estate, Wombwell, Barnsley, S73 8HA

Tel: 01226 235280

Email: manager@barnsley.foodbank.org.uk

Website: <https://barnsley.foodbank.org.uk>

Health Integration Team Barnsley

Support for new asylum seekers and refugees and those not yet registered for health services

170a Sheffield Road, Barnsley S70 4NW

Tel: 01226 731686

Email: healthintegrationteam@swyt.nhs.uk

Barnsley Refugee Integration Service (BRIS)

Tel: 01226 787602

Mobile: 07775 033443, 07795 389596

Email: adviceservices@barnsley.gov.uk

Citizens Advice Barnsley

Guidance and advice on debt, employment, housing, benefits, tax credits and immigration issues

1 Wellington House, 36 Wellington Street, Barnsley S70 1WA

Call: Freephone 0800 144 88 48

Website: <https://barnsleycab.org.uk/>

Education Learning Support Hub (ELSH)

8 - 10 Market Street, Barnsley S70 1SL

Tel: 01226 249494

Website: www.elshub.org.uk

Emergencies – Health

If you think you have a life-threatening illness or injury, phone 999 and ask for an ambulance.

In a non-emergency, phone 111.

Emergencies – Crime

For emergencies, phone 999 and ask for the Police.

In a non-emergency, phone 101.

USEFUL CONTACTS CONTINUED

Feels Like Home

An opportunity to practise English with friends and discover Barnsley and the UK
Barnsley Museums Learning Lab, Town Hall, S70 2TA
Call/text: Joanna: 07873 655035 Email: feel slikehome@barnsley.gov.uk
Facebook: www.facebook.com/Feels-Like-Home-100877908934396

Hate Crime

To report hate crimes, call: 101 or 999 in an emergency
If you are deaf, hard of hearing, speech impaired you can textphone 18001 101 or SMS 07786 220 022.
Visit: southyorks.police.uk/hatehurts
Lucy Ramsden, Hate Crime Coordinator Barnsley T: 01226 736372 M: 07464 985266

IDAS

For those experiencing or affected by domestic violence or sexual abuse.
Tel: 03000 110 110 Email: info@idas.org.uk Website: www.idas.org.uk

Live Well Barnsley

For information on health care and support services, Visit: www.livewellbarnsley.co.uk

Migrant Help

Help with housing, accommodation, maintenance, ASPEN cards and relocation.
Tel: 08088 010503 - Website: www.migranthehelpuk.org

Migrant Information Hub for Covid-19 resources

Website: www.migrantinfohub.org.uk

Migration Partnership Barnsley

Supporting collaborative and holistic service provision.
Email: migrationpartnershipbarnsley@gmail.com
Website: <https://migrantaction.org.uk/the-migration-partnership-barnsley-mpb/>

Refugee Council

Address: Wellington House, 36 Wellington St. Barnsley S70 1WA (open Monday - Thursday 10am-2pm)
The Advice Workers can be contacted on 01226 320111 or 07917 135843

Refugee, Migrant & Asylum Seeker Men's Group

Meets at: The Quaker Building, 2a Western Street, Barnsley S70 2BP
Every Tuesday 12:30pm – 1:30pm - Call Abdel: 07917 135843

Refugee, Migrant & Asylum Seeker Women's Group

Meets at: Hope House Community Café, 2 Blucher Street, Barnsley S70 1AP
Every Wednesday 10am – 12pm - Call Abdel: 07917 135843

0-19 Public Nursing Service Barnsley

Support for children, young people and families of asylum seekers and refugees.
Tel: 01226 774411 Email: 0-19HealthTeam@bbarnsley.gov.uk



Aims of the Barnsley Borough City of Sanctuary Group

Create a culture of welcome for asylum seekers and refugees,
challenging hostility and discrimination in all its forms

Publicise and celebrate the contribution of asylum seekers and refugees
to their local communities and to UK society and culture

Work with local communities and with other relevant organisations
to support asylum seekers and refugees

Campaign for the rights of asylum seekers and refugees and oppose anti-migrant legislation

Encourage organisations and institutions in Barnsley (including BMBC)
to become part of the City of Sanctuary national network

Amplify the voices of people with lived experience to ensure they are
central in our activities and decision making.

Our monthly meetings are at 5pm on the first Wednesday of every month
in Barnsley Town Hall and are open to all.

Meetings have been arranged for Wednesday 4th September 2024,
Wednesday 2nd October 2024, Wednesday 6th November 2024
and Wednesday 4th December 2024.

Stop Press!

Barnsley Borough City of Sanctuary is seeking a Treasurer. This is a volunteer position for which there is no payment. For more details including a role description and how to apply, please email Steve Ruffle (Secretary): info@barnsley.cityofsanctuary.org

Visit our Website...

barnsley.cityofsanctuary.org

For more information, contact: info@barnsley.cityofsanctuary.org