

donate

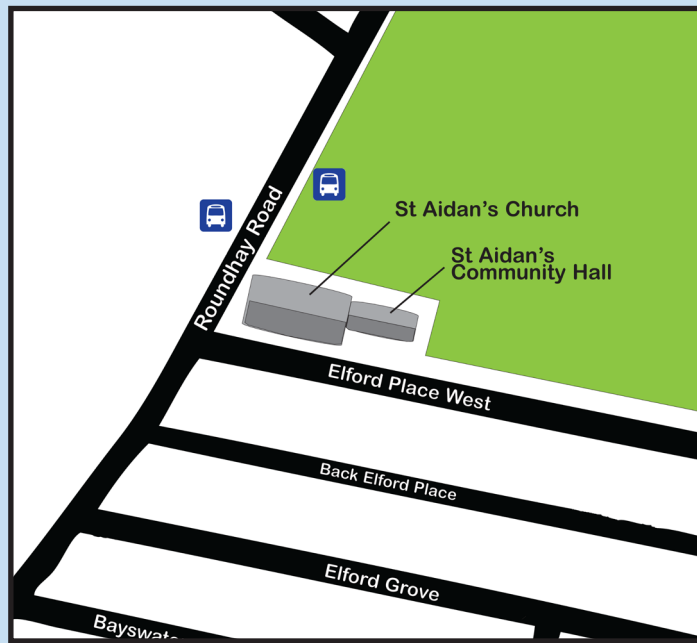
While UK-wide numbers of asylum claims are down, the government's austerity drive is exacerbating the plight of destitute asylum seekers in Leeds, with more and more services threatened with contraction or closure.

Without donations PAFRAS does not have the resources to meet increasing demand. All donations go to providing services for vulnerable service users, whether that is in the form of a meal, food parcel or toiletry pack; a small hardship payment or a bus ticket so that they can attend a meeting with their solicitor or submit new evidence in support of their claim to the Home Office.

We particularly need donations of food and toiletries such as:

- Tins: tomatoes, spaghetti/pasta, vegetables, fruit, fish, meat (not pork), vegetables and beans.
- Dry food: sugar, tea, rice, pasta, cereal, coffee.
- Sweets: Chocolate bars and chocolate biscuits.
- We also need: Long-life milk, fruit juices, biscuits, nuts, and dried fruit.
- Toiletries: shampoo and, shower gel, soap, mouth wash, sanitary towels, toothpaste, tooth brushes, (safety) razor blades, shaving foam/gel, deodorant, toilet rolls.

To find out more about how to donate and what we need, visit our website www.pafras.org.uk



PAFRAS Drop-in

Tuesdays & Thursdays 10:00 am to 12:30 pm.
St. Aidan's Community Hall, Elford Place West
Harehills, Leeds, LS8 5QD

Contact us:

e. info@pafras.org.uk
t. 0113 262 2163
f. 0113 262 2163

Positive Action for Refugees and Asylum Seekers
Company No. 5751987 • Registered Charity No. 1120950
Registered Office: Units 13-14, Chapeltown Enterprise Centre, 231-235
Chapeltown Road, Leeds, LS7 2DX

PAFRAS

www.pafras.org.uk

working with asylum seekers and refugees to

reduce the effects of destitution and poverty

improve physical health and mental wellbeing

support access to mainstream services

raise awareness amongst local communities

and develop a research-based response to government policies



Positive Action For Refugees & Asylum Seekers

The Henry Smith Charity
founded in 1628

Lankelly Chase
Registered Charity No. 1107503
Company Limited by Guarantee No. 5309739

ef Esmée Fairbairn FOUNDATION

Lloyds TSB | Foundation for England and Wales

PAFRAS works with asylum seekers, refugees and local communities in Leeds and the surrounding area.

PAFRAS is a charity established in response to the policies of the UK government that force refused asylum seekers into destitution.

PAFRAS promotes **social justice** through direct assistance, individual casework, mental health support and research and campaigning. Working directly and in a spirit of **solidarity** with asylum seekers and refugees, we have consistently adapted our project in response to their needs.

PAFRAS is the main project in Leeds providing direct support to destitute asylum seekers. We run a twice-weekly drop-in, to which we currently receive **nearly 580 visits each month**, and through which we provide a number of key services. While a proportion of these visits are made by first time visitors to the service, the majority represent people accessing it on a regular basis. As roughly two-thirds of those who attend the drop-in live without any form of state support and do not have the right to work these are individuals who are forced to rely on PAFRAS for their basic survival.

humanitarian aid

All those who attend our drop-in are provided with a meal, snacks and fresh fruit as well as hot and cold drinks, prepared by our volunteers. Additionally we distribute food parcels put together out of the donations of foodstuffs that we receive.

This year to October we provided an average of 510 hot meals and 275 food parcels to the 580 visitors attending our drop-in service each month. Around 3,300 food parcels per year; nearly 10,000 tins of canned food and 6,500 cups of rice and pasta. In the same period we have provided over 5,000 hot meals to some 5,775 service users.

The food given out at our drop-in is a vital lifeline for people who have little or no access to food elsewhere at the same time however our drop-in provides a vital social space for people to meet. Our aim has been to create a place where service users can feel at ease and that they can take ownership of. To this end service users are encouraged to get involved in running the drop-in, from manning the reception desk to preparing food in the kitchen.

casework support

Alongside the humanitarian work of our drop-in a core component of the work of PAFRAS is to help people **move out of destitution** through provision of support, advice and advocacy. PAFRAS employs two full-time case workers who provide dedicated casework support through an average of around two hundred advice sessions per month. Caseworkers perform a variety of supportive functions for the many vulnerable individuals with whom they work, central amongst these are:

- explaining the asylum system,
- finding legal representation,
- helping to access asylum support, and
- support in contacting the UKBA

mental health service

PAFRAS provides a recovery-orientated mental health service based on partnership between service users, volunteers, statutory organisations and communities in Leeds. The core aims of our work are to:

- facilitate service users' **access** to relevant agencies and appropriate service and
- facilitate their **inclusion** in social life.

Throughout our aim is **to enable them** to retain or regain an ordinary life, rather than isolate them

through exclusive involvement in specialist Mental Health Services.

We offer the following services to support the immediate mental health needs presented by service users:

- consultations, screenings, assessments and referrals,
- crisis and short-term counselling,
- complementary therapy sessions for stress relief and managing anxiety and depression,
- group support work.

Some of these services are provided specifically to support individuals while they wait to access more comprehensive care from the NHS or specialist voluntary organisations such as Solace.

can you help?

volunteer

Volunteers presently undertake a variety of roles from being a vital part of ensuring that the drop-in runs smoothly to getting involved in our research, providing office support and taking on the responsibilities of trusteeship. If you're interested in getting involved or would like to find out more visit our website www.pafras.org.uk and get involved.

fundraise

Perhaps you have an idea and would like to raise some money for us? Maybe there's some challenge you've always wanted to rise to and getting yourself sponsored to do it for PAFRAS would clinch the deal? Perhaps you'd prefer organising an event, concert or skills auction? Whatever your idea we would love to hear from you and will endeavour to support it in any way we can. If you are interested please call or email us.