



# ARE YOU SEEKING ASYLUM AND LIVING IN LONDON? COME & JOIN OUR FREE SESSIONS!

## SOCIAL AND WELLBEING

### Hackney and flexible locations

Activities designed to lift your mood, promote wellbeing and help you meet new friends whilst practicing English language skills.

## ENGLISH LANGUAGE

### Hackney, online and flexible locations

Weekly group informal English classes and one-to-one calls focusing on English for wellbeing. Led by an English tutor.

## MENTAL HEALTH SUPPORT

### Online or in-person in flexible locations

One-to-one counselling delivered in partnership with EACH Counselling & Support and offered in multiple languages: English, Farsi, Pashto, Arabic, Dari.

## COMMUNITY ADVOCACY

### Hackney and online

Help with accessing the services you may need, with the support of a caseworker.

## WE HAVE FUNDS AVAILABLE TO PAY FOR TRAVEL EXPENSES

For more information or to get involved please contact Alanah:

**Mobile:** 07549019582  
(SMS, Whatsapp, Call)

**Email:**  
[alanah.cornelius@groundwork.org.uk](mailto:alanah.cornelius@groundwork.org.uk)

