

# IRC Community Sponsorship

## Post-Arrival Ongoing Support Training Resources



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### Health & Wellbeing:

#### NHS Services in Scotland:

- [NHS Scotland Website](#): Information on GP services, dental care, opticians, sexual health clinics, and more.
- [NHS Inform](#): Guidance on accessing healthcare, including for refugees.

#### Prescriptions:

- Prescriptions in Scotland: [Prescriptions](#) dispensed in Scotland on Scottish prescription forms are free for everyone (including refugees).

#### Other NHS Costs:

- Other NHS costs (dental treatment, glasses, travel to hospital, wigs etc) are not automatically free.
- People on a low income, including refugees, can apply for help through the [Low Income Scheme](#) by completing an HC1 form or calling 0300 330 1343 for advice on completing the form.

#### Mental Health:

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

#### Maternity Entitlements:

- [Best Start Grant and Best Start Foods](#): Payments to help with the costs of pregnancy or caring for a child. Applications can be made online or on by phone at 0800 182 2222.

## 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 Scotland](#): Free, confidential advice on benefits, including Universal Credit.
- [Turn2Us Benefits Calculator](#): Online benefits calculator to check what benefits families might be entitled to.
- Jobcentre Plus: Explains benefits that families may qualify for and support with applications.

### 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 Scotland](#): Help with food, energy, and other support.

### Basic Needs:

- [Scottish Welfare Fund](#) – [Crisis](#) and [Community Care](#) Grants: One-off grants for urgent needs or setting up a home. Apply via local council. Grants do not need to be repaid.
- Free Items: Platforms like [Trash Nothing](#), [Freecycle](#), and [Freecycle](#) help families access free household items.

### Food:

- [Trussel Trust](#): 3-day emergency parcels (referrals usually via Citizens Advice)
- Community programmes: Free meals and food support through local initiatives such as [FoodCycle](#), [FareShare](#), and [NextMeal](#).

### Transport:

- 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.

### Saving Schemes:

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

## Employment and Safety:

### Proving the Right to Work:

- Refugees must prove their right to work in the UK via the GOV.UK [“Prove your right to work to an employer”](#) webpage by generating an online Share Code to share with their employer.

### Exploitation Support:

- [Modern Slavery Helpline](#): For advice or to report exploitation, call 08000 121 700 or visit their website.

### Advice on Scams:

For guidance or to report a scam:

- [Action Fraud \(UK-wide reporting\)](#)
- [Consumer Advice Scotland](#)
- [Citizens Advice Scotland](#)
- [Age Scotland](#): Advice, information, and support for older adults.

## 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 for English, confidence, and day-to-day communication.
- [Open University Scotland](#): Flexible courses, including English and Maths.
- [Skills Development Scotland](#): Guidance on essential skills, apprenticeships, university applications, and other learning opportunities.

### Higher / Academic Education

- Overseas Qualifications: [ENIC Statements of Comparability](#) can sometimes be funded by Jobcentre Plus.
- Tuition Fees: Refugees (and people with humanitarian protection or indefinite leave to remain) are eligible for home-fee status and full SAAS tuition fee funding for their first undergraduate degree in Scotland. Check [SAAS](#) and [Scottish Refugee Council](#) for individual cases.
- Sanctuary Scholarships: Several Scottish universities offer scholarships for refugees. See [STAR Network](#).