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[](#LearningEnglish) **Learning English**

Many new immigrants find that difficulty in speaking English can be a great barrier to integration both socially for example making friends or just understanding what people are talking about in the street or on the television. Difficulty in reading and writing English can also be a barrier to things like getting a job or dealing with local services. There are many sources of advice and support specially for new immigrants. Courses in English for people who speak other languages are called ESOL courses an introduction to them can be found [here](http://www.esoluk.co.uk/). You may find that to prepare you to take an ESOL course you may benefit from a Pre-ESOL course and you may also participate by setting running your own conversation group to help your community develop English language skills. If you are a new immigrant, a woman, an older person or someone with disabilities you may qualify for a special free ESOL and Pre –ESOL courses.

There are a range of ESOL courses available in the Portsmouth area. Some are free of charge and others require a fee. The [Learn Portsmouth web site](http://www.learnportsmouth.ac.uk/course-category-6/) provides details of a range of ESOL course.

The [Ask Sherlock web site](http://www.asksherlock.info/kb5/portsmouth/asksherlock/home.page) provides details of the [Adult Education - Omega Centre](http://www.asksherlock.info/kb5/portsmouth/asksherlock/service.page?id=abm0LFPzrQc)

English Conversation Group Mondays, Tuesdays, Wednesdays and Thursdays 1pm – 3pm and ESOL courses the same mornings. PO5 4LP Southsea, Contact Amanda Burgess for more information. Tel:( 023) 92291346 Email: [aburgess@wea.org.uk](mailto:aburgess@wea.org.uk) Free Course.(023) 9229 1346

Other centres providing ESOL courses in the Portsmouth area include:

[Friendship Centre](http://www.friendshipcentre.co.uk/).

Elm Grove. Southsea. Jenny Chandler (ESOL Coordinator) or Sally-Ann Mayhew (Administrator) on (023) 92617399 or 023 92797984 or South Downs College website

[Portsmouth English Language School](http://www.portsmouthels.co.uk/).

If you would like to register for a course, or you have any other enquiries, please email us on [info@portsmouthels.co.uk](mailto:info@portsmouthels.co.uk). or phone us on (023) 92736662. We will be pleased to hear from you. Contact Claire Teare 07790638703

[Highbury College](http://www.highbury.ac.uk/client/content.asp?Contentid=766)

Highbury College runs a range of popular full-time ESOL and EFL courses for students aged 16-18 and for adults at Highbury City of Portsmouth Centre, in the heart of the City. In addition, the College runs a part-time ESOL for Citizenship programme. For further details contact Yvonne Lee on (023) 92328242.

[South Downs College](http://www.southdowns.ac.uk/skills/skills.aspx).

The courses will focus on speaking and listening, reading and writing and will also address your individual needs. For example, involve helping you with speaking and listening in a variety of everyday situations, grammar, improving your reading comprehension or your writing skills Phone Jenny Chandler (ESOL Co coordinator) or Sally-Ann Mayhew on (023) 92617399 or (023) 92797984 or visit South Downs website.

[Language Specialists International](http://www.lsi-portsmouth.co.uk/index.php/en/)

Ladies only English classes 1-13 Lord Montgomery Way, PO1 2AH –- contact Angel on (023) 92291811 for information.

[Portsmouth College](http://www.portsmouth-college.ac.uk/index.php?option=com_content&view=article&id=1171:english-for-speakers-of-other-languages-esol&catid=15:level-1-courses&Itemid=51).

Eight full time courses run on site. Two part time courses, Mondays 7-9pm Beginners and Wednesdays 7-9pm Intermediate. Email Simin Walton for more information. [Simin.walton@tpc.ac.uk](mailto:Simin.walton@tpc.ac.uk)

[Pride in Pompey Centre](http://www.portsmouth.gov.uk/learning/26274.html)

For more information or for a no-obligation, friendly chat with one of our team, please give us a call on (023) 92298288 or pop in and see us at the The Prudential Buildings, 16 Guildhall Square, Portsmouth (next door to the New Theatre Royal). Keep up to date with all our latest information by following us on Facebook at [www.facebook.com/prideinpompey](http://www.facebook.com/prideinpompey) ESOL for work free course Tuesdays 5.30pm – 8.00pm. Phone (023) 92298288 for more information.

[Rowlands Castle Parish Hall](http://www.rowlandscastlepc.org.uk/)

Regular ESOL classes (if English is not your first language) are held at Rowland’s Castle Parish Hall, near Havant, PO9 6AD. All levels, maximum 8 per group, easy access by train or bus. Please contact Agneta Powdrill on [agneta.powdrill@virgin.net](mailto:agneta.powdrill@virgin.net) or 07552-561134 for further information on times, prices and special offers.

[The Learning Place](http://www.learnportsmouth.ac.uk/course-category-6/)

At 6 Derby Road, North End, PO2 8HH Free courses run on a regular basis, there is often a waiting list. Phone (023) 92621860 for more information.

You can also find free online ESOL courses at [ESOLCOURSES](http://www.esolcourses.com/)

Your specialist advisor in this field is ….. you can contact them at……..

* To put you in contact with these services I can send an email for you now but I will need to give your name and address. Would you like me to do this for you?
* Or if you would prefer you can take details of the contacts and get in touch yourself.
* If you have very great difficulties I could accompany you to the first meeting to make sure they understand your needs.
* Leaflets A01-A05 may be helpful.

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[](#Othereducationissues) **Other education issues**

There are many opportunities to get help in your education as an adult these range from further basic studies towards citizenship to advanced studies to develop your skills and career. Education can also be a fun way of getting together with other people in a learning group.

An introduction to the national services available to support your education beyond school can be found at the [National Careers Service](https://nationalcareersservice.direct.gov.uk/advice/courses/Pages/default.aspx)

The [Ask Sherlock web site](http://www.asksherlock.info/kb5/portsmouth/asksherlock/results.page?qt=Education&loc=) provides details of many sources of support in this field. You can then search for more detailed sources as needed.

The services available to support your education are described at the [Portsmouth City Council web site](http://www.portsmouth.gov.uk/learning/index.html)

You can also find a range of educational programmes at the [Learn Portsmouth](http://www.learnportsmouth.ac.uk/) web site.

You may also be interested in [Community Learning Services](http://www.portsmouth.gov.uk/learning/community-learning.html) in the Portsmouth area.

Your specialist advisor in this field is ….. you can contact them at……..

* To put you in contact with these services I can send an [email](#Referral) for you now but I will need to give your name and address. Would you like me to do this for you?
* Or if you would prefer you can take details of the contacts and get in touch yourself.
* If you have very great difficulties I could accompany you to the first meeting to make sure they understand your needs.
* Leaflets B01-B05 may be helpful.

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[](#Childcare) **Employment**

Getting started in employment is an important priority for many new immigrants, not only because income is important to you but also because working is a way of getting to know other people and to contribute to society. You need to think about the sort of job you want to aim for and the skills and experience you have and would like to develop further. Getting a job is difficult now, but you can begin to prepare yourself by taking volunteer jobs at first and then moving on to a part time or full time job. You might also want to think about setting up your own business making or selling things. Help and support is available for all these steps.

An introduction to the services available to support your career and employment beyond school can be found at the [National Careers Service](https://nationalcareersservice.direct.gov.uk/advice/courses/Pages/default.aspx)

The [Ask Sherlock web site](http://www.asksherlock.info/kb5/portsmouth/asksherlock/results.page?qt=Employment&loc=) provides details of many sources of information and support in this field in the Portsmouth area. You can then search for more detailed sources as needed.

The [Advice Portsmouth](http://www.learnportsmouth.ac.uk/) web site provides contact and referral to employment advisers.

The [Portsmouth Lets talk about You web site](http://www.iyssportsmouth.info/cv_creator/index.html) provides a guide to preparing your CV.

The services available to support your career are also described on the [Portsmouth City Council website](http://www.portsmouth.gov.uk/learning/26274.html) . Services and advice to help you set up a small business in the Portsmouth area can be found at [here](http://www.portsmouth.gov.uk/business/24777.html).

Your specialist advisor in this field is ….. you can contact them at……..

* To put you in contact with these services I can send an [email](#Referral) for you now but I will need to give your name and address. Would you like me to do this for you?
* Or if you would prefer you can take details of the contacts and get in touch yourself.
* If you have very great difficulties I could accompany you to the first meeting to make sure they understand your needs.
* Leaflets C01-C05 may be helpful. [**Return to start**](#_top)

[](#Health) **Health**

Health is important for everyone, but for many new immigrants it can be even more important to keep well in a new country in which the food, the weather and the way you live is very different and the immigration journey itself can be very stressful. As a resident of the UK you are entitled to many services to help you improve your mental and physical health and to deal with any health problems that arise for you and your family, but you need to know how to make use of these services and language can also be a barrier for some people.

A simple introduction to the NHS and the services available to support your health and care can be found in 42 different languages at the [Department of Health website](http://www.dh.gov.uk/en/Publicationsandstatistics/Publications/PublicationsPolicyAndGuidance/DH_4122587). You will also find a guide to immigrant health needs by country of origin on the [Health Protection Agency web site.](http://www.hpa.org.uk/MigrantHealthGuide/)

National information resources for health also include the [NHS Choices web site](http://www.nhs.uk/Pages/HomePage.aspx) , that provides advice on medical conditions, the support available to carers and a guide to local NHS services. This site includes a [translation service](http://www.nhs.uk/aboutNHSChoices/aboutnhschoices/Aboutus/Pages/languageshub.aspx).

The [NHS Direct web site](http://www.nhs.uk/Pages/HomePage.aspx) provides information about health and the telephone helpline services available on telephone number 1111 , note if the client can’t speak English just phone NHS Direct and they will find an interpreter.

The [Ask Sherlock web site](http://www.asksherlock.info/kb5/portsmouth/asksherlock/results.action?qt=Health&loc=&sr=10&nh=10) provides details of many sources of information and support in this field in the Portsmouth area. You can then search for more detailed sources as needed.

The [Healthy Pompey web site](http://www.healthypompey.com/) is your one stop shop to finding out how to look after your health, make small changes for a healthier lifestyle and find out more about local Portsmouth services that can help you stay well. If you would prefer to speak to someone about this, please call our phone line on (023) 9229 4001.

The [NHS Portsmouth web site](http://www.portsmouth.nhs.uk/) will help you find and register with a doctor or dentist and find local hospitals and pharmacists.

The [thinking Ahead](http://www.thinkingahead.org.uk/about.htm) organisation provides an up to date, one-stop mental health resource for the City of Portsmouth to support people with mental health issues.

There are also specialists services for [Child and Adolescent Mental Health](http://www.solent.nhs.uk/ServiceCatInfo.asp?id=201) services available.

Your specialist advisor in this field is ….. you can contact them at……..

* To put you in contact with these services I can send an [email](#Referral) for you now but I will need to give your name and address. Would you like me to do this for you?
* Or if you would prefer you can take details of the contacts and get in touch yourself.
* If you have very great difficulties I could accompany you to the first meeting to make sure they understand your needs.
* Leaflets D01-D10 may be helpful.

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[](#SocialCare) **Social Care**

Social care and support is important for new immigrants, particularly if you have a family with older relatives or young children.

A simple introduction to the services available to support your social care can be found at the [NHS Choices web site](http://www.nhs.uk/NHSEngland/AboutNHSservices/social-care-services/Pages/social-care-adults.aspx).

The [Ask Sherlock web site](http://www.asksherlock.info/kb5/portsmouth/asksherlock/results.page?qt=social+services&loc=) provides details of many sources of information and support in this field in the Portsmouth area. You can then search for more detailed sources as needed.

The [Portsmouth City Council web site](http://www.portsmouth.gov.uk/living/19663.html) also provides a range of information on social care services available to residents.

The [Portsmouth Social Care info web site](http://scip.portsmouth.gov.uk/kb5/portsmouth/asch/home.page) provides the most relevant information on local services.

Your specialist advisor in this field is ….. you can contact them at……..

* To put you in contact with these services I can send an [email](#Referral) for you now but I will need to give your name and address. Would you like me to do this for you?
* Or if you would prefer you can take details of the contacts and get in touch yourself.
* If you have very great difficulties I could accompany you to the first meeting to make sure they understand your needs.
* Leaflets E01-E05 may be helpful.

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[](#Childcare) **Child care and school issues**

Child care can be a particular problem for new immigrant families, because you may not have the support of family and friends that you had in your home country. Services and support is available to help you care for your children and to free you to take part in work and community activities. You can also discover more about the support available for your children at school and beyond. Some services are free and others require payment, but in the first case you can get specialist advice in this field.

A simple introduction to the services available to [support your child care](https://www.education.gov.uk/publications/standard/publicationDetail/Page1/DCSF-00306-2009#downloadableparts) can be downloaded from a booklet available from the [Department for Education](https://www.education.gov.uk/publications/eOrderingDownload/00302-2009LEF-EN.pdf) and the main [Department’s main web site](http://www.education.gov.uk/) which has information about the performance of schools.

The [Ask Sherlock web site](http://www.asksherlock.info/kb5/portsmouth/asksherlock/results.page?qt=child+care&loc=) provides details of many sources of information and support in this field in the Portsmouth area. You can then search for more detailed sources as needed.

The [Portsmouth City Council web site](http://www.portsmouth.gov.uk/search/search.asp?zoom_query=child+care&zoom_per_page=10&zoom_and=1&zoom_sort=0) also provides a range of information on child care services available to residents and the [Portsmouth Chat](http://www.portsmouth.gov.uk/learning/24835.html) provides tailored information, advice and guidance for families with children from pre-birth to 19 and those working with families. The [Portsmouth Ethnic Minorities Achievement Service](http://www.portsmouth.gov.uk/learning/emas.html) advises schools on how to support children from ethnic minority families and also provides a range of resources for schools some of which might be of interest to immigrant parents.

Your specialist advisor in this field is ….. you can contact them at……..

* To put you in contact with these services I can send an f [email](#Referral) for you now but I will need to give your name and address. Would you like me to do this for you?
* Or if you would prefer you can take details of the contacts and get in touch yourself.
* If you have very great difficulties I could accompany you to the first meeting to make sure they understand your needs.
* Leaflets F01-F5 may be helpful. [**Return to start**](#_top)

[](#Housing) **Housing**

Finding a place to live is a high priority for new immigrants and can be difficult and costly. Most new immigrants live in rented accommodation and though a few eventually qualify for “Council Housing” this takes many years. In rented accommodation problems and misunderstandings can arise with landlords and with neighbours, advice and information services can help you sort out issues and claim housing benefits if you are entitled.

A simple introduction to the services available to housing rights for immigrants to the UK can be found at the [Chartered Institute of Housing web site](http://www.housing-rights.info/index.php)

The [Ask Sherlock web site](http://www.asksherlock.info/kb5/portsmouth/asksherlock/results.page?qt=Housing&loc=) provides details of many sources of information and support in this field in the Portsmouth area. You can then search for more detailed sources as needed.

The [Portsmouth City Council web site](http://www.portsmouth.gov.uk/living/housing.html) also provides a range of information on housing services available to residents.

Your specialist advisor in this field is ….. you can contact them at……..

* To put you in contact with these services I can send an  [email](#Referral) for you now but I will need to give your name and address. Would you like me to do this for you?
* Or if you would prefer you can take details of the contacts and get in touch yourself.
* If you have very great difficulties I could accompany you to the first meeting to make sure they understand your needs.
* Leaflets G01-G05 may be helpful.

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[](#Communitycontact) **Community and social contact**

For many new immigrants an important first step toward integration is to establish contact with community organisations and groups with shared ethnic and cultural backgrounds. This recognises that integration is a two way process, stepping into the culture of the UK but also recognising the diverse culture of the many peoples who live here. Religious groups also form an important bond with other members of your community.

An introduction to the national organisations representing ethnic minorities in England can be found at the [Voice For Change web site](http://www.voice4change-england.co.uk/)  .

For the Hampshire area the [Evolve web site](http://www.e.volve.org.uk/) lists some of the local community organisations including religious faith groups.

The [Ask Sherlock web site](http://www.asksherlock.info/kb5/portsmouth/asksherlock/results.page?qt=Ethnic&loc=) provides details of sources of information and support in this field in the Portsmouth area. In particular the Multicultural Link Group (MCLG) offers support, advice, numerous networking opportunities , and the opportunity to exchange information between groups and organisations working with minority ethnic communities. Meets first working Monday each month. Must obtain permission to attend a meeting. Joining fee currently £15. 023 9262 5832

**Social contact**

As members of the Portsmouth community new immigrants will wish to take their place in local organisations in fields like sport and social activity.

For the Hampshire area the [Evolve web site](http://www.e.volve.org.uk/) lists some of the local community organisations including sports and social groups of all kinds.

The [Ask Sherlock web site](http://www.asksherlock.info/kb5/portsmouth/asksherlock/results.action?qt=social&loc=&sr=10&nh=10) provides details of many social and [sports organisations](http://www.asksherlock.info/kb5/portsmouth/asksherlock/results.page?qt=sport&loc=) in the Portsmouth area. These include as an example [Ethnix+](http://www.iyssportsmouth.info/ethnix/) which enables young women from ethnic minority communities to take part in recreation without compromising religious or cultural beliefs. Kitchen, Trampoline, Outdoor Sports Area, Cultural Trips, World Cooking, Yoga/Indian Head Massage, Dance & Keep Fit. 023 9282 4618

The [Portsmouth City Council web site](http://www.portsmouth.gov.uk/living/community-culture-sport.html) provides a list of community, culture and sports events and organisations.

The [Visit Portsmouth web site](http://www.visitportsmouth.co.uk/whats-on) provides details of events and activities in the city.

The list [here](#Blackandminority) provides details of local community and social organisations.

I am your specialist advisor in this field, I can help you by:

* To put you in contact with these services I can send an  [email](#Referral) for you now but I will need to give your name and address. Would you like me to do this for you?
* Or if you would prefer you can take details of the contacts and get in touch yourself.
* If you have very great difficulties I could accompany you to the first meeting to make sure they understand your needs.

Leaflets H01-H05 may be helpful.

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[](#Benefits) **Benefits and Money**

Social benefits are important to support new immigrant families getting started in the UK so it is essential to understand what you are entitled to and what you cannot expect. This is a complicated area in which a specialist advisor can guide you.

A simple introduction to the benefits available to for immigrants to the UK can be found at the [About Immigration web site](http://www.aboutimmigration.co.uk/uk-immigrants-state-benefits.html)

The [Citizen’s Advice Bureau](http://www.adviceguide.org.uk/england/benefits_e.htm) also provides support for people who want to understand their benefit entitlements. There are several local [Citizen’s Advice Bureau offices](http://www.portsmouthcab.org.uk/index.php/about/portsmouth-cab) in the Portsmouth area.

The [Ask Sherlock web site](http://www.asksherlock.info/kb5/portsmouth/asksherlock/results.page?qt=Benefits&loc=) provides details of sources of information and support in this field in the Portsmouth area. You can then search for more detailed sources as needed.

The [Portsmouth City Council web site](http://www.portsmouth.gov.uk/living/benefits-and-council-tax.html) also provides a range of information on benefits available to residents.

**Money**

Many new immigrants experience money problems in the UK. Living costs are high and income can be uncertain. Without family and community support debt and other financial problems can be very worrying. Help and advice in managing money is very important.

The [Citizen’s Advice Bureau](http://www.adviceguide.org.uk/england/debt_e.htm) provides a range of advice and support services for people with money and debt problems. There are several local [Citizen’s Advice Bureau offices](http://www.portsmouthcab.org.uk/index.php/about/portsmouth-cab) in the Portsmouth area.

The [Ask Sherlock web site](http://www.asksherlock.info/kb5/portsmouth/asksherlock/results.page?qt=money+debt&loc=)  also provides contact details for a free Debt & Money Advice Clinic Run by law students from the University of Portsmouth (023) 92844114

The [Advice Portsmouth](http://www.adviceportsmouth.org.uk/) service provides referral to personal counselling on debt and other money problems (023) 92794340

The [Portsmouth City Council web site](http://www.portsmouth.gov.uk/living/4176.html) also provides details of other money advice services.

There are also [Finance Friends](http://kingschurchportsmouth.co.uk/index_showcontent.php?current_article=152) services provided by King’s Church in Southsea which offer financial advice to people with debt problems.

Your specialist advisor in this field is ….. you can contact them at……..

* To put you in contact with these services I can send an  [email](#Referral) for you now but I will need to give your name and address. Would you like me to do this for you?
* Or if you would prefer you can take details of the contacts and get in touch yourself.
* If you have very great difficulties I could accompany you to the first meeting to make sure they understand your needs.
* Leaflets I01-I05 may be helpful.

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[](#Familyproblems) **Family problems**

Immigrant families suffer high levels of stress due to their separation from their culture and community and the difficulties of making a new life in a new country. This can result in tension in your marriage and difficult relationships with teenage children (who are difficult enough for any parent). It is important to recognise that domestic violence whether as physical abuse, isolation, verbal abuse, female genital cutting, forced marriages or the abuse of children is not to be tolerated behind closed doors. Where such issues arise it is important to seek advice and support. (Note that forced marriages are not the same as arranged marriages if both parties agree).

The [Rights of Women web site](http://www.rightsofwomen.org.uk/) provides advisory services for women in the UK and a range of [information pages](http://www.rightsofwomen.org.uk/legal.php) on legal rights in this field. There is also a [Domestic Abuse Hotline](http://www.thehotline.org/) service available.

The [Ask Sherlock web site](http://www.asksherlock.info/kb5/portsmouth/asksherlock/results.page?qt=abuse&loc=)  also provides contact details of services dealing with abuse, and a [range of other services relating to family problems](http://www.asksherlock.info/kb5/portsmouth/asksherlock/results.page?qt=family+problems&loc=) and relationships.

[Relate Portsmouth and District](http://www.relateportsmouth.org.uk/)  offers a range of relationship counselling to both couples, families or individuals, sex therapy, workshops, mediation, consultations and support face-to-face, by phone and also through their website.

The [Safer Portsmouth Partnership](http://www.saferportsmouth.org.uk/priorities/violence-and-hidden-violence/domestic-abuse/early-intervention-project/) provides information advice and support for those in fear of domestic violence. The [Portsmouth City Council web site](http://www.portsmouth.gov.uk/living/28288.html) also provides details of support services for troubled families and for [Domestic Abuse cases.](http://www.portsmouth.gov.uk/living/255.html)

Domestic abuse should be reported to the Police using the non-emergency number: 0845 045 45 45 or 101 or if violence is happening use the emergency number 999.

Your specialist advisor in this field is ….. you can contact them at……..

* To put you in contact with these services I can send an  [email](#Referral) for you now but I will need to give your name and address. Would you like me to do this for you?
* Or if you would prefer you can take details of the contacts and get in touch yourself.
* If you have very great difficulties I could accompany you to the first meeting to make sure they understand your needs.
* Leaflets J01-J05 may be helpful. [**Return to start**](#_top)

[](#Harassment) **Harassment, Safety, Law**

Harassment, whether on grounds of sex, race or religion is a breach of your rights and an offence under UK law. It is an unfortunate fact that many immigrants are vulnerable to harassment on all three grounds. Children are also vulnerable to on-line bullying behaviour. It should not be tolerated and should be reported wherever and whenever it occurs. Harassment is also known as “Hate Crime” and is part of discrimination.

The [Home Office web site](http://www.homeoffice.gov.uk/crime/hate-crime/) provides further detailed guidance on measures to address hate crimes.

The [Bullying Online web site](http://www.bullyonline.org/) provides access to advice and support in cases of cyber bullying.

The [Safer Portsmouth Partnership](http://www.saferportsmouth.org.uk/priorities/violence-and-hidden-violence/hate-crime/) provides information advice and support for those in fear of hate crime.

The [Portsmouth City Council web site](http://www.portsmouth.gov.uk/living/7410.html) also provides details of services to respond to all forms of harassment and hate crimes. Including the [Portsmouth Hate Crimes Unit.](http://www.portsmouth.gov.uk/living/950.html)

The [Portsmouth Race Equality Network Organisation](http://www.preno.org.uk/index.php) supports all ethnic minority communities with the race and faith agenda in the Portsmouth area.

**Fears for your safety**

Everyone living in this country should feel safe at home and in their neighbourhood. But some new immigrants to the Portsmouth area do not experience this. They may fear their home is threatened by the anti-social behaviour of neighbours or children in the street. Some people find they have to take a different route from their home when going out to avoid the anti-social behaviour of groups of children or they may find their peace at home is disturbed by the noise and behaviour of others. Of course some aspects of this may result from a failure to understand your needs, for example not realising that to some cultures a dog is unclean. But it is important to understand that anti-social behaviour is a crime and steps should be taken to report it whenever it happens.

Your specialist advisor in this field is ….. you can contact them at……..

The [Home Office web site](http://www.homeoffice.gov.uk/crime/anti-social-behaviour/) provides further detailed guidance on measures to address anti-social behaviour

The [Citizen’s Advice Bureau](http://www.adviceguide.org.uk/scotland/housing_s/housing_problems_where_you_live_s/antisocial_behaviour_scotland.htm) provides a range of advice and support services for people experiencing anti-social behaviour and [neighbour disputes](http://www.adviceguide.org.uk/scotland/housing_s/housing_problems_where_you_live_s/neighbour_disputes_scotland.htm#abusive_neighbour_disputes_and_discrimination). (Note this advise relates to Scotland but it also applies to England) . There are several local [Citizen’s Advice Bureau offices](http://www.portsmouthcab.org.uk/index.php/about/portsmouth-cab) in the Portsmouth area.

The [Safer Portsmouth Partnership](http://www.saferportsmouth.org.uk/priorities/anti-social-behaviour/) provides information advice and support for people subject to anti-social behaviour.

The [Hampshire Police web site](http://www.hampshire.police.uk/internet/advice-and-information/crime-prevention/safer-streets) provides guidance on what to do when you see anti-social behaviour and [how to make your home safer](http://www.hampshire.police.uk/internet/advice-and-information/crime-prevention/safer-homes). The [Police.uk web site](http://www.police.uk/) provides access to information on rates of crime in any areas of Portsmouth simply by typing in the name of the street.

The [Portsmouth City Council web site](http://www.portsmouth.gov.uk/living/5417.html) also provides details of steps to counter anti social behaviour

**The law**

Everyone should have equal rights under the law, but it is difficult for a new immigrant to understand the complex UK legal system and their rights and obligations, so problems can arise. There are advice and information services that can help you understand the system and make sure your case is dealt with in a proper manner.

Your specialist advisor in this field is ….. you can contact them at……..

The [Citizen’s Advice Bureau](http://www.adviceguide.org.uk/england/law_e.htm) provides a very useful introduction to your rights and the law particularly in respect of immigrants. There are several local [Citizen’s Advice Bureau offices](http://www.portsmouthcab.org.uk/index.php/about/portsmouth-cab) in the Portsmouth area that can provide advice and guidance in this field.

The [Safer Portsmouth Partnership](http://www.saferportsmouth.org.uk/priorities/anti-social-behaviour/) provides information advice and support for people subject to anti-social behaviour.

The [Portsmouth City Council web site](http://www.portsmouth.gov.uk/yourcouncil/Equality-Act-2006.html) provides a guide to equality law in this country.

Your specialist advisor in this field is ….. you can contact them at……..

* To put you in contact with these services I can send an  [email](#Referral) for you now but I will need to give your name and address. Would you like me to do this for you?
* Or if you would prefer you can take details of the contacts and get in touch yourself.
* If you have very great difficulties I could accompany you to the first meeting to make sure they understand your needs.
* Leaflets K01-K10 may be helpful.

[**Return to start**](#_top)

[](#Immigrationandcitizenship) **Immigration and citizenship**

New immigrants to the UK need to understand the provisions of their visas and the various rights and obligations conferred by the many different types of visa which may include “Leave to Remain”, Indefinite leave to remain” or “Right of Abode” each with different implications. This is a complex area and new immigrants may need help and guidance to understand the system and its implications for areas like marriage, work and other aspects of life in the UK.

The [Home Office web site](http://www.ind.homeoffice.gov.uk/) provides guidance on visas and immigration for non-EU nationals and your rights and obligations, elsewhere on the site there is also a guide to [British Citizenship](http://www.ukba.homeoffice.gov.uk/britishcitizenship/) and how to apply for it. The [Joint Council for the Welfare of Immigrants](http://www.jcwi.org.uk/) is a charity providing free advice advocacy and support for immigrants . There are also a great many private companies offering advice and assistance in this field, however, these will incur fees. All immigration advisors must be registered with the Home Office.

The [Citizen’s Advice Bureau](http://www.adviceguide.org.uk/england/law_e/law_immigration_e/help_with_immigration_problems.htm) can provide advice and guidance for people with immigration and citizenship issues. There are several local [Citizen’s Advice Bureau offices](http://www.portsmouthcab.org.uk/index.php/about/portsmouth-cab) in the Portsmouth area that can provide advice and guidance in this field.

Free training programmes to prepare for citizenship are available to new immigrants who qualify for support your specialist advisor can help you in this field. Also you may wish to return to the advice on [Learning English](#LearningEnglish) as many of the organisations listed there also provide citizenship training programmes.

Your specialist advisor in this field is ….. you can contact them at……..

* To put you in contact with these services I can send an  [email](#Referral)l for you now but I will need to give your name and address. Would you like me to do this for you?
* Or if you would prefer you can take details of the contacts and get in touch yourself.
* If you have very great difficulties I could accompany you to the first meeting to make sure they understand your needs.
* Leaflets L01-L05 may be helpful. [**Return to start**](#_top)

[](#Complaints) **Complaints and Compliments**

New immigrants have a right to complain if they feel they have been treated unfairly or not in accordance with the law and their rights. And you may wish to provide a comment on how services could be improved to meet your needs. On the other hand services and people that have been particularly helpful deserve our praise.

The [Consumer Advice Bureau Advice Guide](http://www.adviceguide.org.uk/england/search.htm?query=complaints) provides guidance on how to complain about a wide range of national and local issues and services. There are several local [Citizen’s Advice Bureau offices](http://www.portsmouthcab.org.uk/index.php/about/portsmouth-cab) in the Portsmouth area.

The [Home Office web site](http://www.ukba.homeoffice.gov.uk/aboutus/contact/makingacomplaint/) provides details of how to complain about your treatment by the UK Border Agency.

The [Hampshire Police web site](http://www.hampshire.police.uk/internet/contact-us/make-a-complaint) provides guidance on how to complain about police behaviour.

The [Portsmouth City Council web site](http://www.portsmouth.gov.uk/waste/12918.html) provides details of how to complain about local services, or if you have a positive comment how to pass on a compliment.

Your specialist advisor in this field is ….. you can contact them at……..

* To put you in contact with these services I can send an  [email](#Referral) for you now but I will need to give your name and address. Would you like me to do this for you?
* Or if you would prefer you can take details of the contacts and get in touch yourself.
* If you have very great difficulties I could accompany you to the first meeting to make sure they understand your needs.
* Leaflets M01-M05 may be helpful.

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**Other problems including anxiety**

The many issues faced by new immigrants coming to Portsmouth can seem overwhelming and it is understandable that many feel anxious and depressed at times. Just talking things through can sometimes be useful but it is important to seek help at an early stage just hoping these feelings will go away won’t work.

As your Volunteer Community Adviser I will try to help you with any other issues you face and if necessary ask the Gateway Portsmouth Office where there might be services or support that can help you.

If problems are getting you down a service like [Talking Change](http://www.talkingchange.org.uk/) could be very helpful. It is a new self-help and talking therapies service created for the people of Portsmouth by Solent Healthcare.

I can give you some initial help in dealing with other issues, would you like me:

* To put you in contact with these services I can send an  [email](#Referral) for you now but I will need to give your name and address. Would you like me to do this for you?
* Or if you would prefer you can take details of the contacts and get in touch yourself.
* If you have very great difficulties I could accompany you to the first meeting to make sure they understand your needs.
* Leaflets N01-N05 may be helpful.

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Gateway Portsmouth Referral

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Referral Details | | | | | |
| From: Name of referrer |  | | | | |
| To: Person referred to |  | | | | |
| Date referral sent |  | | | | |
| Client Details | | | | | |
| Full name: |  | | | | |
| Address |  | | | | |
| Telephone no: |  | Email |  | | |
| Preferred contact |  | | | | |
| Advice Needed | | | | | |
| General area |  | | | | |
| Any details of specific problems actions taken and advice given |  | | | | |
| Special language or other difficulties |  | | | | |
| Preferred times to meet |  | | | | |
| Will client be accompanied if yes name of person |  | | | | |
| Client signature to agree to referral |  | | | Date |  |
| Send by post to: |  | | | | |
| Or email to: |  | | | | |

**Black and Minority Ethnic (BME) Groups, Services and Networking List Needs updating following the Launch**

**ADULT MENTAL HEALTH SERVICES COMMUNITY DEVELOPMENT WORKERS FOR BLACK AND MINORITY ETHNIC COMMUNITIES**

Friendship Centre, Elm Grove, Southsea, PO5 1JT

Tel: 023 9275 5485

Fax: 023 9282 5483

Email: cdw@portsmouthcc.gov.uk

Community Development Workers work with BME community members to raise awareness of mental health well being.

Women’s Group and Diverse Carers Group have also been established in order to tackle health and well-being issues among BME communities.

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**AFRICAN CULTURAL ORGANISATION FOR INTEGRATION**

Jean Tchamgue

Tel: 07886 309238

Email: tchamg@hotmail.com

Mail to them via PRENO office (see PRENO entry below)

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**AFRICA TRUST CHAMBERS**

PO Box 551,Portsmouth, PO5 1ZN

Tel: David Denison or Simon Martin 023 9273 0987

Email: africatrust@yahoo.com

Website: [www.africatrust.org.uk](http://www.africatrust.org.uk)

Africa Trust provides work experience opportunities in North Africa and also in West Africa.

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**AFRICAN WOMEN'S FORUM**

Marie Costa, 35 Stanley Street, Southsea, Hants, PO5 2DS

Tel/Fax: 07758805316

Email: awf07@hotmail.co.uk

A support group for people of African and Caribbean descent, who live in Portsmouth and surrounding areas.

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**ALL SAINTS ASYLUM SEEKER DROP IN**

Anne Dickinson, All Saints Centre, Commercial Road, Portsmouth

Tel: 023 9283 9222

Email: [coordinator@haslarvisitors.org.uk](mailto:coordinator@haslarvisitors.org.uk)

Website: haslarvisitors.org.uk

Mondays and Thursdays 10am – 1pm. Free of charge to clients.

The drop in is run jointly by Haslar Visitors Group and the British Red Cross.

Haslar Visitors Group is a charity that befriends and supports refugees, asylum seekers and immigration detainees.

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**ANGLO-HELLENIC SOCIETY**

Mr Demetris Papanicolaou, 11 Apsley Road, Milton, Portsmouth, PO4 8RH.

Tel: 023 9286 3566

The Anglo-Hellenic Society aims to meet the needs of the Greek community in the city and to promote awareness of their language and culture.

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**ARABIC CLASSES**

c/o Sudanese Community, Friendship Centre, Elm Grove, Southsea, PO5 1JT

Tel: 023 9229 7177

Sundays 11am – 1 pm. All welcome.

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**ASSOCIATION OF THE BRITAIN-AUSTRALIA SOCIETY (PORTSMOUTH BRANCH) and the PORTSMOUTH-SYDNEY SISTER CITY LINK**

Mr Brian Hall, 40 St Matthew’s Road, Cosham, Portsmouth PO6 2DL

Tel: 023 9237 1141

Email: [b\_m\_hall@hotmail.com](mailto:b_m_hall@hotmail.com)

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**ASYLUM SEEKER ACTIVITY PROJECT (ASAP)**

Sally Jones, Friendship Centre, Elm Grove, Southsea, PO5 1JT

Tel: 023 9229 7177

Email: [asapr@hotmail.com](mailto:asapr@hotmail.com) or [sallojo@hotmail.com](mailto:sallojo@hotmail.com)

ASAP helps asylum seekers and refugees to access local educational, leisure, social and cultural facilities

**BAHA’I COMMUNITY OF PORTSMOUTH**

Ms Ephrat Miller

Email: [ephratmiller@googlemail.com](mailto:ephratmiller@googlemail.com)

Website: [www.bahai.org.uk](http://www.bahai.org.uk)

The Baha’i faith is a religion followed by several million people in the world, from all countries and all backgrounds.

**BANGLADESHI WELFARE ASSOCIATION**

President : Mr Rahman

Portsmouth Jam-E-Mosque Building, Unit 1 – 3, 75 Bradford Road, Portsmouth.

Tel: 023 9229 5448

Fax: 023 9229 5448

Email: bwaportsmouth@hotmail.com

Social Welfare needs, community development.

**BANGLA SCHOOL (Priory)**

Priory School, Fawcett Road, Southsea

Poppy Mahmud

Tel: 07742 933222 or 9282 6450

**BRITISH RED CROSS and ASYLUM SEEKER PROJECT**

George W. Brown, All Saints Centre, Commercial Road, Portsmouth, PO1 4BT

Tel: 023 9229 6463

Fax: 023 9281 7306

email: georgebrown@redcross.org.uk

Website: www.redcross.org.uk

The International Tracing and Message Service can help to restore family

links between people who have been separated by war and disaster.

We also offer support and practical help to asylum seekers and

refugees through the Orientation Project for Asylum Seekers and Refugees.

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**CAMFOOT UK (Cameroon Football Association Portsmouth)**

Adonis Ntiefong (Chair)

Tel: 07904 437034

email: camfootuk@yahoo.co.uk

Website: www.camfootuk.com

CAMFOOT UK is a Cameroonian community and cultural association in Portsmouth founded with the purpose of reinforcing our cultural identity.

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**CARIBBEAN ISLANDS ASSOCIATION**

c/o 90 Twyford Avenue  
Stamshaw  
Portsmouth  
PO2 8DJ

Email: [portsmouthcia@hotmail.com](mailto:portsmouthcia@hotmail.com)

Contact person: Julian Charles

The Caribbean Islands Association is a voluntary organisation that meets on the third Tuesday of every month at 6.30pm. All are welcome.

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**CATCH 22 SOUTH EAST TRAINING**

Jacqui Lawrence

Ground floor Unit 8, Acorn Business Park, Northarbour, Portsmouth, PO3TH

Tel: (023) 92222770

Email: [enquiries-setraining@catch-22.org.uk](mailto:enquiries-setraining@catch-22.org.uk)

Website: [www.catch-22.org.uk/setraining](http://www.catch-22.org.uk/setraining)

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**CHINESE SCHOOL (Mayfield)**

c/o Mayfield School, Mayfield Road, North End, Portsmouth

c/o Portsmouth Chinese Association, Kam Ip Tel: 07899918930

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**COMMUNITY LANGUAGES in Portsmouth**

Community language classes are held in the following languages: Albanian; Arabic x 2; Bengali x 3; Chinese; Farsi; Gujarati; Greek; Polish; and Turkish.

Kalvinder Garewal

Email: Kalvinder.Garewal@southampton.gov.uk

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**COMMUNITIES UNITED**

Kam Ip – Tel: 07899 918930, Syed Aminul Haque Tel: 023 9275 1151 or 07947 498356, and Jamal Nazar Tel: 9226 5929

**CONGOLESE GROUP – CADRE (Congolese Actions for Democracy and Rights to Education)**

Kayembe Mbombo, c/o Jubilee Church, Somers town

The group meets on Saturdays 4 - 7pm

Tel: 07767386567

Email: [irmafrakayembe@yahoo.fr](mailto:irmafrakayembe@yahoo.fr)

[cadrerdc@yahoo.fr](mailto:cadrerdc@yahoo.fr)

Website: [www.cadrerdc.org](http://www.cadrerdc.org)

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**DOT TO DOT**

Works with community groups, organizations and agencies on various art projects.

Dot To Dot Arts, Paulsgrove and Wymering Healthy Living Centre, 219 -225 Allaway Avenue, Portsmouth PO6 4HG

Telephone: 023 9220 0317

Email: info@dottodot.org.uk

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**EQUALITIES AND DIVERSITY TEAM**

Portsmouth City Council, Civic Offices, Guildhall Square, Portsmouth, PO1 2AL.

Tel: 023 9283 4789 / 023 9268 8957

Email: [equalites@portsmouthcc.gov.uk](mailto:equalites@portsmouthcc.gov.uk)

**ERITREAN COMMUNITY IN PORTSMOUTH (ECP)**

Chair: Fessahaye Gebrekidan

Secretary: Teklit Brhone

Email: [eripompy@hotmail.co.uk](mailto:eripompy@hotmail.co.uk)

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**ESOL – Portsmouth College (English for Speakers of Other Languages)**

Tangier Road, Copnor, Portsmouth, PO3 6PZ

Simin Walton Tel: (023) 92667521 ext 390or Pauline Stretton (023) 92667521 ext 347

**English as a Foreign Language and ESOL Citizenship courses- Highbury College**

Tudor Crescent  
Portsmouth  
Hampshire  
PO6 2SA

Tel: (023) 9238 3131

Email: info@highbury.ac.uk

Website: www.highbury.ac.uk

**ESOL – taught by Southdowns College at the Friendship House**

* English Language (writing, speaking and listening)
* Mathematics (via ESOL)
* Morning, afternoon and evening classes by arrangement.
* For more information Call Jenny Chandler (ESOL Coordinator) or Sally-Ann Mayhew (Administrator) on (023) 92617399 or (023) 92797984.

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**ETHNIC MINORITY ACHIEVEMENT (EMA) TEAM**

Craneswater Junior School Site, St. Ronans Road, Southsea, PO4 0PX.

Tel: 023 9273 3130

Fax: 023 9229 6487

Email: sarah.long@portsmouthcc.gov.uk

Website: www.blss.portsmouth.sch.uk

EMA works in partnership with Portsmouth schools, early years settings and parents.

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**EU WELCOME**

Dave Adcock, Project Manager

Tel: 07786 392886

Email: [euwelcome@yahoo.co.uk](mailto:euwelcome@yahoo.co.uk)

Website: [www.euwelcome.org](http://www.euwelcome.org)

EU Welcome helps arrivals in Southampton (and beyond) from the new A8 countries of the EU.

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**PORTSMOUTH GAMBIAN ASSOCIATION**

Mr Bunama Bojang

Assistant Secretary Portsmouth Gambian Association

Tel: 07949630926

Email: [bunamabojang32@btinternet.com](mailto:bunamabojang32@btinternet.com)

Mr Alasana Dibba

President of the Association

Mobile: 07522751517

Email: [dibbaalasana@yahoo.co.uk](mailto:dibbaalasana@yahoo.co.uk)

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**GERMAN CHURCH SERVICE (LUTHERIAN)**

Traditional Lutherian services conducted mainly in German held monthly

John Pounds Church, High Street, Old Portsmouth. PO1 2 HW

(Please use side entrance)

Tel: 023 9278 6321

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**GRACE ASSOCIATION**

Alexis Mukwa, GRACE Association, 9 Inhurst Road, Portsmouth, PO2 OQJ

Email: [degracealexis@yahoo.fr](mailto:degracealexis@yahoo.fr)

Tel: 07958 110164

The GRACE Association is affiliated to the Grace Pentecostal Church and its pastor is Pastor Alexis Mukwa. Members are from a variety of African countries including the Congo.

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**GREATER SYLHET DEVELOPMENT AND WELFARE COUNCIL**

South East Region

c/o Mr Syed Aminul Haque, Portsmouth Jam-E-Mosque Building, Unit 1 – 3, 75 Bradford Road, Portsmouth.

Tel: 023 9229 5448

Fax: 023 9229 5448

Mobile: 07947 498 356

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**HASLAR IMMIGRATION REMOVAL CENTRE**

Rose Morton, 2 Dolphin Way, Gosport, PO12 2AW

Tel: 023 9260 4138

Email: [rose.morton@hmps.gsi.gov.uk](mailto:rose.morton@hmps.gsi.gov.uk)

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**HEALTH IMPROVEMENT DEVELOPMENT SERVICE – BME Project**

Uta Schmidtblaicher & Runi Ahmed

Portsmouth City Council, Civic Offices Floor 4, Core 1, Guildhall Square, Portsmouth .

Tel: 023 9268 8390

Fax: 023 9268 8393

Email: [uta.schmidtblaicher@portsmouthcc.gov.uk](mailto:uta.schmidtblaicher@portsmouthcc.gov.uk)

runi.ahmed@portsmouthcc.gov.uk

Information Days and Health Seminars, Chinese Elderly Lunch Club, Asian Elders Day Centre Group, Chinese Shopping Service, Multicultural Healthy Eating DVD Project

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**HINDU CULTURAL ASSOCIATION**

Mrinal Ghosh, Secretary, Hindu Cultural Association, 55 Powerscourt Road, Portsmouth PO2 7JF

Tel: 023 9265 2513

Mobile: 07990 941367

Email: mrinal.ghosh72@yahoo.com

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**HINDU TEMPLE**

Strathfield House, Unit 1, 9 Leigh Road, Havant PO9 2ES

Group: BAPS Suri Swaminarayan Mandir

Mr Mitul Patel

Tel: 07863 159730

Website: mandir.org

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**INTERNATIONAL RECRUITMENT OFFICE (UNIVERSITY OF PORTSMOUTH)**

Mahbuba Abdullah, University of Portsmouth, Nuffield Centre, St Michael’s Road, Portsmouth PO1 2ED

Tel: 023 9284 5116

Fax: 023 9284 3538

Email: mahbuba.[abdullah@port.ac.uk](mailto:abdullah@port.ac.uk)

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**IRISH CLUB**

77 Elm Grove, Southsea, Portsmouth, PO5 IJF

Tel: 023 9282 5152

Email: steward@portsmouthirishclub.org

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**JAMI MOSQUE**

Chairman: Mr Mujahid Miah

Tel: 023 9265 5377 or Mobile: 07808 926391

Jami Mosque, Victoria Road North, Southsea, PO5 1PS

Tel: 023 9283 2541

**MA AFRIQUE UNITY**

Marie Louise Bosange

Mobile No: 07956215631

Email: [maafrique2003@hotmail.co.uk](mailto:maafrique2003@hotmail.co.uk)

Ma Afrique Unity meets every Wednesday between 12noon and 3pm at the United Reformed Church, 174 Kingston Road, Portsmouth PO2 7LP

Any woman from the black and minority ethnic community can join the group particularly Refugees and Asylum Seekers. Activities include sewing classes, swimming lessons, IT classes, ESOL classes, talks on Health Care and much more.

Refreshments available. Travelling expenses are paid. When a creche is available a member from the library comes along to provide activities for the children.

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**MALAYALI ASSOCIATION OF PORTSMOUTH**

Mr Ajimon Edakkara (Sec.)

Tel: 023 9269 9194

Email: [contact@portsmouthmalayali.org](mailto:contact@portsmouthmalayali.org)

Website: [www.portsmouthmalayali.org](http://www.portsmouthmalayali.org)

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**MOD CIVILIAN DIVERSITY AND EQUALITY**

Annette Osborne

MP3-1, Leach Building, HMS Excellent, Whale Island, Portsmouth, PO2 8BY

Tel: 023 9262 5832

Email: [Annette.Osborne864@mod.uk](mailto:Annette.Osborne864@mod.uk)

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**MULTICULTURAL LINK GROUP (MCLG)**

Meets at The Navigators Resource Centre, Isambard Brunel Road, Portsmouth PO1 2DP

Claire Dolan (Chair)

Tel: 023 9229 7177

Mobile: 07816 482239

Fax: 023 9229 7188

Clare.Dolan@guinness.org.uk

Founded fifteen years ago. Offers support, advice, numerous networking opportunities , and the opportunity to exchange information between groups and organisations working with minority ethnic communities. Meets first working Monday each month. Must obtain permission to attend a meeting. Joining fee currently £15.

**MULTICULTURAL YOUTH GROUP**

Meets at John Pounds Community Centre, 23 Queen Street, Portsea, on Saturdays and during school holidays. For 5 – 13 year olds.

Contact: Liluma Tel: 07970 070364

Main Contact Num: 07976292696

Or Tel: 023 9286 2224

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**MUSLIM YOUTH PROJECT LIMITED**

Email: [ameer@mypd.org.uk](mailto:mashud@mypd.org.uk) or info@mypd.org.uk

Website: [www.muslimyouthproject.net](http://www.muslimyouthproject.net)

MYP aims to work developing and promoting greater tolerance and understanding and to encourage co-operation and co-existence in a multi-faith and diverse society in Portsmouth. A primary aim of the MYP is to present Islam to those who are unaware of its true teachings. In particular it strives to correct popular misconceptions about Islam.

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**OGROSHOR (BANGLADESHI WOMEN’S PROJECT)**

Cerina Ball or Ashraf Sultana, c/o Peninsular House, Wharf Road, Portsmouth PO2 8HB

Tel: 07983 450870 / 07961 841391

Email: [cerinaball@ntlworld.com](mailto:cerinaball@ntlworld.com)

We meet Mondays 10am - 12pm – coffee morning/art and craft sessions,

Thursdays - drop- in (one to one work) and information sessions/workshops and training, Tuesday – ESOL , Wednesday – maths.

Our workshops and training range from – first aid courses, food safety courses, confidence building course, IT courses, parent power courses.

The drop-in is for support and development for the women. It all depends on what they need and want.

All our sessions take place in the Landport Community Centre, Charles   
Street Portsmouth Hampshire PO1 1JD.

Outreach Worker – Ashraf Sultana Tel: 07961841391

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**ONE WORLD WEEK**

This is a development education charity organisation that raises awareness and understanding of local and global justice and equality.

[www.oneworldweek.org](http://www.oneworldweek.org)

Portsmouth contact:

Sue:  **023 9225 0267**  [sue.james@yahoo.com](mailto:sue.james@yahoo.com) or

Sarah:  **023 9258 2140**  [sarahhirom@tiscali.co.uk](mailto:sarahhirom@tiscali.co.uk)

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**PASCO (PORTSMOUTH ASIAN SOCIAL AND CULTURAL ORGANISATION)**

Smita Patel

5 Parkstone Avenue  
Southsea  
Hants. PO4 0QY

Tel: 023 9264 5887

Email: [spatel118@hotmail.com](mailto:spatel118@hotmail.com)

**PORTSMOUTH AND SOUTH DOWNS PALESTINE SOLIDARITY CAMPAIGN**

Angus Geddes

Email: [Angus@geddes59.freeserve.co.uk](mailto:Angus@geddes59.freeserve.co.uk)

Jenifer Flintoft

Email: [flintoftjenifer@yahoo.co.uk](mailto:flintoftjenifer@yahoo.co.uk)

Tel: 023 9241 3358

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**PORTSMOUTH BENGALI COMMUNITY ASSOCIATION**

Mr. Abdul Haque – Chair

Mr. Delware Hussain Baig – Vice Chair

Mrs. Jayda Begum Khan - Secretary

Buckland Community Centre

Malins Road, Buckland

Portsmouth PO2 7BL

Tel: 07984685234

Email: portsmouthbangali.ca@gmail.com

**PORTSMOUTH AND SOUTH DOWNS PALESTINE SOLIDARITY CAMPAIGN**

Angus Geddes

Email: [Angus@geddes59.freeserve.co.uk](mailto:Angus@geddes59.freeserve.co.uk)

Jenifer Flintoft

Email: [flintoftjenifer@yahoo.co.uk](mailto:flintoftjenifer@yahoo.co.uk)

Tel: 023 9241 3358

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**PORTSMOUTH CENTRAL MOSQUE**

300 Somers Road North, Portsmouth PO1 1PL

Tel: 9286 5030

Open to Muslims for five times daily prayers.

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**PORTSMOUTH CHINESE ASSOCIATION**

Mr Albert Choi (Chairperson), Friendship House, Elm Grove, Southsea, PO5 1JT

Mobile: 07899 918 930

Fax: 023 9229 7179

Email: [kamfredip@yahoo.co.uk](mailto:kamfredip@yahoo.co.uk)

Mr Shee Hung Lee (General Secretary) 023 9229 7179 or 07877433844

Portsmouth Chinese Association aims to provide advice and assistance to the Chinese community as well as local people and agencies.

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**Chinese Elderly Lunch Club**

**Uta Schmidtblaicher**

**Health Improvement and Development Service**

Uta Schmidtblaicher, Portsmouth City Council, Civic Offices Floor 4 Core 1, Guildhall Square, Portsmouth.

Tel: 023 9268 8383

Email: [uta.schmidtblaicher@portsmouthcc.gov.uk](mailto:uta.schmidtblaicher@portsmouthcc.gov.uk)

or Chuk Ying Lee (English, Cantonese, Mandarin and Hakka speaking): 07947967778 Tuesdays & Thursdays only

Chinese Elderly Lunch Club every Tuesday at Friendship House, Elm Grove, 10am-5pm for over 60s, £3.50 for meal

All elderly welcome, staff speak English, Cantonese, Mandarin, Hakka, German & French

Chinese Shopping Service for Friendship House residents, every Thursday

**PORTSMOUTH FILIPINO ASSOCIATION**

Mr Conrado Sabadera (President), 56 Allaway Avenue, Paulsgrove.

Tel: 023 9232 6336

Mobile: 07525 670 853

Email: [randyrn68@yahoo.com](mailto:randyrn68@yahoo.com)

Association email: portsmouthfilipinoassociation@[moonfruit.com](http://moonfruit.com)

**PORTSMOUTH FRANCOPHONE SPACE**

Faustin Muyembe, 82, Horatia House, Meriden Road. PO5 4AL

Tel: 07859 747622

Email: [fmuyembe@yahoo.co.uk](mailto:fmuyembe@yahoo.co.uk)

PFS is for people of African origin who speak French as their first language.

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**PORTSMOUTH FRIENDSHIP CENTRE**

Clare Dolan, Centre Manager, Portsmouth Friendship Centre, Friendship House, Elm Grove, Southsea, PO5 1JT.

Tel: 023 9229 7177

Mobile: 07816 482239

Fax: 023 9229 7188

Email: Clare.Dolan@guinness.org.uk or [enquiries@friendshipcentre.co.uk](mailto:enquiries@friendshipcentre.co.uk)

Website: [www.friendshipcentre.co.uk](http://www.friendshipcentre.co.uk)

Multicultural Centre in Southsea. Various facilities for hire to community groups including meeting rooms, office space, function hall, commercial kitchen, fully equipped ICT suite. Also various projects running ie. BME volunteer training programme, hot/cold buffet service, arts programme for asylum seekers and refugees, tai chi, yoga, slimming group etc.

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**PORTSMOUTH FRIENDS**

Ruth Collins, Support Worker for Unaccompanied Asylum Seeker Children, Young Persons Support Team, Chaucer House, Isambard Brunel Road, PO1 2EP.

Tel: 023 9284 1309 or 07948 221091

Email: ruth.collins@portsmouthcc.gov.uk

Befriending and orientation project run by Portsmouth young people for Portsmouth young refugees. Open to all young refugees from 13 – 18 years. Meets every Wednesday 6-8pm at The Friendship Centre, Elm Grove, Southsea. Activities include football, cooking, arts and games as well as budgeting and exploring similarities and differences.

A great place to make new friends and have fun.

**PORTSMOUTH HISPANIC SOCIETY**

Bruce Hardy (Chair), 51 Woodsedge, Waterlooville, Hants. PO7 8PB

<Tel:023> 92266106

Email: chairman@spanishportsmouth.org.uk

Website: spanishportsmouth.org.uk

The group meets monthly at the Fratton Community Centre at 7pm, usually on the first Thursday of the month.

**PORTSMOUTH KURDISH ASSOCIATION**

Brian Futcher Tel: 023 9275 2557 or mobile 07947 458861

Email: kurds@smora.co.uk

**PORTSMOUTH KURDISH COMMUNITY ASSOCIATION**

Mr Omid Penjweny – Chairman

Email: [penjweny-1978@hotmail.co.uk](mailto:penjweny-1978@hotmail.co.uk)

Tel: 07809483135

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**PORTSMOUTH MULTICULTURAL GROUP**

c/o PRENO, Unit 2, Victory Business Centre, Somers Road North, Portsmouth PO2 8HL

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**PORTSMOUTH MUSLIM ACADEMY**

Mufti Ali Liyakat

Mobile: 07888 691146

Tel: 023 9282 2960

Old Commercial Road

Portsmouth PO1 4QL

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**PORTSMOUTH RACE EQUALITY NETWORK ORGANISATION (PRENO)**

Tunde Bright-Davies, Friendship Centre, Elm Grove, Southsea PO1 1JT

Email: [info@preno.org.uk](mailto:info@preno.org.uk); preno@btconnect.com

Website: www.preno.org.uk

Mission: ‘To promote race equality in Portsmouth and S/E Hants by empowering ethnic minorities to have an effective voice and promoting good practice amongst service providers’

PRENO provides developmental support to BME organisations.

PRENO offers a variety of consultancy and training packages to service providers.

**PORTSMOUTH RACIAL HARASSMENT FORUM**

Sharon Furtado, Racial Awareness Service Manager, Floor 3 Core 2, Civic Offices, Guildhall Square, Portsmouth.

Tel: 023 9283 4227

Fax: 023 9284 1695

Email: prhf@portsmouthcc.gov.uk

Website: [www.portsmouth.gov.uk](http://www.portsmouth.gov.uk)

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**PORTSMOUTH SIKH WELFARE ASSSOCIATION**

Jas Singh- Diapal, 53 Salisbury Rd, Southsea.

Tel: 07850 291867/ (023) 92824961

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**PORTSMOUTH SYNAGOGUE**

The Rabbi, Synagogue House, The Thicket, Southsea, PO5 2AA.

Tel: 01243 587 943

Mobile: 07818 063 876

Email: tony@tonybev.freeserve.co.uk

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**PRIDE IN POMPEY – Life in the UK Citizenship Test Centre, English classes etc**

Sandra Pennington, 1st Floor, Prudential Building, 16 Guildhall Walk, Portsmouth PO1 2DD

Tel: 023 9229 8288

Email: [sandra.pennington@portsmouthcc.gov.uk](mailto:sandra.pennington@portsmouthcc.gov.uk)

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**RACE HATE CRIME SERVICE**

The service offers advice, support and practical measures to assist anyone experiencing incidents of racial harassment at their privately rented/owner occupied home or place of business

Portsmouth City Council, Floor 3 Core2 Civic Offices, Guildhall Square, Portsmouth. PO1 2BY

Sharon Furtado [sharon.furtado@portsmouthcc.gov.uk](mailto:sharon.furtado@portsmouthcc.gov.uk)

Tel: 023 9283 4227

Fax: 023 9284 1695

Email: racial.harassment@portsmouthcc.gov.uk

Website: <http://www.portsmouth.gov.uk/living/950.html>

**REFUGEE AND MIGRANT JUSTICE**

Michael White, Head of Portsmouth Office, Oasis the Venue (East Wing), 1a Upper Arundel Street, Portsmouth, PO1 1NP

Tel: 023 9286 1469

Fax: 023 9286 5496

**RUSSIAN ORTHODOX CHURCH SERVICE**

Peter Colman

Tel: 023 8077 1638

Community of St Peter and Paul

3rd Sunday in month 11.45am

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**RUSSIAN SPEAKING SUPPORT GROUP**

**(previously Cheburashka group)**

For Russian speaking parents with young children

[russian.hants@gmail.com](mailto:russian.hants@gmail.com)

C/O Address – Landport Community Centre

Charles Street, Landport, PO1 1JD

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**SCHOOL OF POLISH LANGUAGE**

Alicja Powell, Polish Community School, c/o St Edmunds Catholic School, Arundel Street, Portsmouth.

Tel: 07824447307

Website: [www.polishschoolportsmouth.org.uk](http://www.polishschoolportsmouth.org.uk)

For children from 4 – 16, Saturdays term time 10am – 1pm.

We will start Polish language classes for adults upon demand.

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**SOKA GAKKAI**

Penny Hand, ‘Haldor’ Beach Road, Southsea, PO5 2JH

Tel: 023 9229 4847

[www.sgi-uk.org](http://www.sgi-uk.org)

Lay Buddhist organization practicing Nichiren Daishonin’s Buddhism.

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**SOLENT ANGLO-ITALIAN SOCIETY**

This Group meets at the Centre on the third Friday of each month.

For more information please contact Kate Esson at

9 Vicars’ Close, Chichester, PO19 1PT

or by email at [essonesson@btinternet.com](mailto:essonesson@btinternet.com)

**SUDANESE COMMUNITY**

Ladies Group – Friendship Centre, Sundays 11am – 1pm.

Abdul Hakim Arafa

Email: [taskoo88@yahoo.co.uk](mailto:taskoo88@yahoo.co.uk)

**SYLHET DISTRICT ASSOCIATION (SDA)**

General Secretary – Mr. Farhad Al Mahmud

Tel: 07888842462

Email: [falmahmud@hotmail.com](mailto:falmahmud@hotmail.com)

President – Mr. Abul Hoque

Tel: 07789503834

Email: [tahmim@yahoo.com](mailto:tahmim@yahoo.com)

Mr. Asab Ali Tel: 07789503834

Sylhet District Association (SDA) 60 Osbourne Road Southsea Portsmouth PO5 3LU

Email: [sda.portsmouth@hotmail.co.uk](mailto:sda.portsmouth@hotmail.co.uk)

Website: www.sylhetda.org

SDA aims:

1. • To gain an effective voice for the Sylhet community in any decision making process by service providers. To be achieved by taking part in consultation and being represented on partnerships in Portsmouth
2. • To improve the quality of life for the Sylhet community in Portsmouth
3. • To develop trust between people of different communities and build confidence in our own abilities

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**SOUTH HAMPSHIRE REFORM JEWISH COMMUNITY**

Suite 153, 151 High Street, Southampton SO14 2BT

Mobile: M Pell 07867 797143

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**THAI SOLENT SOCIETY and THAI ASSOCIATION**

Mrs Somporm Mayne, c/o Bangkok Thai Restaurant, 64 Albert Road, Southsea. PO5 2SL

Tel: 0751 956 3320 or 023 9242 9922

Email: [suesouthsea@hotmail.co.uk](mailto:suesouthsea@hotmail.co.uk)

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**THE PORTSMOUTH DIOCESAN COUNCIL FOR SOCIAL**

**RESPONSIBILITY**

The Revd Nick Ralph, Mission and Society, 1st Floor, Peninsular House, Wharf Road, Portsmouth PO2 8HB

Tel. (023) 92899674

Fax: (023) 9289 9651

Email: nick.Ralph@portsmouth.anglican.org

Website: [www.portsmouth.anglican.org](http://www.portsmouth.anglican.org)

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**TURK GRUBU**

Tel: (023) 9266 0866

Fulya Lawrence

Email: [Turkgrubu@hotmail.co.uk](mailto:Turkgrubu@hotmail.co.uk)

Turkish Group for parents/carers and their children. Meets fortnightly Fridays 3.30pm – 4.30pm (term time only) at Northern Parade Children's Centre in Doyle Avenue, Hilsea PO2 9NE

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**UNIVERSITY OF PORTSMOUTH EQUALITY AND DIVERSITY UNIT**

Alexandra Muir- Mackenzie, Unit 3, St. Andrew’s Court, St. Michael’s Road, Portsmouth. PO1 2JH

Email: [Alexandra.muir-mackenzie@port.ac.uk](mailto:Alexandra.muir-mackenzie@port.ac.uk)

Tel: 023 9284 5039

Website: [www.port.ac.uk/departments/services/equalityanddiversity](http://www.port.ac.uk/departments/services/equalityanddiversity)

**UNIVERSITY OF PORTSMOUTH INTERNATIONAL OFFICE**

Mahbuba Abdullah, Nuffield Centre, St Michaels’s Road.

Tel: (023) 92845116

Email: [mahbuba.abdullah@port.ac.uk](mailto:mahbuba.abdullah@port.ac.uk) or [international.office@port.ac.uk](mailto:international.office@port.ac.uk)

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**VIETNAMESE ELDERS GROUP**

**Run by Portsmouth Vietnamese Association**

Meet every second Thursday

Contact: Hang Swords, Chair of Vietnamese Association:  [Hang.Swords@gmail.com](mailto:Hang.Swords@gmail.com); Tel: 07595441468

Mai Hoang: [mai.hoang@ntlworld.com](mailto:mai.hoang@ntlworld.com); Tel: 07703014284 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**WELSH SOCIETY PORTSMOUTH AND DISTRICT**

Richard Evans (Secretary), 2 Hannah Gardens, Waterlooville. PO7 7TF

Tel: (023) 92258254

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**WESSEX JAMAAT**

Al Mahdi, Wickham Road, Fareham, Hants, PO17 5BU

Tel: 01329 513 651

Mobile: 07915 069 192

Email: [info@almahdi.org.uk](mailto:info@almahdi.org.uk)

Website: www.almahdi.org.uk

A Muslim community organisation particularly interested in social welfare of its members.

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**WOMEN’S DROP-IN**

BME (Black Minority Ethnic)

For further information call Shipa or Sadhia on (023) 92755485 or email: [cdw@portsmouthcc.gov.uk](mailto:cdw@portsmouthcc.gov.uk)

Join in health related workshops. Relax and have a drink. Meet other women. Take part in arts, crafts and beauty sessions.

Every Tuesday 12 noon until 2.30pm at the Wesley Centre, 128 Fratton Road.

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**ZANZIBAR ORGANISATION**

Mr Mohammed Darweish, 60 Tipton House, Warwick Crescent, Southsea, PO5 4P4.

Tel: 023 9234 6562

Mobile: 07742 957 924

The Zanzibar Organisation provides support to Zanzibaris in the UK and overseas. It provides welfare support to families and the elderly living in the Portsmouth and surrounding area.

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