

THESE NOTES ARE TO ASSIST HOSTS OR OTHER NON-UKRAINIAN SPEAKING PERSONS WATCHING THE VIDEO CREATED WITH BOGDANA.

The intention of the video is to suggest tasks which guests may find helpful to do during the first week in the United Kingdom and also to help them feel welcomed, with this in mind we chose to create the video with a guest speaking in Ukrainian.

Although this is not a prescriptive or exhaustive list, we hope that guests find it useful and a good introduction to making a life in the UK.

**Each section that begins with bold text is a fresh focus in the video.
This list is not verbatim but a guide of what is being discussed.**

“ Your first week may feel overwhelming, with so much to think about and do. This video can act as a checklist of the things that will help you to settle in quickly.

Get a SIM card – stay connected

- You will need a UK phone number for the Job Centre (perhaps the Host will allow their number to be used initially until you have your own number)
- There are lots of mobile providers in the UK and some – Three, Vodafone, Smarty and the Red Cross - are offering support for Ukrainian guests
- Mobiles are available from Tesco supermarkets as well as mobile phone stores

Get a welfare visit from the Council

- Ask your sponsor to call the Council as soon as possible after your arrival
- You will receive £200 pounds per person, a welcome pack and a letter with confirmation of address (you will need this for the bank) - if you have come to the UK as part of the Homes for Ukraine scheme

Apply online for BRP appointment

- You will need a Biometric Residents Permit to prolong your visa for up to 3 years
- As more people come to the UK from Ukraine via the Homes for Ukraine scheme, the waiting time for an appointment is approximately 3-4 weeks
- Choose a service centre close to where you live and continue with the next steps

Open a bank account

- You will need a bank account to be able to receive Universal Credit and a salary when you find a job
- You'll need your passport and a letter from the Council with confirmation of address

Apply for a National Insurance number and seek a job

- To receive a National Insurance number, get in touch with a job coach at your local Job Centre Plus
- Your National Insurance number will come by post

Apply for Universal Credit online

- This will provide financial support before you are able to work
- To do this you will need internet access, if you don't have this at your Host address go to your local library for free internet access
- You will also need an email with access to it – Universal Credit will contact you for further steps

Register at the Doctors to receive a NHS (National Health Service) number

- Go to your local GP and complete the forms – you will need your passport and a confirmation letter with your address
- A letter with your NHS number will come by post in approximately 1-2 weeks

Register your children at a local school

- Contact the admissions team at Cambridgeshire County Council
- Or contact the school directly

Loan of a laptop and equipment

- You can receive help from Laptops 4 Learning for a free loan of a laptop
- Visit the Ukraine Guest page of the East Cambs District Council website for more details

Join English classes/groups/courses

- Either informal or formal to help you to gain more confidence with day to day communication
- These are free to attend, more details of the Ely courses and groups are in the Council's Welcome Packs

Visit Ukraine Lifeline in Pymoor (correct at the time of recording)

- If you need clothes, toiletries, a stroller, non-perishable foods
- Open Wednesdays and Fridays between 3-6pm

Join us at the Ukrainian Community Hub at the Lighthouse Centre in Ely

- Every Thursday 10am-1pm
- To meet other Ukrainians, socialise, access advice and share information

Visit the Council's website for more useful information.



EAST CAMBRIDGESHIRE
DISTRICT COUNCIL

www.eastcambs.gov.uk/support/Ukraine

All information given in the video is correct at the time of recording.