Immigration Support and Cultural Challenges

Moving to a new country can be exciting, but it can also feel difficult and overwhelming. Many people face challenges as they settle into a new community. You are not alone, and help is available.

Common Challenges

Cultural differences can sometimes lead to feelings of isolation or disconnection. Common challenges include:

- Language barriers
- Finding employment or training
- Housing difficulties
- Understanding systems such as healthcare, benefits, or education
- Feeling excluded or experiencing discrimination

These challenges can affect emotional wellbeing, confidence, and mental health. Asking for help is a positive and important step.

Useful Support Services

Citizens Advice Bureau

Citizens Advice provides free, confidential, and independent advice. They can help with:

- Money and benefits
- Housing and legal issues
- Immigration-related concerns
- Employment rights

Website:
https://www.citizensadvice.org.uk/

Sunrise (North Devon and Torridge)

Sunrise is a local charity that promotes equality, diversity, and social inclusion in rural communities.

They support:

- Migrants, refugees, and asylum seekers
- LGBTQ+ individuals
- People from diverse cultural backgrounds

Services include:

- One-to-one support
- ESOL (English for Speakers of Other Languages) classes
- Activity and social groups
- Workshops, training, and community events that celebrate diversity and inclusion

Based in Barnstaple and covering North Devon and Torridge.

Website: https://sunrisediversity.org.uk/

Pickwell Foundation

The Pickwell Foundation supports people who have been displaced or are at risk of displacement.

Their work includes:

- Practical and emotional support
- Community-based projects
- Help with stability and wellbeing

Website: https://www.thepickwellfoundation.org.uk/

Remember

- You deserve support, safety, and respect
- Many organisations are here to help you feel welcome and included
- Reaching out can reduce isolation and improve wellbeing

If you would like help contacting any of these services, please ask to speak to the **Wellbeing Team.**