

# AN EASY GUIDE TO TAKING A SIMPLE ACT

## SHARE YOUR SWEETS

By sharing your sweets we don't just mean your sherbet lemons. This action is all about sharing things that will make someone else's life sweeter. Whether it's a winter coat you've out-grown, kids' toys, an old bike that's collecting spider webs in the shed, or extra toiletries you got on a 2-for-1 deal at the supermarket, there are many drop-ins that can help give your stuff a new lease of life by passing it onto an asylum seeker in need.

### DO YOUR RESEARCH

- Check out our list of organisations and centres that need donations and find one that's closest to you. If your area isn't listed, drop us a line at [giving@refugee-action.org.uk](mailto:giving@refugee-action.org.uk) and we'll seek out something more local especially for you.

### HAVE A CHAT

- Give them a call and find out what they need (some places take clothes, others need non-perishable food and toiletries, whilst others may accept bedding and crockery), how they need it (boxed up, neatly folded, etc), and when you can drop it off (not all places are open 24/7).

### START RUMMAGING

- Sort through your cupboards and drawers and start making a pile of stuff you don't use anymore but is in good enough nick to be given a new home.

### SPREAD THE LOVE

- Get your family and housemates to join in and add to the pile.

### GO SHOPPING

- If your local drop-in needs non-perishable food, toiletries and practical stuff like nappies and sanitary towels, you may want to add a couple of extra items to your trolley the next time you're out shopping. Adding some basic supplies to your weekly shop doesn't cost much (especially if you've sought out the best deal of the day) but can make a huge difference to people who are destitute.

GET INVOLVED



## DROP IT ALL OFF

- Once you've gathered all your donations together, drop them off at the local centre or organisation at the agreed time. You may want to add a card with a message of support to the staff and volunteers there and the people that the goods will be given to. Reading a welcoming message from another human being who cares will make the simple act of 'sharing sweets' even sweeter.

## TELL THE WORLD

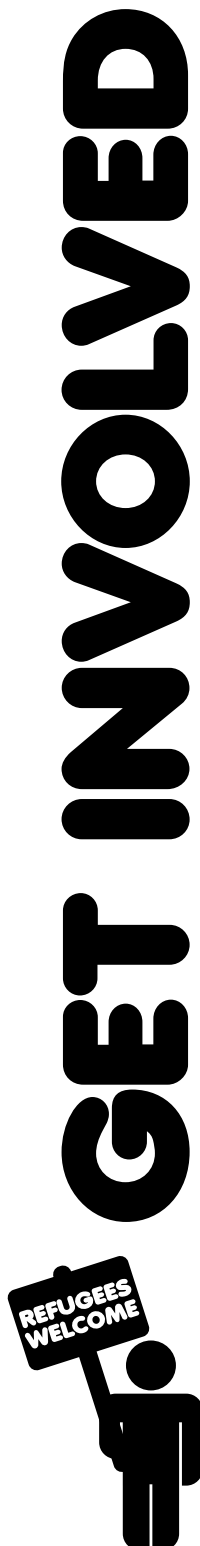
- Once you've done this action, don't forget to let everyone know by ticking the 'share your sweets' action off at [www.simpleacts.org.uk](http://www.simpleacts.org.uk). And make sure you tell friends and family just how simple it was to share your sweets and remind them that they could quite easily do the same. With your help, we hope to get thousands of actions done by 2010. Remember small actions x lots of people = big change...

## THANKS FOR THAT

- Thanks so much for taking part in the Simple Acts campaign. Refugee Action is really proud of every supporter that takes action to make our communities more welcoming places for refugees. If you have a spare moment to tell us more about what you've done or send us some photos, Refugee Action would also love to hear from you at [giving@refugee-action.org.uk](mailto:giving@refugee-action.org.uk) or on 020 7654 7705. The more we know about what've you been up to, the prouder we'll be! And you never know, we may even add your photos to our online gallery of special supporters...

## THE STORY BEHIND THIS SIMPLE ACTION

- Destitution is one of the most serious problems affecting the people Refugee Action works with. Nearly half of the people that accessed services provided by the main UK refugee support agencies in October 2008 were destitute. You can hear some of their stories in our new video at [www.refugee-action.org.uk](http://www.refugee-action.org.uk).
- Although destitution can affect people at any stage of the asylum process, it acutely affects refused asylum seekers from whom all support may be withdrawn in an effort to coerce them to return home. However, this policy of enforced destitution is not succeeding in its aim, as many people are still too scared to return to their countries where war or human rights abuses are rife. The policy has instead created an underclass of penniless vulnerable people reliant on friends, charities and faith groups. To help address the root causes of destitution please join our campaign to lobby government to end this inhumane and ineffective policy: [www.refugee-action.org.uk/campaigns](http://www.refugee-action.org.uk/campaigns). In doing so, you'll have done another of Refugee Week's Simple Acts: 'join a campaign in support of refugees'. Hurrah!



## **NORTH WEST**

Asylum Link  
St. Ann's Church  
Liverpool  
L7 3HJ  
T: 0151 709 1713  
F: 0151 709 1734  
E: [info@asylumlink.org.uk](mailto:info@asylumlink.org.uk)  
[www.asylumlink.org.uk](http://www.asylumlink.org.uk)  
You can donate: food, clothes, toys, books and furniture

St Vincent Support Centre  
Berking Avenue  
York Road  
Leeds LS9 9LF  
T: 0113 248 4126  
F: 0113 248 7698  
[www.stvincents-svp.org.uk](http://www.stvincents-svp.org.uk)  
You can donate: clothes, shoes, bedding, toys, furniture, household and electrical items and food

B.R.A.S.S. - Befriending Refugees And Asylum Seekers  
Bolton Methodist Mission  
The Victoria Hall  
Knowsley Street  
Bolton BL1 2AS  
T: 01204 397152

BOAZ Trust  
Harpurhey Community Church  
Carisbrook Street  
Manchester M9 5UX  
T: 0161 202 1056  
E: [info@boaztrust.org.uk](mailto:info@boaztrust.org.uk)

East Manchester Community Forum - Rainbow Haven Drop In  
Main (primary location)  
Mill Street Venture Centre  
491 Mill Street  
Openshaw  
Manchester M11 2AD  
T: 0161 220 8519



**GET INVOLVED**

**T: 0161 223 3418**

**Manchester Diocese Fund for Destitute Refugees  
Board for Ministry and Society  
90 Deansgate  
Manchester M3 2GJ  
T: 0161 828 1446  
E: sueheil@manchester.anglican.org**

**Mustard Tree  
1st Floor  
110 Oldham Road  
Ancoats  
Manchester M4 6AG  
T: 0161 228 7331  
E: office@mustardtree.co.uk**

**Red Cross  
10 Brindley Road  
City Park  
Cornbrook  
Manchester M16 9HQ  
T: 0161 888 8900**

**Revive  
St. Boniface's Church  
St. Boniface's Road  
Salford M7 2GE  
T: 0161 792 0208  
E: revive0luk@yahoo.co.uk**

## **EAST MIDLANDS**

**Emmanuel House  
53-61 Goose Gate  
Nottingham NG1 1FE  
T: 0115 950 7140  
You can donate: clothes, food, toys and small household items**

**British Red Cross  
Refugee Orientation Project  
244 London Road  
Leicester LE2 1RN  
T: 0116 2746933**

**GET INVOLVED**



You can donate: food, clothes, toiletries and blankets

Padley Centre  
3 Beckett Street  
Derby DE1 1HT  
T: 01332 331280

## **SOUTH WEST**

Devon and Cornwall Refugee Support Council  
T: 01752 265952  
You can donate: food, clothes, household items

## **SOUTH CENTRAL**

Red Cross  
Friendship House, Elm Grove  
Southsea  
Portsmouth PO5 1JT  
T: 023 9286 5496  
You can donate: clothing, food and bedding

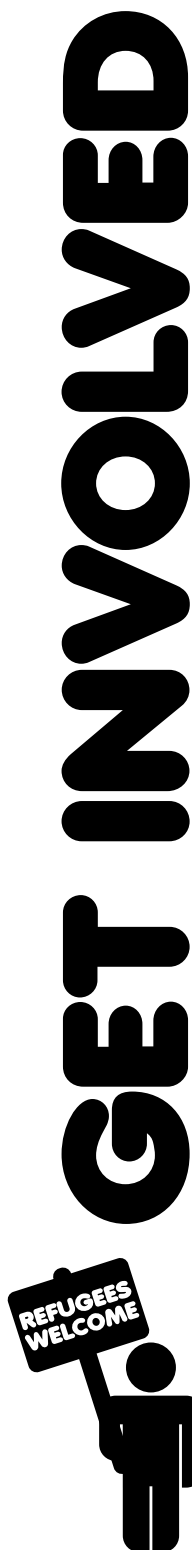
CLEAR (City Life Education and Action for Refugees)  
St Andrews United Reformed Church  
The Avenue,  
Southampton SO17 1XQ  
T: 023 80221702

## **LONDON**

Refugee Unit, Red Cross  
5 Berners Road  
Angel  
London N1 0PW  
T: 020 7704 5676  
[www.redcross.org.uk](http://www.redcross.org.uk)  
You can donate: food, clothing, bedding, toiletries and small household goods

PRAXIS (Mondays only, 10 - 4pm)  
Red Cross Clothing Project  
1 Pott Street, Bethnal Green  
London E2 0EF

Croydon Red Cross Centre (Thursdays only, 10am – 4pm)



47 Coombe Road  
Croydon  
London CR0 1BQ

Lewisham Refugee Network  
144 Evelyn Street  
London, SE8 5DD  
T: 0208 6940323  
F: 0208 6946621  
E: [info@lrn.org.uk](mailto:info@lrn.org.uk)  
[www.lrn.org.uk](http://www.lrn.org.uk)

You can donate: clothes, baby items, toys, bed linen, crockery and cutlery

St Mary Magdalene Centre for refugees and asylum seekers  
St Mary Magdalene Church  
Holloway Road  
London N7 8LT  
T: 020 7609 2616

[www.stmarymagdalenecentre.org.uk](http://www.stmarymagdalenecentre.org.uk)

You can donate: clothes, shoes, crockery, cups/glasses, bedding, curtains, toys

**GET INVOLVED**

