



HOST NATION

Connecting refugees with host communities

London-wide befriending scheme for adult refugees and asylum seekers

We're on a mission to enrich the lived experience of refugees and asylum seekers in Greater London.

HostNation has matched 200 socially-isolated refugees and asylum seekers to a London friend – someone who can spare a few hours a week to meet up and show them London.

Our befrienders are all screened and checked. Many work for NGOs or in caring professions and have experience of supporting refugees and other vulnerable groups. We ask for an initial commitment of 3 months but some already tell us they're friends for life!



Hakim & Suzy

playing ping pong in the Olympic Park

Stella & Sue

meeting for a walk on Hampstead Heath



Clement & Antony

at the Tate Modern



Do you work with people who have fled persecution? Are they:

- ▶ **over 18?** ▶ **sociable?** ▶ **keen to see and do** ▶ **want to practice** ▶ **reasonably stable**
- ▶ **lonely?** ▶ **curious?** ▶ **more in London?** ▶ **their English?** ▶ **(mental health/housing)**

Then please take 10 minutes to go online with them and refer them to HostNation.

We do not accept self-referral so PLEASE help your service user access our befrienders. They need to be referred by someone they know, who can help with the referral, vouch for them and agree to help with the introductory process.

We work ONLINE. To find the form go to www.hostnation.org.uk and Refer A Refugee



"Having someone who cares makes you feel human again. Every time we meet is the best time!"

"I've been to many new places and feel much more confident about living in London."



At any given time we have 100+ unmatched befrienders across London's boroughs waiting for your referral.

Refer online: www.hostnation.org.uk/refer/