**Support for Ukrainian guests from groups and organisations in East Sussex**

Across East Sussex, local groups and organisations are providing activities and support to assist our Ukrainian guests in getting to know their local community.

There are lots of groups and organisations working together to offer support to guests and hosts throughout East Sussex. Support varies between organisations, but they work together alongside the Voluntary Actions and Community Hubs. Below is information around this support and how you can access it.

## **Voluntary Actions**

Each Voluntary Action organisation can assist guests and hosts by linking you to the local support that exists through Homes for Ukraine Community Hubs and the local networks.

The VA's also work alongside the groups and organisations in a local area, and with the local councils to ensure that guest and host concerns are heard and shape the support available. You can contact them here 👇

**3VA** (operating in Eastbourne Lewes District, and Wealden District)

📩 ukraine@3va.org.uk

**RVA** (operating in Rother District)

📩 ukrainesupport@rva.uk.com

**HVA** (operating in Hastings)

📩 ukraine@hastingsvoluntaryaction.org.uk

## [**The Refugee Buddy Project**](https://www.therefugeebuddyproject.org/)

📍 Operating in Hastings, Rother District and Wealden District.

**Support available:**

- a variety of social activities  
- informal English groups  
- employment preparation and more  
- support guests to organise their own social events.

Contact: 📩 **tabitha@therefugeebuddyproject.org** or call 07513 091 365

[**LOSRAS**](https://losras.org/)

📍 Operating in Lewes District.

**Support available:**

- How to access, or make referrals to, other services such as food banks and free school uniform.  
- English Language classes with volunteer tutors, which are accessed through their Ukrainian support person at the Ukrainian café on Wednesday mornings, 10-12am at Christchurch, Prince Edwards Rd, Lewes.

Contact: 📩 **info@losras.org** or visit [**www.losras.org**](http://www.losras.org/)

## [**Networx**](http://www.eastbournenetworx.org/)

📍 Operating in Eastbourne.

**Support available:**

- support to guests with paperwork, interviews, appointments  
- language lessons  
- school uniform and friendship  
- access to mental health support  
- access to home furnishings and more

Contact: email Anna at 📩 **networxeb@gmail.com** or contact Ekaterina Parfenova on Facebook here: [**EAST SUSSEX GROUP FOR HOMES FOR UKRAINE SCHEME HOSTS AND REFUGEES.**](https://www.facebook.com/groups/547932003395742/)

## [**Sussex Mediation Alliance**](http://sussexmediationalliance.org.uk/)

📍 Operating across East Sussex.

**Support available:**

- free communication support between guests and hosts

Contact: call Khadija Khan on 01323 442781 / 07460 415542 or text in any language.