

solace

surviving exile and persecution

Solace Children and Families Wellbeing Project

Information for parents

**Supporting refugee children,
young people and families
who have come to the
UK through the UNHCR
Resettlement Programme**



A photograph of a family of three—a man with grey hair, a woman wearing a headscarf, and a young boy—looking down at a book together. The image is overlaid with a semi-transparent white box containing text. At the top left, there is a horizontal bar with six colored squares: red, light blue, orange, lime green, purple, and brown.

Welcome to the UK...

We hope you are settling in.

Many families are surprised how hard it can be after first arriving in the UK.

Your case worker will help you with practical issues, such as housing, schools, health care and benefits. However, living away from your family and familiar places can be hard.

Solace is a specialist organisation set up to help people who have fled violence and persecution with their pain, fears and worries. Our service is free.

Our support is available to refugee families with children, aged from 0 to 19, who have arrived as part of the UNHCR resettlement programmes (including the Vulnerable Persons, Vulnerable Children's and the UK Resettlement Programme).

Regardless of the severity of the problems – no problem is too small.



We have helped families with...

- **Children struggling to learn English fast enough to fit in at school**
- **Teenagers trying to cope with academic demands**
- **Changes in children: quieter, angrier, fighting, making new friends that worry you**
- **Families not understanding what the school wants – parents feeling unable to support their children in the way they would like to**
- **Children being bullied or isolated at school**
- **Worries, especially about family left behind in war zones or spread across the globe**

Many parents worry...

about the effect of past events on children, and how they will cope.

Everyone responds differently to difficult feelings about loss and change – talking about these things with an experienced professional, and a dedicated interpreter, can really help.

Our service is confidential. We visit children at school or college, or work with the whole family together.

When we work with your whole family, we help you identify your strengths and find ways forward.

How do I know if my child is stressed, or traumatised?

Some signs are:

- **Having panic attacks, being easily startled or feeling very fearful**
- **Struggling to concentrate**
- **Difficulty sleeping or disturbed by nightmares**
- **Changes in mood**
- **Aggressive behaviour or overreactions**
- **Significant reluctance to talk about, or excessive preoccupation, with traumatic events**
- **Social withdrawal and not wanting to join in activities**
- **Appearing not to be able to learn, or understand what is going on**

If you are worried about your child, please talk to your case worker, who will help you to contact us.

How we can help...

- **One-to-one therapeutic support.** We help your child to feel safe and secure and understand what is going on around them
- **Group work with other refugees.** We can provide a safe place for children to talk about their new lives with other young people going through similar things
- **Therapeutic support for parents.** We help you manage the effects of coming to the UK, and understand, respond to, and manage your child's difficulties
- **Meetings with teachers.** We help teachers to support your child better
- **Support communication between you and the school**
- **We support your child to make the most of their educational opportunities, and learn how to express themselves**

To arrange a meeting to talk about any concerns please ask your case worker to set up a meeting with a Solace therapist.



“They helped with communication between the school, me and my family. They helped my son get back on track and helped him to understand what the school were wanting from him.”

Refugee parent, CFWP Evaluation 2020

Get in touch

If you would like to know more about Solace see our website

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**Children and Families
Wellbeing Support**



Migration Yorkshire