

1	Mondays 10.30am – 3.30pm	Migrant English Project	Free English lessons, meet people, free lunch, information	The Cowley Club, 12 London Road, BN1 4JA
2	Mondays 3 – 6pm	Refugee Radio resilience project	Support group for migrants suffering from PTSD, anxiety, depression, stress	Community Base, 113 Queens Rd, BN1 3XG 01273 234868 or 07809 583628 info@refugeeradio.org.uk
3	Tuesdays 12.30pm	Jollof Cafe	Friendly group for asylum seekers. Lunch free or pay what you can	The Cowley Club, 12 London Road, Brighton BN1 4JA Facebook.com/jollofcafe
4	Tuesdays 12.30pm	Real Junk Food Project at St Luke's Church	Great lunch, warm welcome, free or pay what you can afford	64 Old Shoreham Road, (on the corner of Stanford) BN1 5DD
5	1 st and 3 rd Tuesdays each month 11am – 1pm	SIS Community Interpreting Drop-in at BMECP	Interpreting your letters for health and social care appointments	BMECP Centre 10A Fleet Street BN1 4ZE 01273 702005 / 01273 234825 https://sussexinterpreting.org.uk/
6	Wednesdays 12.30pm	Real Junk Food Project at St Luke's Church	Great lunch, warm welcome, free or pay what you can afford	64 Old Shoreham Road, (on the corner of Stanford) BN1 5DD
7	Fortnightly Wednesdays 11am (ask at Jollof Café)	Sussex Refugee and Migrant Self Support Group	Share experiences to help each other understand your legal situation	St Mary's Church 61 St James's Street, Kemptown BN2 1PR
8	Thursdays 10am – 1pm	Migrant Welcome Project	Learn about Brighton, new friends, have fun	Voices in Exile, Kemptown Rosa: 07907 409267
9	Thursdays 12.30pm	Real Junk Food Project	Great lunch, warm welcome, free or pay what you can afford	Hollingdean Community Centre, Thompson Road. BN1 7BH
10	Fridays 10.30 – 12.30	Kemptown Talks English	Fun English conversation classes for asylum seekers	St Mary's Church 61 St James's Street, Kemptown BN2 1PR
10	Fridays 1pm	Real Junk Food Project at One Church	Great lunch, warm welcome, free or pay what you can afford	One Church Gloucester Place, BN1 4AA
11	Mind Out	Mental health service run by and for Lesbian, Gay, Bisexual, Trans and Queer (LGBTQ) people		01273 234839 info@mindout.org.uk https://www.mindout.org.uk/
12	Brighton Table Tennis Club	Asylum seekers welcome to play table tennis, practice your English and make new friends		The Fitzherbert's Centre, 36 Upper Bedford St, BN2 1JP
13	Jubilee Library	Public computers, free wifi, newspapers in other languages.		Jubilee St, Brighton BN1 1GE www.brighton-hove.gov.uk/libraries
14	Voices in Exile	<ul style="list-style-type: none"> Immigration advice Tuesdays 1.30-3.30pm Food bank & hardship Fridays 11am-1pm Phone advice Thursdays 2-4pm 		01273 328598 advice@voicesinexile.org 36 Upper Bedford Street, BN2 1JP