



Hardly Hard to Reach Towards Refugee-Led Mental Health Provision

Active Lives, Healthy Minds
27 June 2019

ACCOUNT



Qoys Daryeel (Family Care)
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Race on the Agenda



Welcome to Race on the Agenda (ROTA)'s Active Lives, Healthy Minds End of Project Conference.

Active Lives, Healthy Minds (ALHM) is a three year (June 2016-2019) refugee-led mental health and wellbeing project in West London. ALHM runs in partnership with Account Trust (Nepali community organisation), Network of Eritrean Women UK, Qoys Daryeel – Family Care (Somali community organisation) and Tamil Community Centre and Ilays. The project is funded by The National Lottery Community Fund and aims to improve the mental health and wellbeing of members of the Eritrean, Nepalese, Somali and Tamil communities. The project also supports community members to increase participation in the development and implementation of relevant mental health and health services in the area.

Through our partner organisations, the project worked with people from a refugee or migrant background. When it comes to addressing the mental health support needs, members of refugee communities often face three-fold challenges: Firstly, many refugees and migrants experienced adversity including loss, trauma in the country of origin and arduous journeys that have left their imprint on their physical and mental health status. Secondly, refugees live in a context of on-going stress associated with their refugee/asylum statuses, difficulties of adjustment and integration in an era of xenophobia and anti-immigration rhetoric. Thirdly, there are limited culturally/linguistically appropriate services refugees can access without fear of being judged by members of the host community or being stigmatised by members of their own community. As a result, people from a refugee or migrant background often do not access formal mental health services

Through our project, we have gathered extensive evidence for the need for holistic, intersectional, trauma-informed, culturally sensitive and language-based mental health support for people from refugee and migrant backgrounds, designed by and run with refugee and migrant communities. We hope that today's conference gives you a sense of the projects and activities we co-designed with our partners and their community members, our advocacy with decision-makers, and solutions and networks we developed in partnership over the past three years. Like our community members, we hope you can feel the warmth, breakdown of isolation and barriers, and the connectedness of community.

#MHEquality #MentalHealth4All #HardlyHardToReach

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F: <https://www.facebook.com/ROTA.org/>

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If you would like to be kept up to date about ROTA's events, trainings and publications, join as a member for free by signing up on our website:

<https://www.rota.org.uk/rotamembership>

Welcome

10:00 – 10:15

Conference Hall (1st Floor)

Speaker: **Andy Gregg**, CEO, Race on the Agenda

Launch of Policy Report

10:15 – 10:25

Conference Hall (1st Floor)

Speakers: **Kimberly McIntosh**, Senior Policy Officer, Race on the Agenda
Muna Hassan, Project Officer, Race on the Agenda

Project Evaluation Findings

10:25 – 10:30

Conference Hall (1st Floor)

Speaker: **Andreja Mesaric**, Research Manager, The McPin Foundation

Keynote Session: Setting the Context – Refugee Mental Health and Wellbeing

10:30 – 12:00

Conference Hall (1st Floor)

Speaker: **Selam Kidane**, Eritrean Psychotherapist and Activist

Based on **Selam Kidane**'s work as a project manager on the Active Lives, Healthy Minds project and her doctoral research on trauma with asylum seekers and refugees from Eritrea in refugee camps in Ethiopia, the keynote speech will address mental health challenges in refugee communities, including trauma, PTSD, collective trauma and intergenerational trauma. The keynote speech will then explore the mental health resources and opportunities available to members of refugee communities within their community, looking at the ways in which refugee community organisations can provide a safe environment, use a culturally sensitive approach and integrate a faith-based approach. The keynote will then look into the barriers refugees and migrants face in accessing services. The speech concludes by suggesting ways in which to bridge the gap between statutory services and the support provided by refugee and migrant-led community organisations.

Speaker: **Rachel Tribe**, Professor Psychology and Social Change, University of East London

This keynote speech will briefly reflect upon the term 'hard to reach' in relation to mental health provision and considers the dominant and changing narratives about asylum seekers and refugees. The possible implications of these for psychological well-being and related issues such as employability will be briefly discussed. How issues of language, culture and mental health may intersect will also be reviewed. Mental health services which concentrate only on an individual's experience as an asylum seeker or refugee may inadvertently reduce an individual to a part of their life rather than considering the whole lived experience of that person. This reductionist approach may also risk underestimating the strengths and contributions that an individual refugee and their wider community already possesses. Current mental health services may also not be culturally appropriate and/or accessible for some refugees and asylum seekers, may not have been designed with their needs in mind and may carry connotations of stigma or fear for some people. Idioms of distress and explanatory health beliefs may be expressed differently across countries and cultures and this needs active consideration by all concerned. Issues relating to the diagnosis of Post Traumatic Stress Disorder (PTSD) in relation to refugees and asylum seekers will be briefly discussed, as will the issue of working in partnership with interpreters or bicultural workers. Developing innovative ways of partnership working including co-production will be considered and examples given.

Breakout Session 1: Taster session: Therapeutic Coffee Morning

12:15-13:15

Lewis Suite, Basement Room (Access via Ground Floor stairs or lift opposite Lewis Suite)

Facilitator: **Haben Ghezai**, Clinical Psychologist, Network of Eritrean Women

Members of ethnic minority communities are well aware of the stress and trauma related mental health difficulties which exist within their community, however for various reasons, mostly related to how services are organised here in the UK and the stigmatisation associated with mental illness, many do not seek help for themselves or members of their family until it is too late. The key to providing services therefore becomes, finding out what makes sense to people at a community level and building on it to supplement services from the voluntary and statutory sector and ensure the complex needs are addressed without causing unnecessary, additional stress to individuals.

The Network of Eritrean Women UK provides a wide range of services to members of the Eritrean community across London. As part of these support services, NEW-UK has been organising coffee mornings. Women coming together to discuss issues of concern over coffee is nothing new in the community, so NEW-UK built on this tradition and added a dimension introducing mental health and wellbeing support into the conversations. The coffee mornings offer an opportunity for the women to introduce various themes into the conversations among women in the community and also introducing local service providers to a culturally sensitive approach to providing services to their clients and potential clients from a non-threatening, non-stigmatising setting that people are familiar with and trust.

During this taster session participants get to experience how this works in practice while enjoying freshly prepared Eritrean coffee.

Breakout Session 2: The Hostile Environment, Immigration Processes and Mental Health

12:15-13:15

Conference Hall (1st floor)

Speakers: **Ornella Ospino**, Community Activist Coordinator, Latin American Women's Rights Service - **Monaliza Amanuel**, Board Member and Volunteer, Network of Eritrean Women UK- **Kumar Thapa**, Coordinator, Account Trust

This breakout session will look at the intricate ways in which refugee and migrant women's lives and access to support services are impacted by the hostile environment. Speakers discuss how lengthy and complex asylum and migration processes, (threat of) immigration detention, insecure and poor housing, inability to access legal aid and support services impact people's mental health and wellbeing. Speakers share stories from the women they support through their services.

Participants will then get a chance to discuss how immigration systems/processes influence refugee and migrant's mental health in their own work and how the hostile environment impacts their clients access to support services, including mental health support services. The session will conclude with what system change (at multiple levels) is needed so that people's mental health would not be further aggravated by seeking asylum, or securing their immigration status.

Breakout Session 3: Addressing Intersectional Mental Health Inequalities

12:15-13:15

Lewis Suite (Ground Floor)

Speakers: **Misak Ohanian**, CEO, Centre for Armenian Information and Advice and **Mhairi McGhee**, Campaigns and Policy, HEAR

This breakout session explores the Mental Health Equality Campaign set up at the start of 2018 in response to mental health inequalities experienced by people from refugee and migrant backgrounds in North West London. Join the campaigners as they discuss their campaign tactics and learning, challenges, failures and wins.

The Campaign asks statutory bodies to consider intersectional inequalities and the demography of the communities they serve when commissioning culturally appropriate MH services for refugee and migrants communities. The Campaign also argues that statutory bodies should commit to commissioning early intervention, holistic, culturally and linguistically sensitive services from refugee and migrant-led community organisations. The Campaign argues that projects and services run by community organisations are mostly culturally based, non-stigmatising, and holistic at a local community space that is known and trusted, and provide an opportunity for early intervention. Community organisations often provide safer, more accessible, responsive, efficient and cost effective services that reduce health inequality and play an important role in preventing minor mental health problems from becoming more serious. They thereby reduce health crises, costs to the NHS and Public Health and improve the planning of delivery. Yet, refugee and migrant-led community organisations are often left out of the commissioning process and are continually under-funded, despite their ability to directly impact on and to access service users.

Lunch

13:15 -14:00

Seminar Room 5 (1st Floor)

Join us for an Eritrean lunch: an assortment of vegetable and meat dishes served with Injeera, a sourdough-risen flatbread made with 'superfood' grain Teff.

Panel Discussion: Refugee-Led, Holistic and Intersectional Mental Health Provision

Conference Hall (1st floor)

14:00 – 15:15

Speakers: **Fatuma Farah**, qualified psychotherapist and PhD researcher at the University of East London - **Rani Nagulandram**, Wellbeing Coordinator, Tamil Community Centre - **Marso Abdi**, Chair and Volunteer, Family Care - **Helen Kidan**, Project Coordinator, Network of Eritrean Women UK - **Kumar Thappa**, Coordinator, Account Trust

Austerity policies, the hostile environment and Brexit have put refugee and migrant communities and the grassroots organisations working within them under huge pressure. Many organisations have seen their funding reduced as need and demand has increased. Local authorities are increasingly unable to meet the complex needs of refugee and migrant communities. Join Somali psychotherapist **Fatuma Farah** and coordinators of the Active Lives, Healthy Minds partner organisations as they reflect on the challenges and role of community-led organisations in providing mental health and wellbeing support to community members in this current climate.

The panel discusses the need for holistic, intersectional, culturally sensitive, language-based support services led by people with a refugee and migrant background. The panel explores the intersectional experiences, looking at the social, economic or cultural challenges or marginalisation in community member's life such as education, employment, benefits, housing, mental health, domestic violence, and criminal justice. The panel also discusses the multi-factorial nature of the disadvantage experienced by many refugee and migrant mental health service users with proper consideration of gender, class, gender identity, sexual orientation, age, ethnicity, refugee or asylum-seeker status and levels of English language proficiency.

Breakout Session 4 – Taster Session: Therapeutic Folk-Dance Class

15:30 – 16:30

Lewis Suite, Basement Room (Access via Ground Floor stairs opposite Lewis Suite)

Facilitator: **Rani Nagulandram**

Dance and movement have long been known to have physical and psychological benefits for people with mental health support needs. **Rani Nagulandram**, has been running therapeutic folk-dance classes for many years in South Harrow, Hounslow and Northolt for a group of 20 to 25 Tamil women from various abilities and ages. The class integrates yoga, traditional Bharathanatyam dance and religious music. For one hour, the women are fully focused on the traditional music and the dance and yoga moves,

allowing them to take their minds of their day to day life and struggles. Attending folk-dance classes does not only improve women's health and mental health, but also provides a non-stigmatising, relaxing environment where women have the opportunity to interact and socialise. Women feel less stressed, sleep better and feel healthier. They have created friendships among their fellow participants that stretch beyond the folk-dance class, reducing loneliness and isolation. At the same time, the folk dance classes are often leading to women sharing their struggles and receiving one to one support. Join Rani Nagulandram for an hour long taster session.

Breakout Session 5: Family, Gendered Violence and Mental Health

15:30 – 16:30

Seminar Room 5 (1st Floor)

Speakers: **Nirmala Rajasingam**, Volunteer, Tamil Community Centre **Marso Abdi** – Chair and Volunteer, Family Care – **Monaliza Amanuel**, Board Member and Volunteer, Network of Eritrean Women-UK - **Laurie Lijnders**, Project Manager, Race on the Agenda

This breakout session explores the complex relationships between the violence that affects women in their country, through border and asylum regimes, and exposure to structural gendered violence in the UK. As a result of hetero-patriarchal norms, trauma and adjustment difficulties women may experience domestic and other forms of gendered violence, substance misuse, homelessness (with some women staying in abusive relationships out of fear of becoming homeless), mental health support needs and family breakdown. Insecure immigration status or the threat of leaving women undocumented is often used as a form of oppression and violence by abusive partners. It is often challenging to resolve their difficulties as they are multi layered, complex and women feel they do not have the necessary emotional and material support available to them as well as resources to overcome the situation. Structural violence and oppression inherent in the UK asylum system and the Hostile Environment adds to traumas women have undergone before (war, persecution, violence, human rights abuses and struggles against hetero-patriarchal norms) and during their migration processes (human trafficking, torture, sexual violence, extortion and imprisonment) as well as their everyday struggles for survival in the UK. Speakers draw on experiences of their community members to explore how women and their children with insecure immigration status are impacted when experiencing domestic and gendered violence.

Breakout Session 6 Criminalisation of Mental Health

15:30 – 16:30

Lewis Suite (Ground Floor)

Facilitator: **Muna Hassan**, Project Officer, Race on the Agenda

Mental health discrimination and criminal injustice are two separate phenomena that disproportionately affect Black communities across the UK. The intersection of the two issues has made Black mental health sufferers look like criminals. Institutional racism toward Black people and cultural barriers within Black communities are a few amongst many factors that have resulted in the mistreatment of and inequalities faced by these communities. The criminalization of mental health amongst Black people further marginalizes an already disenfranchised group, which further pushes them away from

seeking assistance. Research shows that Black people are twice more likely to be admitted into psychiatric care than their white counterparts. Black people are similarly more likely to be incarcerated for crimes their white counterparts evade imprisonment for.

The presentation will be looking at London specifically and how Black mental health is dealt with here.

Spoken Word

16:30 – 16:40
Conference Hall (1st Floor)

Join Muna Hassan, for a personal reflection on refugee mental health and wellbeing through spoken word.

Reflections and Closing

16:40 – 17:00
Conference Hall (1st Floor)

Contributor Biographies

Andy Gregg is the CEO of Race on the Agenda (ROTA) and has a long commitment to anti-racism as well as promoting equality in other areas. Andy is the Chair of the Metropolitan Migration Foundation and Refugee Action.

Kimberly McIntosh is the Senior Policy Officer at the Race on the Agenda (ROTA). Kim has worked on a range of issues including Brexit and the Windrush Scandal and is a co-author of the report *Brexit for BAME Britain*. Kimberly has appeared on Sky News, BBC News 24, BBC Radio 4 and written for *The Guardian*, *The Washington Post* and *The Metro*. She organises the APPG on Race and Community chaired by Rt Hon David Lammy and has spoken in Parliament and at the Council of Europe. Kimberly also sits on the Mayor of London's Equality and Diversity Advisory board. Previously Kimberly worked for the National Council for Voluntary Organisations (NCVO) as their Trainee Policy and Public Services Officer.

Muna Hassan has extensive experience in working with refugee and other minority communities in London. She taught ESOL for 6 years and works as a community organizer/campaigner, organizing around crime-prevention with at-risk youth and campaigning for mental health in minority groups in London. Prior to joining ROTA as a part-time Youth Project Development Officer, she worked with ROTA on several other projects including; a policy briefing pertaining to mental health inequalities in refugee communities in London. She holds a Bachelor's degree in International Relations and Development Studies and a Master's degree in Postcolonial Culture and Global Policy.

Andreja Mesaric is a Research Manager at the McPin Foundation, a mental health charity that specialises in involving people with personal experience of mental health difficulties in research and evaluation. Andreja has a particular interest in refugee and migrant mental health. She has previously worked as a researcher and project manager for a range of refugee and migrant voluntary sector organisations in London. She has also taught a research course aimed at refugee and migrant community organisations at the Evelyn Oldfield Unit. Andreja will be speaking about lessons learnt from the evaluation of ROTA's Active Lives, Healthy Minds project.

Rachel Tribe is Professor of Applied Psychology at the School of Psychology, University of East London. In 2014 she was awarded the British Psychological Society (BPS) Award for Challenging Social Inequalities in Psychology and in 2019 the DCoP award for innovation and diversity in practice jointly awarded for her work with Dr Farkhondeh (Farah) Farsimadan. She is a Fellow of the British Psychological Society. She has over 30 years' experience of developing clinical services and conducting research both in the UK and abroad. She is active in national and international consultancy and training work. She has experience of working in the private, public, charity and academic sectors. She has worked clinically with a range of diverse communities. She has published widely on migration and mental health, refugees and asylum seekers, working with interpreters, community psychology, critical psychology, social justice, professional and ethical practice, ageing and various aspects of trauma. She was a member of the World Psychiatric Association's Task Force on Migration and Mental Health and the Royal College of Psychiatrists' expert panel on Improving Services for Refugees and Asylum-Seekers. She was a member of the BPS Presidential Task Force on Refugees and Asylum Seeker who produced guidelines for Psychologists on Working with Refugees and Asylum-seekers in 2018. She co-wrote the BPS guidelines with Dr Kate Thompson on Working with Interpreters in Health Settings in 2017.

Selam Kidane works as a systemic psychotherapist at a specialist child and adolescent mental health clinic in Hertfordshire England, with speciality on traumatic stress. In addition she has a long standing engagement with human rights activism and has led and coordinated various initiatives including, Stop Slavery in Eritrea (a campaign challenging the indefinite national service) and Freedom Friday/Arbi Harnet an initiative that works with activists inside Eritrea. She co-directs a UK based Eritrean human rights charity (Release Eritrea) focusing on violations of freedom of religious worship. Selam is currently finalising her PhD research, at the Tilburg University in the Netherlands, focusing on PTSD and collective trauma among Eritrean refugees. She received her Bachelor of Sciences in psychology from the University of Westminster and gained a Masters in Systemic and Family Therapy from Birkbeck, University of London.

Dr Haben Ghezai is a Clinical Psychologist currently working within Central North West London NHS Trust. Her current role involves supporting refugee and asylum seeking individuals and foreign offenders who have been detained. She is also a committee member and volunteer within Network of Eritrean Women UK a charity that works to support and empower women in the Eritrean community. She has worked in mental health for 10 years across various different settings including child, adolescent and adult mental health services, children's social services, inpatients, memories services and the private sector. Haben has completed research looking into how extreme adversity, often referred to as 'trauma' with western culture, is understood and made sense of within the Eritrean refugee and asylum seeking population. She is particularly passionate about taking a strength based approach when working with difficulties and using culturally appropriate approaches to engage individuals, groups and communities.

Ornella Ospino, Latin American Women's Rights Service - is the Community Activist Coordinator at the Latin American Women's Right Service (LAWRS), post which they have held since March 2018. The first project run at LAWRS which aims to mobilize survivors of gender-based violence and precarious migrant workers, in the Latin American community in London. This project aims to put people with lived experience at the forefront of the social change they will like to see. Their work focuses on validating the power of lived experience, collectivity, and communal healing as a form of resistance against the hostile environment. They have several years of experience working at a grassroots level. They have worked as a trade union rep dealing with cases of severe labor exploitation in low pay sectors and worked in several hostile environment survivors led campaigns. They are also an experienced organizer and activist with a focus on race, gender, and class. They have organized mainly with black women and other women of color, migrant and refugee communities, queer trans black people and other queers of color. Currently, at LAWRS they are running two groups: the labour rights group and the empowerment group, offering weekly empowerment sessions which are informed by the group members, following principles of Latin American ancestral forms of organizing, intersectional and black feminist values.

Monaliza Amanuel is from Eritrea, she arrived in Germany as a refugee 28 years ago. She studied Educational Science and became a Child Educator. She is very passionate about education and has dedicated her career to empower others through providing education and social advice. Last year she worked with the Network of Eritrean Women UK as project co-ordinator and currently she is supporting unaccompanied asylum seekers and refugees from Eritrea. Encouraged by her own experiences, Monaliza advocates for women's rights and equality as a member of the Network of Eritrean Women UK.

Kumar Thapa is the coordinator at Account Trust. Account Trust is a Hounslow-based community organisation servicing the Nepalese community. Kumar provides one to one support on benefits, housing, and employment. Kumar is a former Gurkha soldier and has long advocated for the rights of Gurkha soldiers to move to the UK and get access to benefits, services and family reunification.

Misak Ohanian founded is the Centre for Armenian Information and Advice (CAIA) in 1986 and was appointed Chief Executive in 1988. Misak has served the Armenian community for over 30 years and is responsible for the day to day operations of the CAIA which operates from a thriving community centre in Acton. Misak is also chair of the Ealing Advice Forum which is the main point of contact for information, consultation, referrals and communication for the advice sector in the borough.

Mhairi McGhee works with HEAR members on policy and campaigns. She has over 20 years experience advocating for human rights in organisations including Liberty, Freedom From Torture, Haringey Women's Forum and Joy of Sound. In her roles, from frontline to leadership, Mhairi supports the self-representation of unheard communities and providing policy and decision makers with pragmatic solutions to seemingly complex human rights issues. In this role Mhairi is the lead for Deaf and Disabled asylum seekers in the Home Office equality stakeholder group and established London's pan-equality Hate Crime network'. 'HEAR is London's network of equality and human rights voluntary and community sector (VCS) organisations. HEAR has 800+ members covering all 'protected characteristics'. HEAR works intersectionally and pan-equality to challenge discrimination and champion human rights for all. HEAR's values are under-pinned by the conviction that those who have direct experience of inequality and discrimination are best placed to develop strategies to achieve equality. We, therefore, have a strong commitment to user-led groups and promoting the voice of 'Experts by Experience.

Fatuma Farah – is a qualified and registered psychotherapist and clinical supervisor. She worked for the NHS in the UK at the Tavistock Centre and the United Nations Development Programme in Somalia where she was a consultant attached to the Ministry of Health on mental health provision. She is currently doing her PhD research at the University of East London examining different perspectives on Female Genital Mutilation (FGM) among the affected communities in the UK.

Rani Nagulandram is the Founder and Wellbeing Coordinator at the Tamil Community Centre (TCC). TCC, a service user led community organisation, aims to meet the needs of a wide spectrum of the Tamil community. TCC runs practical English language classes, drop-in service for dealing with practical problems, domestic violence and mental health counselling and support, and a Bharathanatyam Folk dance class.

Marso Abdi is the Co-Founder and Chair of Qoys Daryeel - Family Care, a women-led Somali community organisation operating in Hillingdon and Ealing since April 2018. Family Care offers individual and group support to Somali women and their families experiencing immigration, family breakdown, domestic violence and substance misuse. Marso Abdi has worked with Somali women and families for nearly two decades, in the UK, the Netherlands and Somaliland and has established close links across Somali communities. Marso Abdi is uniquely placed to work with women and their families as she herself had to flee Somalia, experienced immigration systems, racism, oppression, violence, learning differences and exclusion. She is passionate about and determined to make sure that Somali women know their rights and get the support they need.

Helen Kidan started working in human rights in 1998 just after the border conflict between Eritrea and Ethiopia erupted. She co-founded Horn Human Rights in 1998 and went on to co-found Eritrean Youth in the UK (EYUK) in 2003 and it continued till 2010. She joined Eritrean Movement for Democracy and Human Rights (EMDHR) in 2014 which is based in South Africa and then went on to be an Executive member. She is a member of Network of Eritrean Women UK and has recently started as project officer for Network of Eritrean Women UK which is a branch of NEW. Helen started with Eritrea Focus in 2017 which is a UK based organisation. Helen has over the years worked with various Eritrean civil society organisations in trying to help bridge their differences and to create a strong civil society here in the UK and develop networks with those in different parts of the world. She also works with international human rights organisations in relation to the situation in Eritrea. She has presented at the Human Rights Council in Geneva in 2016 and 2017 and continues to lobby on the human rights situation inside Eritrea.

Nirmala Rajasingam is a left activist volunteering with the Tamil Community Centre where she works primarily with women facing domestic violence. She has also worked as a legal representative for refugees and migrants over the years.

Laurie Lijnders is ROTA's project Manager on the Active Lives, Healthy Minds project, working in partnership with four refugee and migrant community organisation on mental health and wellbeing activities and advocacy. She is also a part-time PhD candidate with the Centre for Gender Studies at the School of Oriental and African Studies (SOAS), University of London, where she explores the ways in which women from Eritrea experience but also resist asylum regimes in Israel and the UK. Laurie is a social anthropologist and her work has focused on human trafficking, asylum and border policies and violence along the migration route from the Horn of Africa to the Middle East and Europe. She has a decade of research, advocacy and community organising experience with universities, research institutes, charities, grassroots movements and international organisations, including UNHCR and Amnesty International.

How to get to the conference:

356 Holloway Road, London, N7 6PA

By London Underground

Take the Piccadilly line to Holloway Road station. On leaving the station, turn left and walk that direction, under the railway bridge for five minutes. Resource for London is on the opposite side of the road and can be reached by using the pedestrian crossing.

By bus

Buses 4, 17, 29, 43, 153, 253, 259, 271, 279 and X43 stop within a short walk of Resource for London. Also there are mobility buses available in the area, these are numbered 920, 921, 923 and 927.





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