

“our strength come(s) from solidarity”

we — **keep**
↑ ↑ ↑ ↑ ↑

→ **each**

other ←

「**safe**」

Workbook: Migrant Community Insights
on Building Safety



Messages of Solidarity to Migrants

“

My dear sister

Please do not lose hope

Better days are coming.”

“We all have the right to live happily and free from discrimination”

“It is important that we choose who we are, we choose to stand with those affected of hatred of all its form(s) because

our strength come(s) from solidarity”

“You are not alone on this journey”

With love,
from our London workshop participants

Acknowledgements

A huge thank you to everyone who took part in the workshops and shared your knowledge, to the teams at **Anaka** and **Participation and the Practice of Rights, Son** and **Nishma Jethwa** for co-designing and facilitating the workshops and shaping the direction of this project, and to **Andri and the UK Prevention Research Partnership VISION consortium** and the **Violence and Society Centre at City St George's University of London** for making this project happen. Thank you also to all the **organisers** and **activists creating a world where safety isn't determined by immigration status**.

This workbook is one small offering toward our collective path to liberation.

The **Migrants' Rights Network** is a UK charity that stands in solidarity with all migrants in the fight for justice, using anti-oppressive, migrant-led practice to challenge harmful policies, narratives and systems at their roots. Led by a diverse team of migratised people and People of Colour, the organisation builds power with grassroots groups, co-curates campaigns, develops alternative narratives, and redistributes resources and access so that seldom-heard migrant communities can organise, advocate and lead transformational change.

Anaka Collective is a community of women and their families who use their collective skills to educate, support, advocate for, and celebrate each other. We are led predominantly by people with living experience of the UK's hostile immigration system and we aim to foster community and build collective power in the face of oppression and imposed isolation.

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Introduction to Workbook

This workbook is a **resource for migrants in the UK**, with **collective knowledge** from migrant communities on their **experiences of far right violence**. It includes messages of solidarity, example scenarios and how people have navigated moments of violence, as well as supporting practices, and where to get more information.

This workbook was developed as part of a small research project, speaking to migrant communities about their experiences of far right violence. In a moment where there is so much noise in the news about 'immigration', **new unpredictable and cruel immigration policies**, and an **increasingly visible and confident far right**, we wanted to take a moment to step back and ask you about your **experiences of far-right violence**, how it made you feel, **how you are already looking after yourselves and what support is needed**.

Between December 2025 and March 2026, we hosted two focus group discussions and a workshop in London, and two sessions in Belfast, with **96 people with experience of the asylum system/no recourse to public funds (NRPF)**, many of whom are currently, or have previously, lived in asylum accommodation. In Belfast, we were honoured to partner with Anaka Collective and Participation and the Practice of Rights (PPR), who have been organising and campaigning alongside asylum seekers since 2016 on a range of topics, including documenting and supporting community members navigating race hate.

We share these experiences in the hope that you will feel seen and heard, and encouraged to carry on. More than this, we hope it can be a tool to open up conversations around the challenges you are facing and spaces to brainstorm how we can keep each other safe. We hope these experiences help you feel seen and supported.

We also recognise that the immigration system [and the Hostile Office] is fundamentally racist and designed to keep people unsafe.

As we work toward its abolition, we want to name its daily harms and uplift the resistance and care already alive in our communities.

You are not alone in what you are experiencing;

we ~~keep~~
↑↑↑↑↑

→ each
other ←

「safe」

Pause _____ Point .

As you begin this workbook, you may feel tension in how you relate to the current context.

For example, often we are forced to engage with the system for recognition, support and resources, while also recognising the harm, racism, and violence of that very system.

Many participants have shared stories of such harm - by the system, due to policy change and from the wider public. We know this violence to be painfully common, yet **we can often feel stuck about what we can do about it.**

If you feel this, you are not alone.

By creating this workbook, we hope to highlight how many of us keep ourselves and our communities safe and well and explore further possibilities for the migrant justice movement together.

Please check in with yourself as you read.

You may want to skip some sections depending on how you're feeling.

We will include **short content warnings** that look like this in relevant places, so you can make a well informed decision as you read.

We will also include **pause points (with this pause point symbol: _____ •)** which will have practices to support you in holding what arises.

At this first pause point, you may like to **download and keep the [Healing Justice London Aftercare Menu](#)**, which offers various approaches to care that you may find useful.



Key research findings

Workshop participants on the hostile environment's impact on migrant communities

IMPACT ON MENTAL HEALTH & BEHAVIOURS

The majority of participants spoke to the **impact of increasingly hostile narratives** and **moments of violence** on their **mental health** and the ways that **this has shaped their behaviours**.

This ranged from choosing to avoid certain areas, being locked into or unable to return to asylum accommodation due to the presence of far right 'protesters', checking the news for incidents before leaving home, getting off the bus early and walking to avoid being associated with asylum accommodation and the 'looks' from other passengers, to no longer reading the news.

REJECTION > FEAR

The overarching theme that emerged, as surmised by one participant, is that —>

Others similarly shared that they don't feel relaxed, loved in public, and **requested a group discussion on how others manage fear, uncertainty, or anger, especially when formal support systems feel limited or inaccessible.**

LACK OF INTERVENTION / SUPPORT

Many shared that when incidents took place in public, very few people intervened. Similarly, reporting incidents to the police brought little support, with slow responses, dismissive attitudes, and limited follow-up.

"it's not a feeling of fear, it's a feeling of rejection".

Participants also noted the cumulative impact of 'fear of violence' and hearing hostile narratives on the news all the time, even when not experiencing 'direct violence'.

MIGRANTS = SCAPEGOATS

The tone of discussions remained one of **anger, defiance and strength**. Participants were quick to identify and decry **opportunistic politicians and bad faith actors who seek to use migrants as a 'political card'**, and the importance of documenting what is happening in our communities and keeping connected.

GAPS IDENTIFIED

Many priorities and gaps were identified, from **tips to keep safe** during moments of violence, general **Know Your Rights** information, **how to report hate incidents**, the need for a **platform/space to document the violence against migrants** so the issue is properly acknowledged and addressed, and so that **we don't doubt ourselves when it happens to us**.

The need for **further research on the mounting impact of exclusionary narratives** on adults as well as children from mixed backgrounds/British born diaspora was also raised, as well as a general **desire for more spaces to gather and talk about this, and share experiences and worries**.

*To everyone reading this who may have experienced anything similar:
you are not alone and it is not your fault.*

Scenarios and moments of violence

As shared by workshop participants

This section contains a note of specific racist violence people have experienced.

Whether you are the target or witness, it's a good idea to think about how you decompress and look after yourself afterwards, and think about people and places you can reach out to whenever you are struggling.

Sitting on the train

Someone shouted racist abuse at me and told me to 'go home'. No one said anything to him or supported me.

On the bus

A woman got on and asked me to move so she could put her dog on the seat. When I refused she called me an animal, so I called her one back. She called the police. Some bystanders stood with me, when the police came they told the police what had happened, and that it was the woman who had been behaving badly. It is important to have evidence if the police are involved - take videos and ask people to stay with you as witnesses.

In a restaurant with my family

Some teenagers shouted at us and threw things at us in front of a security guard. We called the police. The police took a long time to arrive, took a statement and that was it. While we were waiting, the security guard was joking with the teenagers.

Walking back to the hotel where we live

We passed some people walking their dog, they released the dog towards us.

Note: the above examples and tips below are focused on 'random' racist incidents in public spaces. Detailed examples of organised and targeted racist violence are in the 'Stories from Belfast' section. In all cases, and especially when the violence is sustained, it is important to try and seek further support from organisations, solidarity groups or public services, as well as your personal networks.

General tips for navigating moments of violence

As shared by workshop participants

There is no 'correct' answer on what to do if you are the target of or witness racist violence. The below are just some ideas, grounded in participant experiences. We also spoke about how not intervening in the moment can also have a big impact and stay with you.

Things you can do if you are targeted by racists in public

- ▶ Walk away/ignore them*
- ▶ **Create distance** - move away/position yourself so there is an object between you and them (e.g. a car, bin). Move towards others for safety
- ▶ Be **vigilant** and **try to keep calm**
- ▶ **Walk to a safe public space** - e.g. shop, library, station
- ▶ **Share an update to your networks** if you can, e.g. **message friends/family**, or a local **community WhatsApp group**. This can be both to ask for support and let others know about the danger, and so that your loved ones know to check in on you after
- ▶ Ask for help from bystanders/ approach others for support
- ▶ **Document** what is happening - **take photos/ video to record** the situation. It's a good idea to send videos directly to someone on WhatsApp so there is a back up copy. If it's on public transport, write down time, bus/ train information etc
- ▶ Pretend/ threaten to call the police
- ▶ Call the police on 999. [See p32 on what to expect if you call the police - the police may not always attend or be very supportive]

*We also spoke about confronting the person so that it is not normalised, if you feel safe and comfortable. Your safety is the most important thing..

Things you can do if you witness a racist incident

- ▶ **Assess your own safety.**
Are you with someone / able to intervene without being at risk? Do you **share the same identities** of the person being targeted that **could put you at a higher risk** than others?
- ▶ **Raise awareness of what's happening.**
If on public transport, **alert the driver/ station staff**, or if in another public space **alert staff or other members of the public.**
- ▶ **Intervene** - ask another bystander to join you/ shout for help
- ▶ Move to **stand next to the person targeted**
- ▶ Pretend to know the person being harassed
- ▶ Distract the person harrassing
- ▶ **Document.**
Note key info, e.g. car or bus numberplates, or a train carriage number, time, descriptions, phone numbers of the other witnesses. You can **video record the incident if it feels safe to** do, but try to avoid capturing the face of the person being targeted, and do not share this video without their permission.
- ▶ Call the police on 999. [see p32 on what to expect if you call the police - the police may not always attend or be very supportive]
- ▶ **Escort people to safety/** stay with them/ **offer to call someone for them**
- ▶ **Check in on them after**

Tips on decompressing after an incident

- ▶ Take a shower
- ▶ **Call your loved ones**
- ▶ Speak with a friend about what happened
- ▶ **Listen to music that comforts you** and puts you at ease or music to **dance to and let your body release**
- ▶ Share your experience with someone else
- ▶ Go to a community space/ church / mosque / charity
- ▶ **Walk/ travel with others, or ask them to accompany you**
- ▶ Offer your time to those impacted
- ▶ **Record what happened in a voicenote/ write it down** - for reference if you need it, and also as a way to **process** what just happened.
- ▶ **Attend trauma counselling**, or encourage others to (see access to healthcare section on p35)
- ▶ **Raise awareness in the community.**
E.g. Let people know what happened to you, **flag if there is a person/ group that may present an ongoing risk** in a certain area and **think collectively about ways to reduce this, set up systems** to travel together/ have someone to call if needed, hold space to talk about your concerns and worries
- ▶ **Use the [HJL Aftercare Menu](#) care menu** linked to find a supportive practice
- ▶ There are also free listening services you can call any time (see access to healthcare section on p35)

Practices, people and spaces that have helped support mental and physical health of workshop participants

Connecting with migrant charities

Mixing with friends
Cooking

Trying new things

Swimming
Singing
My daughter - she calls daily

Listening to music

Drawing

Church

Volunteering

God

Football

Exercising every day

Not listening to the news/ avoiding TV

Staying strong for children

If someone stares at me in a challenging way, I stare back at them until they stop

Being with family

Watching nice movies

Going for a walk

Crying

Making handicrafts

Sharing my feelings with my sister

Chatting with people on the phone

Resting

Dancing

Following positive people on social media

Staying connected

Researching things I don't understand

Surrounding myself with people who have shared experiences

Showing how I feel

Keeping busy

Trying to focus on the positive side

My friend taught me some bad words to use if someone harms me or is racist, this sometimes makes me feel better.

Calling my mother

Further reflections and words of support

“
When I chat with people and I know I'm not
alone, that we are many, it gives me
encouragement... You know, they're not only targeting me,
we are many, we survive together”

“The Home Office is trying to isolate us -
move, mix with people, interact with people,
learn new things”

“We just have to make ourselves happy. Just be happy.
Even if there's that thought, there's no way we
can avoid not thinking of being worried. But
when it comes, keep yourself the best you can
do it to make yourself happy”

“Stop doubting yourself.
You do not deserve this.”

Pause _____ Point .

_____ •

If you're feeling the need to discharge some energy, you can: take 3 deep inhales with a loud sigh or exhale, or put on some music you love and dance for five minutes non-stop & shake it all out.

_____ •

If you feel like you need something soothing, you can: hug yourself / sit with a heavy blanket covering you / place one hand over your heart and one on top of your stomach and connect with your heartbeat and breathe.

_____ •

If you need to feel grounded, you can: walk or stand barefoot on the ground, press your feet into the ground / drop your shoulders and release your jaw.

_____ •

If you need to come back to your environment, you can: notice your environment by listing all you can smell, touch, hear, taste, and see / wash your body with a cool/warm cloth.

Stories from Belfast

The following two stories* were shared by workshop participants in Belfast, where there are more **organised and sustained attacks against migrants** in certain areas, by **racist individuals who are often backed by paramilitary gangs**.

In both stories, the **participants' homes were targeted to try to intimidate them to move** out of the area. In the first story, the participant knew an organisation and was able to get support from the community straight away, while in the second story, the person had no support and relied on Google to find out their rights to keep themselves and their children safe.

These stories are shared to capture the feelings and impact of these violent moments on the individuals targeted, but also to:



- ◆ **share knowledge**
- ◆ **examples of the ways friends/ organisations can step in**
- ◆ **highlight your rights to access support from public services**

These stories contain details which you may find upsetting.

Please skip the section below if you do not want to read about these experiences - you can move ahead to 'Knowing your solidarity structures' on page 23.

*Details of what happened during the incidents have been removed.




Noor's story

What I experienced during the attack was extreme fear, terror, and a feeling of helplessness because I could not protect myself or even my children. I am currently  **receiving treatment through my GP** and also  **attending counselling sessions.**

My 10-year-old daughter is still deeply affected by the fear and trauma of what happened. Until now, she continues to experience bedwetting at night due to the ongoing fear and emotional distress.

The incident happened when someone knocked on our door. There was a man wearing what looked like military clothing, so I believed he might have been a police officer. I went to open the front door, but at the same time I discovered that two other men had entered through the back after breaking the back door.

It was raining heavily that evening. The incident happened on a Friday at around 7:00 pm in October. The violence and intimidation inside the house continued for almost one full hour. They caused major damage inside the property, and the noise was loud enough for the neighbours to hear clearly.

I didn't know how to call the police, so  I messaged into the Anaka community group chat in Arabic, to say "I am being attacked, there are people in my house". Other members of  **Anaka called the police** to alert them and  **then came to the house.**

Anaka members stayed with me while the police were there, and then

◆ **an organiser took me and my children out of the house. She arranged a hotel for us to stay in that same night.**

The following day, an Anaka ◆ **organiser accompanied us and made complaints against Mears** (a private company contracted to provide accommodation to people seeking asylum in the North of Ireland) **and also against the police** regarding what happened. After that, we were ◆ **transferred and moved to another property** provided by Mears.

At that time, the Anaka ◆ **organiser also supported me financially** and gave me around £40 on the same day to help with urgent needs. I also received ◆ **emotional and psychological support** from three women who are members of Anaka Group.

As the new house was far away from my children's school, Anaka reached out to another local community group, who ◆ **had set up a rota to drive my kids to school in the morning**, until a bus pass was provided from the education authority.

In addition, ◆ **my friend J from the community group has continued to support us until now. She visits us every week and often takes me and my children on trips or outings to help us emotionally and improve our wellbeing.**

Hana's story

For me, the harassment lasted four days.


On the first day they pointed a gun at our house. On the second day they broke the windows. On the third day they threw stones at my children. On the fourth day they shined bright flashlights toward us. Every day we called the police. I told them that if they came, I could identify the attackers, but they did nothing.

At that time, I wished there had been support from the Sudanese community, but **I received no support** from them at all. I felt disappointed and sad because **I could not find anyone to help or even tell me what I should do**. When I tried contacting community members to ask which areas were safe so I could choose a place with the Housing Executive [local authority], they did not respond to me. So **I accepted the first offer I received without knowing whether the area was good or bad**.

Only one friend came to help me - she is Sudanese and close to me. They told me that I am now safe, but they did not tell me what number I should call if something happened later. **Not knowing the laws and the important emergency numbers created many difficulties for me. We need psychological support, financial support, and guidance**. I am a single mother. After moving, the distance between the house and the school became far. My daughter was only a few months old, and I struggled to manage my time between taking the children to school and caring for them.

I went through serious psychological stress. **I did not know about the food bank.** I did not know about Housing points or **my rights regarding housing.** I also did not know that I was entitled to intimidation points.

[Note: Specific to the North of Ireland, there is a points based system to determine eligibility and priority for housing. Since 2025, there is no longer an intimidation points category].

Eventually  **I helped myself by researching my rights using Google. I took screenshots of information about my rights and showed them during my visit to the housing office.** However, the employee told me I was not entitled to those points because they were only for Protestant areas in Castlereagh. She directed me to the Northern Ireland Civil Rights Association (NICARA), but NICARA said it was Housing's responsibility and referred me back to Housing again. Eventually, I received those points and we were relocated.

 **Now, I am working on a project with Anaka and Catu tenants union to support members who are facing housing issues.**

Pause _____ Point .

That may have been emotional or difficult to read. If you like, pause here to use some of the practices on page 14.

_____ •

If you want, you can notice what you are feeling - name the sensations you feel in your body e.g. tight, open, pressure, cold etc. Where do you feel it? Can you give it a shape or colour?

_____ •

Now, remember something that makes you feel joy or love e.g. people, spirit, nature etc. Can you imagine it? What sensations do you feel now e.g. light, warm, open, buzzy? Stay with that for a bit.

_____ •

Knowing your solidarity structures

The spirit and practice of solidarity is beautifully captured in the quote below, from an organiser from Anaka. Anaka have been working for many years to build up community links and solidarity structures, so that people know who to call when they need help, and have confidence the community will turn up.

“It is clear that we cannot rely on the State or its departments to keep us safe. **We have to rely on each other** and work together to **build alternative systems of support and sustenance in our communities.**

The UK Home Office aims to isolate people by housing them in institutional settings and refusing to let them work. **It is our role to resist this,** to bring people back into neighbourhoods and to make sure they are known to their neighbours, to offer the resources and trust needed to share their skills, and **to build communities of resistance and care.**

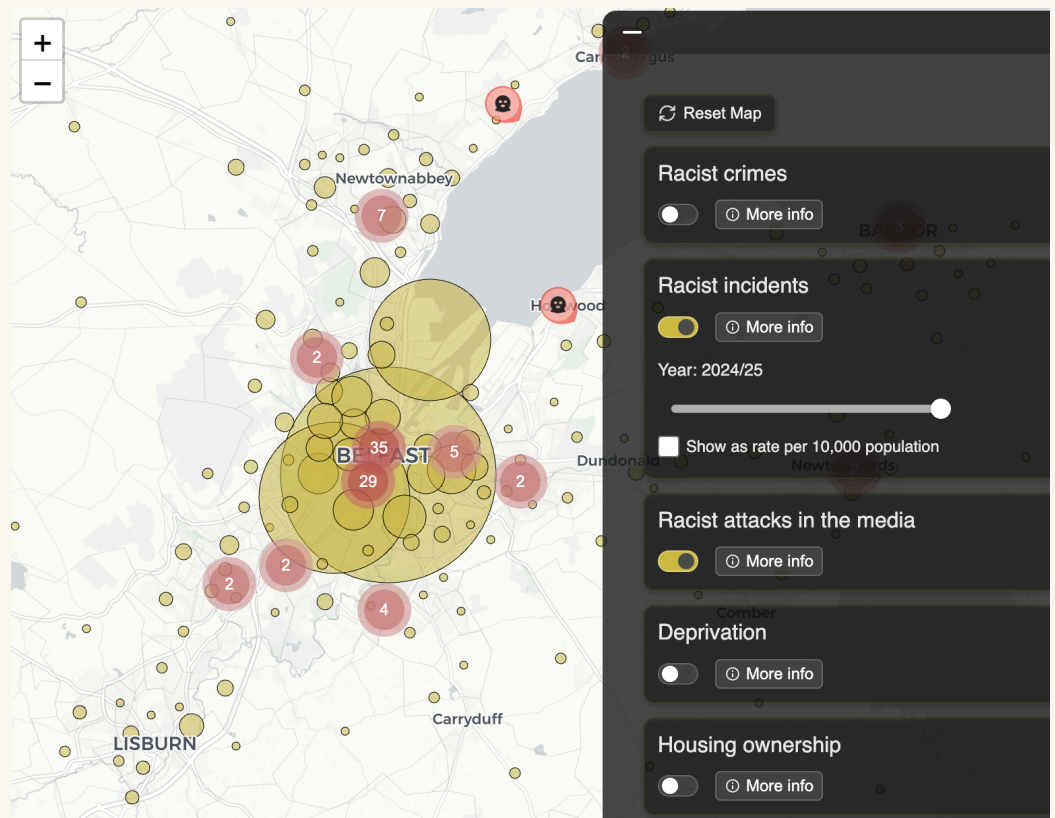
There are no shortcuts to this and at Anaka this looks different to everyone, for some its looking after each others kids in the creche, running an art workshop or cooking a community meal, for others it's resisting a Mears eviction, spending hours on the phone to help, or helping a member to run a fundraiser for their family in Palestine.

It's the weekly **process of showing up, refusing to accept that the cruelty people face is 'just the way it is',** and having the craic along the way.”

If you are based in Belfast and would like to get involved with Anaka, email anakacollective@gmail.com

If you are based in the **North of Ireland**, you can also check out the new [werisetogether online mapping tool](#), launched by Participation and the Practice of Rights (PPR) and Rabble Coop.

Developed in collaboration with people who have had experience of racist violence, this is a **community tool developed to increase transparency, accountability, and public scrutiny of racially motivated hate crime and far-right activity in Northern Ireland**, so that we can start to **tackle the crisis of organised racist violence** that we are facing in our communities here.



It also includes information for victims and witnesses to **understand their rights**, and the **pathways to reporting and support**.

Building up your support systems

As you can see from the scenarios, tips and stories in this workbook, the things that are helpful are **different for each person**, and there are many different types of support available. You might find it useful to **take some time now to make your own list of practices, people, and places you know you can turn to if you are feeling low or need support.**

Start filling out the list below, so that you have **something ready to refer back to in moments of escalation**, when things are feeling particularly difficult.

* Think about which practices from the above stories, or suggestions above, give you the most comfort.

5 practices

- ❖
- ❖
- ❖
- ❖
- ❖

5 people

- ❖
- ❖
- ❖
- ❖
- ❖

* Think about who you would want to call in different scenarios. There might be a specific person who you can call and complain to, someone who always makes you laugh, someone who will make a cup of tea and sit with you quietly, or someone who works in your accommodation that you can tell where you are going and when to expect you back.

* Think about places you can go to for help and support, as well as spaces you can go to decompress. Try and think of a range of different spaces that might be available at different times.

5 spaces

- ❖
- ❖
- ❖
- ❖
- ❖

Expanding your networks

Could you work with the people and spaces you have already mapped to create more space for conversations and brainstorming on the impact of far right violence on you and your community, or set up new ways of staying connected and asking for support?

Is there something you and the people in your list can set up to support each other? For example

- A routine of checking in on each other
- A regular social/ space that you go to together
- A WhatsApp group* where you can share information on any incidents/ arrange to go to places together/ ask for support
- If you cannot walk with someone/ be there in person, can you be on the phone with someone?
- Is there a WhatsApp chat that you are already in that you could ask for support in?

Conversations about impact and concerns around far right violence do not have to be limited to organisations/ campaign spaces/ pre-defined sessions. Add it to the agenda!

Do the people in the spaces you go to know about your worries and the challenges you are facing?

- Could some of these people be part of your WhatsApp group?
- Could some of these spaces do something differently to make you feel more comfortable to attend, or to support your need

Should you need additional support outside of your current network and access to public services, see Annex on page 32 for a directory of support.

Alerting networks and sharing useful information:

When sharing information, consider the **'SALUTE framework'** so that you provide useful information that people can act on, not panic.

Try to include information on the following:

Size

Actions

Location and direction

Uniform/ clothes

Time and date of the observation

Equipment and Weapons.

For example:

“two people harassing people of colour at Whitechapel underground station now, both wearing dark jackets and one person with a red football cap, 8.32pm 01 June, with cameras and livestreaming”

Stories of resistance & community strength

Throughout this project, the tone of our discussions has remained one of defiance and strength. We are not passive recipients of immigration policy, but communities who turn up everyday and look after ourselves and each other. Participants shared so many incredible projects and communities they are part of that bring them joy, from choirs, to gardening groups, to diaspora community whatsapp channels, which come together to support each other in moments of joy and moments of struggle and loss.

We also wanted to share a few of our favourite examples of communities coming together to fight back, whether against the closure of vital community spaces, immigration raids, or fascists, as a reminder of our strength when we stand together.

Tottenham families fight back, North London

In July 2025, the local council closed a community centre to demolish it. The community came together as local families to protect the soul of the neighbourhood, organising children's activities in school holidays, community meals, community assemblies to agree a shared vision, door-knocking neighbours, education on past/ present struggles in Tottenham, a carnival in summer and a pantomime show in winter.

As the voice of the community grew louder the council started to listen; as of April 2026 the council have now agreed to extend the building lease over the summer, and work with residents to explore alternatives to demolition.

See their journey on their campaign page here:

<https://www.instagram.com/tottenhamffb/>

ARM - The Anti-Racist Movement we need to defeat the far right

Led by Black Lives Matter, Maslaha, Right to Remain and Migrants Organise, ARM launched in 2025 to create multicultural coalitions for racial and economic justice. ARM gather, learn and act together to solve local problems by building local community infrastructures of care and self determination

For more information and to get involved, visit:

<https://www.ukblm.org/our-work/arm>

Kenmure Street, Glasgow

In May 2021, UK Immigration Enforcement carried out a dawn raid on a property in the most diverse area of Glasgow and detained two men living there. Hundreds of residents rushed to the streets to stop the deportation of their neighbours, in one of the most spontaneous and successful acts of civil resistance in recent memory. Eight hours later, the men were released back into their community after hundreds of local people surrounded the van, preventing it from driving away.

A beautiful film documenting the events on this day was released in 2024, called "Everybody to Kenmure Street". The film is available online, and you can read all about it here:

<https://www.theguardian.com/film/2026/feb/24/power-pyjamas-everybody-to-kenmure-street-glasgow-immigration>

The Battle of Cable Street and Whitechapel, East London

East London has a long tradition of pushing back, and winning, against fascists; from the Battle of Cable Street in 1936, when the British Union of Fascists tried to march through Cable Street and was prevented by hundreds of thousands of counter-protesters; to the English Defence League's attempts to reach East London Mosque in 2011, to the ban of the 'Unite the Kingdom' march in Whitechapel in October 2025, following the organisation of a huge counter rally. Every time the far right has attempted to intimidate our community, we have turned up in greater numbers to protect each other.

Get Involved

Take part in the end of project survey

We are conducting an anonymous survey to **deepen our understanding of the experiences of migrants, including refugees, in the UK, especially in light of increasing far right violence.**

We welcome all migrants in the UK to participate in this survey, **especially those who were interested but not able to join our initial workshops, and those living in other cities/ areas that may have different experiences.**

The results of this survey will inform the end of the project report, and help us better **understand national patterns across different migrant communities**, in order to help **identify priorities for future research and activities** planned by Migrants' Rights Network.

- The survey should take around 10 minutes.
- Your responses are anonymous and will be used for research purposes only.
- You can skip any question or withdraw at any time.

Please scan the QR code, or click the link, to complete this survey in English or Arabic:

Survey - English



bit.ly/survey-MRN-eng

Survey - Arabic



bit.ly/survey-MRN-arabic

Share your feedback on this workbook, or help us translate it into your language!

If you have any feedback or questions on this workbook, or are interested in collaborating on the issues discussed, please reach out!

We are aiming to make this workbook available in as many languages as possible.

If your preferred language is not available, and if you would be interested in helping us translate it, please fill out this form.

Translation Call Out Form: <https://forms.gle/JJPDwXxYwyRXbA8g6>.
If you have any other questions on translations, please email us at community@migrantsrights.org.uk.

We will upload additional languages onto our website as they become available.

Visit: <https://migrantsrights.org.uk/we-keep-each-other-safe/>

Share this workbook with your community

If you found this workbook helpful,
please share it with others in your community!



Annex

Contacting the police and documenting your experiences?

We recognise that policing has caused significant harm to many communities targeted by far-right hate. We hold an **abolitionist perspective**, which means we believe safety should not depend on policing, and that long-term solutions require community-based, non-punitive approaches.

At the same time, we want to honour that **some participants in our workshop chose to contact the police**, or felt it was the only available option in the moment. Some participants also wished to affirm and encourage others that it is your right to speak to the police, and that the police have a legal duty to listen to you and take steps to protect you as a member of the public. Sharing this information is not an endorsement of policing, but an acknowledgement of the realities people face and the choices they make to protect themselves.

You have the right to choose what feels safest for you.

There is **no “correct” response**: only the one that aligns with your needs, your safety, and your circumstances.

What to expect if you call the police:

- The **emergency contact number for the police is 999**. This is free to call from any mobile or landline.
- If you call the police, an operator will take down a few details, assess the level of priority and risk, and tell you if officers will be sent out or not.
- They will normally ask:
 - Name, date of birth and where you are
 - You do NOT have to give: Your ID, Your nationality, Your immigration status
- Remember to ask:
 - The call reference number and for them to message it to your mobile.
 - The unique identification number of the call handler and write it down, if possible. Also note the badge numbers of any officers you interact with.
 - Any questions about the next steps.
- Experiences of contacting the police within our group was mixed:
 - It may take some time for them to arrive
 - It is helpful to gather as much evidence of what happened as possible, including videos of the interactions, and asking witnesses to stay with you until the police arrive
 - If it is not considered ‘urgent’, the police may not come to take a statement until a few days after the incident.

Getting additional support, and documenting the incident

If you are the target of racially-motivated violence or abuse, you can contact a specialist charity for support, or contact the police directly.

Any violence or abuse that is motivated by prejudice against someone's actual or perceived race, religion, disability, sexual orientation and/or transgender identity, is considered a 'hate crime'. Hate crime can include verbal abuse, online abuse, harassment or violence from strangers, neighbours, or people you know well (See more info about this on the [CATCH](#) website).

Specialist charities should provide advice and practical assistance, including a safe space to talk about what happened and provide guidance on any support that might be available to you, such as counselling or housing. They can also help you to report the incident to the police anonymously, or support you in contacting the police directly if you would like to.

There are many different local and national organisations - some are generalists, and others are specialised to support specific communities, such as the [Southeast and East Asian Centre \(SEEAC\)](#), and [Islamophobia Response Unit](#), who support and seek justice for people affected by islamophobia.

If you are based in London, [CATCH](#) is a group of charities working together to provide safe, specialist, and confidential support for people who have experienced hate in London. See more info on their website.

Public services in the UK

These are all free and available to everyone.

The contact information and teams responsible depend on where you are in the UK. Many public services have access to interpreting services, ask for an interpreter if you need one, or ask a friend/ someone from an organisation for support.

The below services are the very basics, there will also be many independent charities and organisations in your area or nationally, who can provide additional advice and support. You should be able to find some on your local authority website or via Citizens Advice Bureau.

- Emergency response
 - **999 - Police, Ambulance and Fire Brigade.** Free from any mobile or landline.
 - If you don't speak English, they can still speak to you using a translator. When you call 999, tell them your language or say the name of your country. They'll connect you to an interpreter who will translate your conversation.
- Non-emergency police number
 - **101 - Police only (England, Wales and Scotland).** Free from any mobile or landline.
 - If you don't speak English, they can still speak to you using a translator. When you call 101, tell them your language or say the name of your country. They'll connect you to an interpreter who will translate your conversation.
 - You can contact **police forces in England online** to report a crime: <https://www.police.uk/pu/contact-us/>
 - Get an update or add something to an existing report: <https://www.police.uk/pu/contact-us/updates/>
- For help and support after being affected by a crime, you can contact **Victim Support:** <https://www.victimsupport.org.uk/help-and-support/>
- In addition to the third party hate crime reporting organisations mentioned above, there is also **Stop Hate UK** <https://www.stophateuk.org/>
- You might be able to claim compensation from **CICA (Criminal Injuries Compensation Authority)** if you were a victim of a violent crime. You usually have to claim within 2 years of the crime and the crime must be reported to the police before you apply. <https://www.gov.uk/government/organisations/criminal-injuries-compensation-authority>
- **CAB (Citizens Advice Bureau)** - Overarching advice and signposting service that is free and open to everyone in the UK, including information on housing/ homelessness/ eviction, immigration, benefit, health, consumer rights, and more. <https://www.citizensadvice.org.uk/>

- **Housing and homelessness**

- Whilst CAB can provide advice on housing, **Shelter** is a major and specialised UK housing and homelessness charity that provides advice, support and legal services to people struggling with bad housing and homelessness.
<https://www.shelter.org.uk/>
- **Local authorities in England** have distinct responsibilities for residents in private rented accommodation and social housing, focusing on regulation, enforcement, and direct management. As of 1 May 2026, new regulations under the **Renters' Rights Act** significantly increase local authority powers, particularly regarding private landlords. Contact your local authority directly for more information.
- If you are in Home Office accommodation and have issues with it, contact **Migrant Help** on **0808 8010 503**. The phone line is open 24/7. If you are with a charity, contact them as well and they may be able to help you too.
<https://www.migranthelpuk.org/pages/contact.aspx>

- **Access to healthcare**

- You have the right to free primary care (**GP** and nurse consultations) in the UK, regardless of nationality or immigration status. The charity LRMN(Lewisham Refugee and Migrant Network) created a patient advocacy guide to help you navigate the healthcare system and it is available in multiple languages
<https://www.lrmn.org.uk/our-new-advocacy-guide-created-with-nhs-south-east-london/>
- If you are having issues with your physical and/or mental health, it is a good idea to speak to your GP and get this on record so you have supporting evidence when accessing other public services.
- The **NHS offers mental health services**, some require a referral from a GP, others accept self-referral.
<https://www.nhs.uk/nhs-services/mental-health-services/>
- **Mind** is a leading mental health charity in England and Wales that provides advice and support to empower anyone experiencing a mental health problem.
<https://www.mind.org.uk/>
- There are listening services such as **Samaritans** which is open 24/7 and free to call on **116 123** any time, for any issue.

- **Food banks**

- Food banks are available nationally and are often in community spaces such as community centres, mosques, churches.
- Each one will be slightly different, but they will normally have parcels containing several days' of dried food for a family.
- Some food banks may also be able to provide pet food and essential non-food items like toiletries and period products where they can. Some require a referral voucher from an organisation/ local authority.
- Open food banks do not require a voucher, you can just walk in or join the queue. Search "foodbank" and the name of your area, to see where your nearest foodbank is and how to access it.
- You can also find this type of information if you type the name of your area and "Cost of living support".
- Local authorities will also have information on their website, for example, https://www.towerhamlets.gov.uk/lgn/advice_and_benefits/cost-of-living/Help-with-food.aspx
- Check your local authority here: <https://www.gov.uk/find-local-council>

- **Libraries**

- Libraries are free to access and what they offer will vary.
- They offer free events for residents and families. Some of them may offer tea and coffee at certain times, free SIM cards, ESOL class and adult education courses.
- Some can also signpost you to other local services and community spaces.
- You can join as a member to get a library card, which will enable you to borrow books/e-books/audio books, use computers/tablets.
- You may be asked for proof of address to show you live locally. Enquire directly with your local libraries for more information.

Key resources/ networks

- Healing Justice London Aftercare Menu: healingjusticeldn.org/methodology/hjl-aftercare-menu/ - approaches to care for yourself in the way you might need following a difficult moment, or any training/workshops/organising.
- NSUN (National Survivor User Network): <https://www.nsun.org.uk/> - A network of people & groups with lived experience of mental ill-health, distress & trauma. We work to shift power & resource in mental health
- Praxis A Migrant's Guide: <https://www.praxis.org.uk/migrants-guide> - A Migrant's Guide helps you access services, build community, and take care of yourself before and after securing immigration status. It has been co-produced by people who have lived experience of navigating the complex immigration system in the UK (available in Arabic, Amharic, Bengali, Farsi, Pashto, Spanish)
- CATCH - communities against hate - <https://www.catch-hatecrime.org.uk/defaultsite> - information on hate crimes and how to get support
- Protection approaches, Active Bystander Training - <https://protectionapproaches.org/ab-training> - interactive workshop on what it means to be an active bystander, and skills to intervene
- We R.I.S.E together online mapping tool - <https://www.werisettogether.ie/> - Recording Incidents, building Solidarity, and Empowering Communities, mapping racist hate crime in Northern Ireland