

NEW ARRIVALS

FODI Women's group

Women only. Children welcome and crèche available. Fridays 10-12.30pm.
Trinity Church, Stockton Road, SR2 7AQ. Travel costs available

ENGLISH CLASSES

Action Language

Free classes for different levels. Registration on Fridays 10- 12pm,
90 Coronation Street, SR1 2HE. 0191 567 0222 info@actionlanguage.org.uk

UCA – United Community Action Sarah Ahmadi 07865646667

English Classes MON – WED 10-1.30pm
Sunderland Bangladesh Centre 30 Tatham St, SR1 2Q

Sanctuary Conversation class

Fridays 3-5pm, followed by the Refugee Film club.
Interfaith Chaplaincy Centre, Charles Street, St Peter Campus, University of Sunderland
SR6 0AN. Free



New Beginnings Fund

Helpful Information for Members of

FRIENDS OF THE DROP-IN

FODI



FODI is a registered charity

No. 1176524

FODI Drop-in

Wednesdays 12–4pm at St Mary’s Parish Hall, Bridge Street, SR1 1TQ

Tea, coffee and snacks. Help, advice, information and solicitor with interpreters when available.

FODI Office

Monday – Friday 10-4pm, Unit 10, Bridge House, SR1 1TE.

Call Sandra before going to the office: 07525853913

ADVICE AGENCIES:

Fightback Drop-in

Mondays and Thursdays, 10.00- 2.00, Eagle Building,
201 High St East, SR1 2AX. Telephone 0191 5652707. Run by Diana Lambton.

North of England Refugee Service (NERS)

Monday, 9.30- 1pm, Wednesday 9.30-12.00, Friday, 9.30-1pm.

Suite 12, Eagle Building, 201 High St East, SR1 2AX.

Appointments to be made by calling Adam on 0191 5111410 or 07791951532

Adam is also at the FODI drop in every Wednesday from 12pm.

Red Cross

Monday- Friday, 9-5, Suite 8-9, Eagle Building, 201 High St East, SR1 2AX.

By appointment only with Layla Egal, Telephone: 07710733206.

Layla is also at the FODI drop in on Wednesdays from 1.30pm.

Northumbria Police

Office, Unit 7, 24 Waterloo Place, SR1 3HT.

Telephone 999 for emergencies and 101 in other cases.

SPORTS AND SOCIAL ACTIVITIES

Sunderland Aquatic Centre

Stadium Park, Sunderland SR5 1SU. Open every day, times vary.

website www.everyoneactive.com/centre/sunderland-aquatic-centre.

FODI vouchers for swim and gym can be used here.

Speak to Jane, Zeinab or Kathleen to register.

Sanctuary Indoor Sports

Tuesdays, 2-4pm, Cityspace Sports Hall,
Sunderland University, Chester Road, SR1 3SD. Free.

FODI Football, fitness and coaching

Thursdays 4-6pm, Sans Street Youth and Community Centre, SR1 2TJ.

Free.

Football Tickets

Sometimes available for Sunderland home games.

Speak to Tolosa.

Globe Café games and food

Thursdays, 7-9.30pm, Bede Tower, Burdon Road SR2 7EA. Free