



NEW ARRIVALS

Helpful information about services in Sunderland for new arrivals

FRIENDS OF DROP-IN FOR ASYLUM SEEKERS AND REFUGEES

FODI Office: The Co-op Centre, Whitehouse Road, Hendon, Sunderland, SR2 8AH

Manager: Fanni Ngambi, telephone: 07548756382

Email: f.ngambi@fodisunderland.org

Website: fodisunderland.org

FODI is a registered charity.

No. 1176524

FODI DROP INS

St. Mary Drop-in

It takes place every Wednesday from 12-3pm, in St Mary's Parish Hall, Bridge Street, SR1 1TQ.

We provide tea, coffee, snacks and pizza. You can also get help and advice from refugee service, information from MEARS with the help of interpreters (subjected to availability).

Minster Drop-in

It takes place on Mondays; every two weeks (ask Farkhunda Nawzadi, FODI Operation Assistant, 07918814057 for the dates).

Address: Sunderland Minster, High Street West, SR1 3ET

ADVICE AGENCIES

Fightback drop-ins.

Coffee Morning every Monday from 10 am -12 pm

Food Bank every Thursday from 10 am-2 pm

Address: Eagle Building, 201 High Street East, SR1 2AX.

Phone: 01915652707

Run by Matti Morovat and Diana Lambton.

North of England Refugee Service

Monday from 9:30 a.m. to 1:00 p.m., Wednesday from 9:30 a.m. to 12:00 p.m., and Friday from 9:30 a.m. to 1:00 p.m.

Address: Suite 12, Eagle Building, 201 High Street East, SR1 2AX.

Appointments can be made by calling Drifa at 1915111410 or 07827773128. Drifa will be at the FODI drop-in on Wednesday from 1 to 3 p.m.

ENGLISH CLASSES

FODI ESOL CLASSES

Five days a week,
See Luke or Steve at the drop-in for more information.
Email: l.shannon@fodisunderland.org
Informal conversation classes with community activities and volunteering.

SPORTS AND SOCIAL ACTIVITIES

Sunderland Aquatic Centre

Stadium Park, Sunderland, SR5 1SU. It is open every day but times vary. Website: www.everyoneactive.com/centre/sunderland-aquatic-centre
Fodi vouchers for swimming are available.
Please speak to Jane and Brenda at St. Mary's drop-ins.

Sanctuary indoor sports

Sunderland University, Chester Road, SR1 3SD, FREE ENTRY.

Young Asian Voice (YAV)

Free football, fitness and coaching at Sans Street youth and community centre, SR1 2TJ. Please go to YAV for more information.

Red Cross

Monday – Friday from 9:00 am to 5:00 pm.
Address: suite 8-9, High Street East, SR1 2AX.
For appointments call Layla Egal on 07710733206

Migrant Help online form link: <https://ellis.custhelp.com/app/ask>

VOLUNTEERING OPPORTUNITIES

Secret Garden

Volunteering every Tuesday from 10:30-3:30 pm
Call Fanni at 07548756382 or David at 07932915768

FODI women's group

Women only, children welcome, creche available. Fridays from 10 am to 12:30 pm.
Address: Trinity Church, Stockton Road, SR2 7AQ. We pay travel costs. Dance class from 10 am followed by art and craft sessions.
TERM TIMES ONLY

Globe Café games and food (FREE)

Thursdays from 7-9:30 pm, Bede Tower, Burdon Road, SR2 7EA

Football Tickets

Free football tickets are sometimes available for Sunderland home games. Speak to Steve at St. Mary's Wednesday drop-in.

