

The role of society in supporting the health and wellbeing of refugees and migrants

Integration initiatives in Yorkshire and Humber

Migration Yorkshire supports refugee and migrant integration in Yorkshire and Humber. We recognise the links between economic integration and migrants' health and wellbeing. Adopting a 'whole society' approach, we engage strategically with a wide range of stakeholders to promote integration for the benefit of all who live in our region.

Refugee Integration Strategy and Forum

In 2022 the regional **Refugee Integration Strategy** for Yorkshire and Humber was launched.

The regional **Refugee Integration Forum** was created to 'bring the strategy to life'.

The Forum is made up of 40 key stakeholders from across the region from a wide range of sectors including local government, health, police, fire services, the arts, sport, voluntary sector, business and experts by experience.



Toolkits

Toolkits by Migration Yorkshire and our partners provide practical advice and guidance for support organisations, businesses, academia and individuals from a refugee background (with some translated materials).



Participation and research

The **refugee participation** toolkit helps organisations review how their practices include or exclude refugees.

The **peer research** toolkit shares resources on using a peer research model to do migration-related research.

Employment

The **working in the UK** toolkit gives newcomers to the UK an overview of employment in this country.

The **bridge the gap** toolkit gives practical advice to employers and those supporting refugees into employment.

The **doing volunteering well** toolkit helps organisations in the migrant sector to review their volunteer practice.

Language and connections

The research-informed **social connections** toolkit recommends a range of community interventions to promote social cohesion and reduce loneliness such as trauma-informed care.

The **ESOL for refugees** toolkit gives nearly 50 ESOL (English for speakers of other languages) case studies from across England, including one about teaching vocabulary to describe mental health.

Employability project

Over six years the **Connecting Opportunities** project supported 1,875 new migrants from across the Leeds City Region.

- Personalised one-to-one support with a keyworker
- Mental health and wellbeing support
- Employment and training support
- Mentoring and befriending
- ESOL/English language support
- Childcare, travel and other expenses covered



Case study

Beatriz arrived in the UK from Spain in 2019, and previously had worked in retail. However, she had been out of work since December 2020 due to her health. Although her health improved, she was struggling with her confidence and with finding work, especially during the Covid pandemic.

Thanks to the support Beatriz has received from the project, she has improved her English, feels more confident, and was supported to start her own business!

'The support I've received alongside physical activity has had a positive impact on my physical health and my self-esteem. I was also supported to access English classes, which have helped me to gain more confidence and feel more independent. My keyworker, Laura, helped me to update my CV, look for jobs and consider volunteering opportunities. Nowadays I feel I can achieve anything. Age and language limitations are no longer a barrier!'

Case study

Making recruitment more inclusive

Migration Yorkshire worked with a local NHS organisation to make their recruitment cycle more inclusive and open to refugee and migrant groups. They used the bridge the gap toolkit alongside the refugee participation and volunteering toolkits to identify barriers and opportunities in their recruitment process.



Refugee integration research

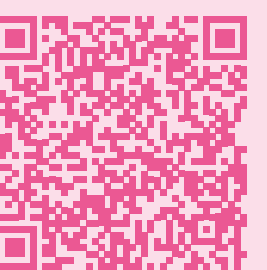
Health and wellbeing are common threads within **Refugee Integration Yorkshire and Humber (RIYH)** research projects that explore different aspects of how people with a refugee background settle into life in the region.

Housing

Housing is an important determinant of health and wellbeing. The **Homeward Bound** project (2022+) analyses housing transitions and outcomes for refugees.

Emotional wellbeing

Where do people feel emotionally at ease and why? The research project **Living the Weathers** (2021) looks at how people who were forced to flee their homes settle into everyday life in their new communities and the importance of connections to people and places, across space and time.



migrationyorkshire.org.uk

admin@migrationyorkshire.org.uk

