



Refugee, Asylum seeker & Migrant Action

Action is the antidote to despair



Supporting refugees, asylum seekers and people with No Recourse to Public Funds in North-East Essex

SUPPORT AND SERVICES

We offer non-judgemental support to all migrants facing inequalities or vulnerabilities.

SERVICES



ESSENTIAL NEEDS

- Food banks access
- Food & clothing support
- SIM cards
- Benefit applications



IMMIGRATION & ASYLUM SUPPORT

- Asylum guidance
- Solicitors access
- Permission to Work
- Bank account support



ABOUT OUR IMMIGRATION ADVICE SERVICES

RAMA is a not-for-profit organisation supporting those who cannot afford paid immigration advice.

Due to high demand, we operate a waiting list and prioritise those in urgent need.

Email immigration@rama.org.uk for all immigration matters



EDUCATION

- ESOL classes
- Further education guidance



HEALTH AND WELLBEING

- GP access
- Mental health support
- Medical supplies



ADVOCACY & CASEWORK

- One-to-one support
- Communication with services
- Emotional & practical support





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ACTIVITIES

Rebreathe

 Wednesday
 RAMA House

ESOL Classes





 Tue & Wed
 Multiple locations



Table Tennis

 Friday



Cooking Classes

 Monday
 RAMA House

Sewing & Craft (Women only)

 Tuesday
 RAMA House

Homework Club

 Wednesday
 College

Football Club



 Mon & Thu
 Colchester Sixth Form

The Big Garden

 Wednesday



Gym (Free for clients)

Free Haircuts



 Monday
 RAMA House

Speak to your caseworker or visit reception to join.
Activities may change during school holidays.

Visit Us

 RAMA House
31 Eld Lane,
Colchester, CO1 1LS
 Opening Hours
Morning: 10:00am – 12:30pm
Afternoon: 1:30pm – 4:00pm

Contact

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 www.rama.org.uk
 rama@rama.org.uk
 We speak 27 languages
Please let us know if you need an interpreter.

Scan the QR code to
join our community

