



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 10:00am – 12:00md
 RAMA House



Sewing & Craft (Women only)




 Tuesday 10:00am – 12:00md
 RAMA House

Homework Club

 Wednesday 4:15pm – 5:30pm
 Sixth Form College

ESOL Classes

 RAMA House:
 Tuesday 2:30pm – 4:00pm

 Clacton Baptist Church:
 Tuesday 12:00pm – 2:00pm
 Wednesday 2:30pm – 4:30pm

Cooking Classes








 Monday 4:30pm – 5:45pm
 RAMA House

Table Tennis

 Friday 4:00pm – 5:30pm
 Sixth Form College



Football Club

 Monday 5:30pm – 7:00pm
 Thursday 4:30pm – 5:45pm
 Sixth Form College

Gym (Free for clients)



 **The Big Garden**
 Wednesday

BARBERS Free Men's Haircut

 Monday 2:00pm – 4:00pm
 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

 +44 1206 638454
 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**

