



*Who is*



# *fleeing persecution and seeking sanctuary?*

Please join Restore, a project of Birmingham Churches Together supporting refugees and people seeking sanctuary, for 3 training sessions for those interested in asylum issues or becoming befrienders

**on Thursday mornings 17 & 24 September & 1 October  
from 10am to 12noon**

**at St George's Community Hub, Great Hampton Row,  
Newtown, Birmingham, B19 3JG**

**or**

**on Thursday evenings 8, 15 and 22 October  
from 7.15 - 9.15pm**

**at Carrs Lane Conference Centre, Birmingham city centre, B4 7SX**

Restore's training is offered to all those who are interested in becoming volunteer befrienders of asylum seekers and refugees. Anyone wishing to gather further information on asylum and refugee issues is also welcome. (NB There is no obligation to volunteer with Restore at the end of the course!)

Week one: introduction to Restore and an overview of asylum issues, exposing some of the media myths about asylum, introduction to befriending and hearing the personal experience of a befriender

Week two: introduction to the asylum application process and hearing the first-hand experience of a refugee

Week three: the practicalities of befriending including guidelines, qualities, boundaries, cross cultural issues and the support offered to volunteers

**All sessions include interactive elements**

***“Befrienders are excellent at providing the invisible things like just showing you around, being a friend, providing company, giving you a feeling of normal life.”***

Quote from an asylum seeker

To book a place please contact Jeremy Thompson (Befriending Co-ordinator of RESTORE)  
– 0121 236 0069 or [befriend@restore-uk.org](mailto:befriend@restore-uk.org) <http://www.restore-uk.org>



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