



SUFFOLK UKRAINE BULLETIN

Dear all,

Welcome to the Suffolk Ukraine Bulletin. This monthly bulletin provides an update on the situation in Suffolk along with information about the work of the county council and partners within Suffolk's Ukraine Task Group and answers to frequently asked questions.

In this edition you will read about Guidance updates, upcoming events and a reminder on where to receive local support. We are grateful for your support and our regular updates will include further information on how you and your communities can get involved, as we continue to work together to do all we can to help those fleeing the conflict in Ukraine.

The next bulletin will be on Wednesday 13th August 2025. [You can read previous editions of the Suffolk Ukraine Bulletin on our website](#)

With best wishes, on behalf of Suffolk's Ukraine Task Group.

**Councillor Philip Faircloth-Mutton,
Suffolk County Council Cabinet Member for Equality and Communities**

**Stuart Keeble,
Director of Public Health and Communities in Suffolk**



Host Thank You Payments – Guests with Homes for Ukraine Permission

Effective 1st April 2025 host thank you payments provided by the UK Government will be at a reduced flat rate of £350, irrespective of the length of time your guest(s) have been in the UK.

Please see the published government guidance for sponsors for further information explaining this change [Becoming a sponsor: Homes for Ukraine - GOV.UK](#)

Suffolk County Council will fund an increase to the rate of the government monthly thank you payment of £25. Therefore, the standard payment rate to all eligible hosts will be £375.

We will also uplift with an additional £150 per month once hosts have been hosting their guest(s) at the property for at least 6 months, making a total monthly payment of £525.

As the government increase no longer applies, hosts were asked to complete a new thank you payment claim in April 2025, which included the option to opt-in to receive the Suffolk County Council funded uplift for the duration of their guest(s) Homes for Ukraine visa permission.

See our website for further information about host thank you payments [Ukraine: information for hosts – Suffolk County Council](#)

Ukraine Permission Extension Scheme – (UPES): A Guide for Ukrainians in the UK

The UK Government has introduced the Ukraine Permission Extension scheme (UPES). The scheme allows people currently living in the UK under an existing Ukraine Visa scheme to apply to extend their stay in the UK for a further 18 months when their valid Ukrainian visa expires.

The Ukraine Permission Extension Scheme (UPES) **is now open for applications.**

It is free to apply for the UPE scheme, and if an application is successful, your guests

will be able to continue to live, work and study in the UK and access public funds.

It is important that your guests actively apply to extend their visa. (Please note – visas will NOT be extended automatically)

How and when to apply?

- Your guests should submit an application when they have 28 days or less left on their current permission.
- If your guest applies too early, their application may be rejected and would then need to reapply when their current permission has 28 days or less remaining.
- If your guest doesn't know the date when their current leave to remain ends, they can sign into their [UKVI account](#) to find out or refer to their permission letter to verify the visa's expiry date.
- Applications can only be submitted while your guests are physically present in the UK.
- To get more information about how to apply for an extension, follow the instructions provided on the official UK government website [Applying to the Ukraine Permission Extension scheme - GOV.UK](#)

Please note

- Your guests should not leave the UK while their UPE application is being processed. Leaving the country will result in the cancellation of an application.
- Transitioning to an e-Visa is not the same as extending a visa under the UPE.

If your guest has any questions about the change to their current visa, UPE or immigration status, they should contact, [GOV.UK website](#), [UKVI](#) or a registered [immigration adviser](#).

Here are a few organisations that may be able to assist with your UPE application

HS-Legal - may be able to provide immigration support - Phone: 01206 500 181, WhatsApp- 07404 451 881 - Email: info@hs-legal.co.uk

Settled is a charity that provides immigration advice to Ukrainians who are already in the UK and need support. You can contact them via email ukraineadvice@settled.org.uk

Gyros - offers advice & guidance on a range of issues including but not limited to: - Immigration Advice (OISC Level 2 accredited) Website - <http://www.gyros.org.uk/>

Host Thank You Payments – Ukraine Permission Extension scheme

To support guests still in sponsorship as they transition to living independently, the government have extended thank you payments for 18 months of the Ukraine Permission Extension (UPE) scheme at a rate of £350 a month.

When your guest(s) Homes for Ukraine permission expiry is reached, a new claim form and declaration for the Ukraine Permission Extension scheme will be sent to the lead host.

Please complete and submit this form if you wish to receive thank you payments.

Payments for eligible UPE claims will be at the government rate of £350 per month. Please note - SCC will NOT be providing an uplift to the government flat rate.

See our website for further information about Ukraine Permission Extension scheme host thank you payments [Ukraine: information for hosts - Suffolk County Council](#)

Independent Living Payment

Suffolk County Council is offering a one-off Independent Living Payment (ILP) of £2,000 to Homes for Ukraine guests who are leaving their host accommodation and moving into their own home. To issue this payment certain criteria must be met, and Suffolk County Council will ask to see a copy of a valid, signed and dated (by both parties) legal tenancy agreement in the guest's name.

The funding can be used for purchasing items to support the move to independent accommodation. The new accommodation can be either furnished or unfurnished and can be situated outside of Suffolk.

Your guest(s) can apply for the Independent Living Payment by downloading the form. [Ukraine: information for guests - Suffolk County Council](#)

Please ask your guest(s) to send the completed application form and copy of their tenancy agreement to Suffolk County Council at refugeesupport@suffolk.gov.uk

Suffolk MPs see life in war torn Ukraine

Two Suffolk MPs have recently returned from Odessa in Ukraine as part of a fact-finding visit by UK politicians. Suffolk Coastal's Jenny Riddell-Carpenter and Jess Asato from Lowestoft were part of an all-party delegation of MPs and Lords to the war-torn country.

Please see the full article here <https://www.ipswichstar.co.uk/news/25212251.ukraine-visited-suffolk-mps-parliamentary-delegation/>



NATIONAL UPDATES

Children being sponsored by a parent or legal guardian: Homes for Ukraine

As of 31 January 2025, a parent (or legal guardian) who holds permission under any of the Ukraine Schemes can apply to sponsor their child.

Children sponsored by their parents (or legal guardians) will hold permission to live in the UK for up to 18 months. They will have access to education, healthcare, benefits and employment (as appropriate under UK law).

Please note that a parent or legal guardian who is sponsoring their child will not qualify for thank you payments.

Find further information and details about eligibility and the application process here - [Children being sponsored by a parent or legal guardian: Homes for Ukraine - GOV.UK](#) and [Guest eligibility, application process and checks: Homes for Ukraine - GOV.UK](#)

Council Tax Disregard – Ukraine Permission Extension

Ukraine Permission Extension Visa Holders are disregarded for the purpose of council tax **only** if they live in accommodation provided by a sponsor/host who is entitled to thank you payments under Ukraine Permission Extension, and they previously held a Homes for Ukraine visa.

Please note if your guest(s) have extended their visas under the Ukraine Permission Extension Scheme and are moving into independent accommodation they would no longer be exempted from paying Council Tax.

For further information please see updated guidance - [Work and benefits: Homes for Ukraine - GOV.UK](#)

Support for Ukrainian Refugees and their hosts

Suffolk Refugee Support



Suffolk Refugee Support continue to provide a range of advice, supporting people into employment and training, helping with benefits applications, facilitating access to ESOL classes, visiting community hubs, organising [social events](#) and providing free SIM cards.

If you are a Ukrainian refugee (or a host) in Suffolk and you need support or advice, please contact Suffolk Refugee Support on 01473 400785 or via office@suffolkrefugee.org.uk.

Training

Understanding Gender Based Violence & Supporting Survivors

The sessions aim to identify gender-based violence (GBV) and its impacts, clarify the links between GBV and migration and demonstrate how to effectively support survivors.

Date: 9th July 2025

Time: 12:00pm – 14:00pm

To register email training@resetuk.org

Conversation Classes

Hope Church English Conversation Classes continue every Thursday morning during school term followed by a Community Cafe. No need to book. Just come along for beginner, intermediate and conversation level classes.

When: Every Thursday

Venue: Hope Centre, 10 St Margaret's St, Ipswich IP4 2AT.

Time: 10:00am -12:00pm (during school term only)

Budget Workshop (held monthly)

Please contact Anglia Care Trust for dates and times

Phone: 01473 622888

Email: admin@angliacaretrust.org.uk

STEP (Specialist Training and Employment Programme)

STEP (Specialist Training and Employment Programme) is a free programme run by World Jewish Relief, offering personalised employment support and high-quality English classes to refugees and forced migrants in the UK.

Due to the continued success and high demand for their services, the World Jewish Relief will be continuing to offer **STEP** to Ukrainians.

Their English classes will be delivered by the British Council, and the programme remains completely free for eligible refugees and forced migrants across the UK.



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What the programme offers

One-to-one regular employment support with a dedicated advisor (online, or in person in certain areas), including:

- Job search and applications
- Interview preparation
- CV and cover letter support

English classes delivered by the British Council (for those attending the online programme)

REGISTER NOW



UPCOMING START DATES

1 JULY 2025
3-month or 6-month programme

1 OCTOBER 2025
6-month programme



Barnardo's Refugee Family Helpline

Our Helpline provides emotional and practical support as well as advice and signposting to children and young people seeking sanctuary aged 25 and under (as well as their families). Our Helpline is open from Monday – Friday 10am – 8pm, and

Saturday 10am – 3pm. The Helpline can be contacted via free phone on 0808 156 9877 or via an email to RefugeeFamilyHelpline@barnardos.org.uk.

REFUGEE FAMILY HELPLINE

**We are here to support
children and their families
seeking sanctuary in the
United Kingdom.**

Refugee Family Helpline
Freephone 0808 156 9877

Email RefugeeFamilyHelpline@barnardos.org.uk

The Helpline is open:
Monday to Friday: 10am-8pm
Saturday: 10am-3pm

Please scan QR code to find out more
information or visit: helpline.barnardos.org.uk



Our Helpline provides emotional and practical support
as well as advice and signposting to children, young
people and their families.

All services include access to interpreters if required.



Funded by
UK Government

BARNARDOS

Barnardo's Registered Charity Nos. 216250 and SC037605 24915shc24

Therapeutic Support Service

Barnardo's are able to offer free therapeutic support to children and young people aged 21 and under living in England under the Ukraine and Afghanistan pathways (ARAP and ACRS). Referrals can be made by contacting the Helpline via email/phone, or by submitting a professional referral form. For further details visit: - [Therapeutic support | Barnardo's Helplines](#)

THERAPEUTIC SUPPORT

Funded by Department for Levelling Up, Housing and Communities we can offer free therapeutic support to children and young people aged 21 and under on the Ukraine and Afghanistan pathways who are living in England.



For more information contact our Refugee Family Helpline

 **0808 156 9877**

Our lines are open
Monday - Friday (10am-8pm)
and Saturday (10am-3pm)

 RefugeeFamilyHelpline@barnardos.org.uk

Professionals can make a referral via our website
helpline.barnardos.org.uk

 **Funded by UK Government**

 **BARNARDOS**
Changing childhoods. Changing lives.

What is therapy?

What can our therapy service support you with?
Our therapist will listen to you and explore your feelings and experiences in a safe space, without fear of judgement. It is a chance to discuss any difficulty or distress you may be experiencing or have experienced in the past.

They can help you to accept the things that you cannot change and help you to bring about the changes that are possible.

We offer you 8 sessions with the therapist. Each session will last 45 minutes. This will take place virtually (via phone call or video call). We have over 90 therapists who speak over 40 languages.

How can I access this therapy support?
If you would like therapeutic support, you can contact our Helpline service by telephone on our freephone number **0808 156 9877** or you can email RefugeeFamilyHelpline@barnardos.org.uk

When you contact our Helpline our friendly Advisors will listen to you to learn and understand more about your situation.

With your agreement our Advisor will refer you to our therapeutic support service.

The therapist will then make contact with you in within approximately 2-4 weeks at a date and time that is convenient for you to begin sessions.

Whilst you are being supported by our therapy team, you can continue to contact our Helpline Advisors who will be happy to offer you any additional support that you may require.

How do I know if I could benefit from support?
If you are feeling low, lonely, stuck, hopeless, feel like you need someone to talk to or listen to you, then therapy may be for you.

We can support children and young people aged 21 and under who have settled in England on one of the following schemes;

- The Homes for Ukraine scheme
- Ukraine Family scheme
- Ukraine Extension Scheme
- Afghan Citizens Resettlement Scheme (Pathways 1, 2 and 3)
- Afghan Relocations and Assistance Policy

 **Funded by UK Government**

 **BARNARDOS**
Changing childhoods. Changing lives.

Upcoming events

Ukrainian Well-being Café

Together for Ipswich is supporting Bridge Church Ipswich in providing a Ukrainian Well-being Café in Ipswich. There will be coffee, cakes, and the opportunity to talk with

those who have the compassion, training, and skills to listen. No cost, and no pre-booking required. (Families welcomed).



Location: 'On the Huh' cafe, St Peter's Street, Ipswich IP1 1XF.

Dates: Mondays

Times: 16.30-18.00 and 19.00-20.30.

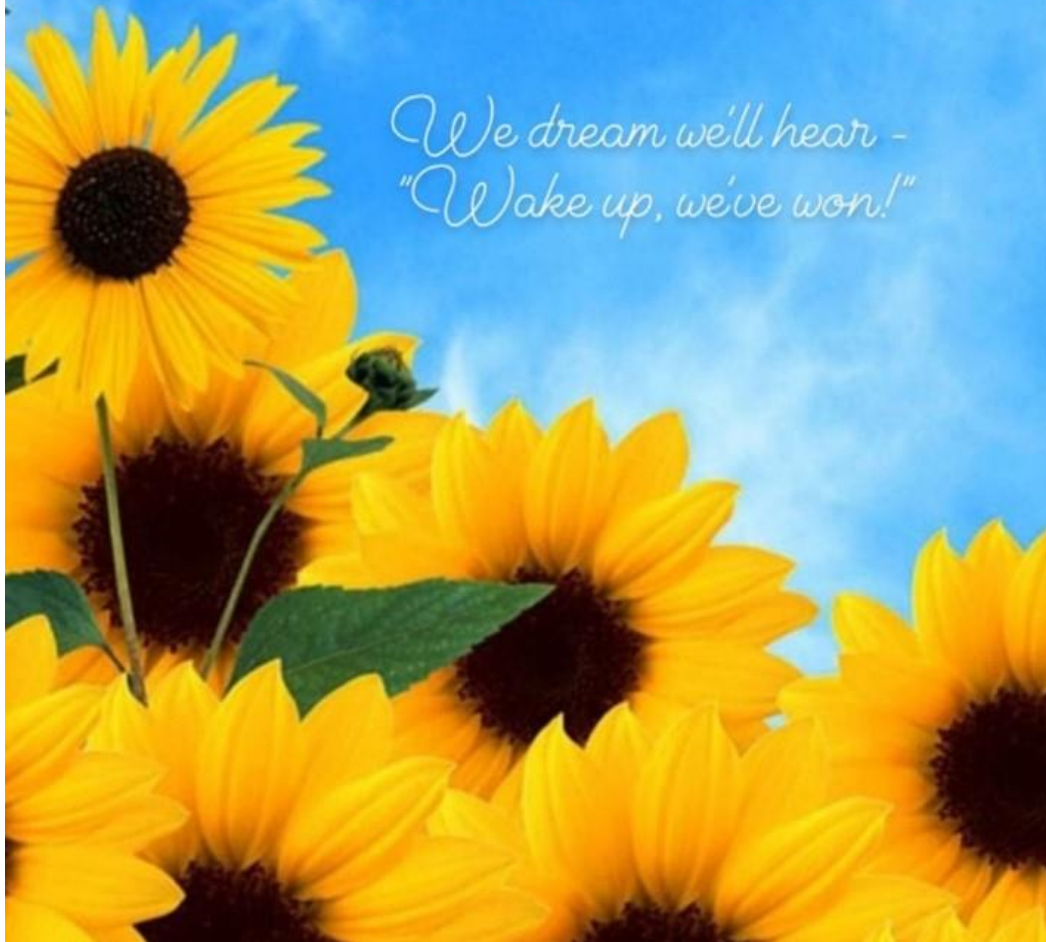
Stand With Ukraine

Please, join the action #standwithUkraine
Saturday 21st June 2025

Angel Hill 11:00-12:00

Please, stand with us to show
your support for Ukraine and to
let people know that the struggle
continues.

*We dream we'll hear -
"Wake up, we've won!"*



We Are Ukraine

The Hold, 131 Fore St, Ipswich IP4 1LN

A semi-permanent display of Ukrainian gratitude and culture, and a glimpse of how the people of Ipswich have sought to welcome those fleeing from the war.

Some say that the British mainland has not experienced the opposed attack of an enemy force since 1667, when the Dutch landed at Landguard Fort, Felixstowe. So, whilst the people of Suffolk have experienced little by way of the pain and displacement that comes through invasion and war, their hearts, homes and arms have been wide open to receive over 1,400 Ukrainians in the last two years.

Together for Ipswich coordinates the efforts of Ipswich churches and liaises closely with our local authorities in providing a holistic response to our Ukrainian guests, including sponsorship (hosting of families), vigils for prayer and solidarity, job fairs, training sessions, furniture grants, English classes, a Wellbeing Café, minibus tours, signposting, and one-to-one friendship and support.

The Hold is partnering with Together for Ipswich in enabling our Ukrainian friends to display the culture and share their joys, pains and challenges, as they seek to integrate into Suffolk's County Town.

'We Are Ukraine'. At The Hold, 131 Fore St Ipswich IP4 1LN from Wednesday 24 July 2024.



We Are Ukraine

'We Are Ukraine' is a semi-permanent display of Ukrainian gratitude and culture, and a glimpse of how the people of Ipswich have sought to welcome those fleeing from the war.

See the display in the foyer at The Hold, 131 Fore Street, Ipswich, Suffolk, IP4 1LR. **The last day to visit this exhibition is the 15th June 2025.**



Promote your events

We would like to invite you to let us know of any events happening across Suffolk so that we can help promote to them the wider network. If there is any future event you would like to promote, or would like a member of the Homes for Ukraine team to attend, please email refugeesupport@suffolk.gov.uk using 'Event' in the subject line.



Visa Data for Homes for Ukraine Sponsorship Scheme

The below table shows the number of visas issued and arrivals, sponsored by individuals, by lower tier local authority of the sponsor's property (LTLA) as of 31st

March 2025.

Source: Operational data, Home Office (HO) and Ministry of Housing, Communities and Local Government (MHCLG)

Lower Tier Local Authority	Number of Visa applications	Number of Visas issued	Number of arrivals in the UK by sponsor location
Babergh	317	260	240
East Suffolk	655	563	503
Ipswich	447	307	266
Mid Suffolk	405	337	306
West Suffolk	648	495	432

The below table shows the number of visas issued and arrivals, sponsored by individuals, by upper tier local authority of the sponsor's property (UTLA) as of 31st March 2025:

Source: Operational data, Home Office (HO) and Ministry of Housing, Communities and Local Government (MHCLG)

Upper Tier Local Authority	Number of Visa applications	Number of Visas issued	Number of arrivals in the UK by sponsor location
Suffolk	2472	1962	1747
Cambridgeshire	3536	2994	2669
Essex	3998	3285	2889
Norfolk	2699	2175	1918

Further information, and Frequently Asked Questions about what we are doing in Suffolk to support Ukrainian Refugees and how you can help, can be found on our website via the following links:

- [Support for Ukraine](#)
- [Information for Sponsors](#)
- [Information for Guests](#)

- [Further information](#)

If you cannot find answers to your questions here, please email refugeesupport@suffolk.gov.uk and we will endeavour to respond as soon as possible.



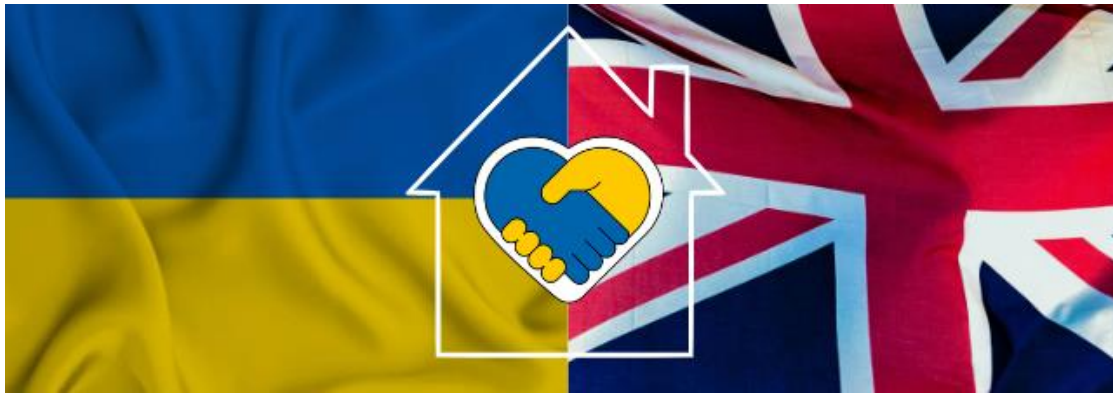
Could you help a family in need?

In February 2022, the UK was asked to help support Ukrainians displaced by the war. Since then, the people of Suffolk have welcomed more than 1,400 Ukrainian Refugees into their homes.

Unfortunately, the war continues, and we still need hosts to offer a safe place to stay for individuals and families in Suffolk.

Can you help? Homes for Ukraine Suffolk still need safe and secure places in the larger villages and towns, with good access to public transport and amenities. If you can offer a safe place for a Ukrainian guest, please visit [Homes for Ukraine: record your interest](#) to express your interest by completing the online form. Accommodation must be available for at least 6 months and be fit for purpose.

If you sign up to the scheme and all checks are completed, you will be eligible for a monthly 'Thank you' payment.



Suffolk County Council is committed to protecting your privacy and will treat an individual's personal data in accordance with the provisions of the Data Protection Legislation. Your information will not be used for other purposes or supplied to third parties except in accordance with the law.

Under the Data Protection Legislation, you have a number of rights regarding any personal data held by us in relation to this project. [See our Homes for Ukraine Scheme privacy notices for full details.](#)
