

WELCOME TO THE UK

Free video guides about life in the UK

Are you new to the UK? For example, are you a Refugee or an Asylum Seeker? When you arrive in a new country there are many challenges. You need to adjust quickly to unfamiliar systems, laws, social norms, expectations, rights and responsibilities.

We have 3 useful guides to help you understand the UK. People who are refugees and asylum seekers collected this information to help you. And they translated it into other languages.

You can watch the 3 videos in English and other languages here:

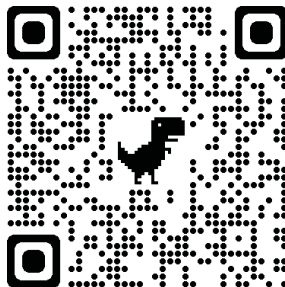
[Regional Refugee Forum North East YouTube Channel](#)

And also here www.nemp.org.uk/resources/

Parenting and schools

Looking after your health

Laws and Life

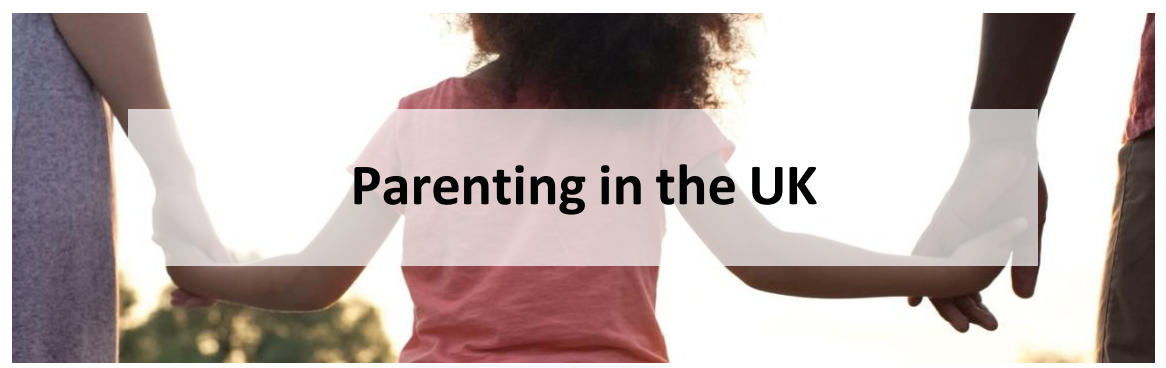


Parenting and schools

Looking after your health

Laws and Life

These videos are part of the North East Migration Partnership's Welcome & Induction Program for newly arriving Refugees and Asylum Seekers and are made in partnership with the Regional Refugee Forum North East.



Parenting in the UK

This is a guide for parents. It is difficult to understand family life in a new country because many things are different. The UK may have different systems, laws, social norms, and expectations. You may have different rights and responsibilities here. How can you know what to do? This video will help.

Schools here can be different from what you expect. For example, teachers can ask parents to do things which are different from in your home country. Laws and expectations can also be surprising. For example, do you know how parents normally discipline their children here? Do you know how people keep children safe from physical and emotional harm? The video explains this.

The information is selected by parents from other countries who have moved to the UK. They had difficulties in the beginning because they did not know everything that they needed to know. They had problems, and they do not want you to have the same problems. This is the reason they have made this guide.

You can watch the video here: www.youtube.com/watch?v=B2ROsZoMuAk

You can read the information here: www.nemp.org.uk/parenting-in-the-uk-leaflets/
www.nemp.org.uk/education-in-the-uk-leaflets/

- What is a 'local authority'? What are 'social workers'? What power do they have in family life?
- Support for your children under 5 years old
- Education from 5 to 18 years old: what happens at Primary school, Secondary School, College and University
- The Law - what happens if children miss school
- How to protect your child from other children? E.g.: bullying, hate and abuse on social media
- Laws on alcohol, drugs, tobacco and sex for children under 18
- What is a 'sleep over'? How you can help your child manage expectations'
- The law about how you supervise children at home and outside
- The law about children and cars
- The law about how you discipline children
- Alternative ways to discipline children which are not physical
- Violence and abuse between parents - How can it affect the child?
- The law on female genital mutilation / circumcision
- Listening to the child's voice
- Parents' rights



Looking After Your Health

This video explains how and when to access health care.

The UK has a National Health Service (the 'NHS'). How can you use it? This guide tells you. It also has advice on self-care and healthy living.

You can watch the video here:

www.youtube.com/watch?v=07_i8JgtpzU

www.nemp.org.uk/resources/

You can read the information here:

www.nemp.org.uk/looking-after-your-health-leaflets/

It gives you information about:

- How to register with a doctor or 'GP' (General Practitioner)
- How to make an appointment and how to ask for an interpreter. How to access specialist health services
- Where to go for medical help; the 111 phone number; the 999 phone number; the hospital; your doctor; pharmacists; self-care
- How can you access free health care? How to use HC2 certificates.
- How to access medication. How to understand prescriptions
- Children's health
- Eye care and dental care
- Free tests for three cancers
- Contraception (birth control) and sexual health
- Keeping a 'happy head' (this is especially important for people who have had bad experiences and have many worries)
- Healthy living; diet and exercise



Laws & Life in the UK

This video explains about the police in the UK. It explains things they can and cannot do. It also explains some important laws and expectations about life in the community.

We hope it helps you to live well in the community.
We hope you will go to the police for help and advice if you need it.

You can watch the video here:

[Regional Refugee Forum North East YouTube Channel](#)
www.nemp.org.uk/resources/

You can read the information here:

www.nemp.org.uk/laws-and-life-in-the-uk-leaflets/

It gives you information about:

- What the police do
- Values, responsibilities, rights and freedoms Interactions with other people
- At home
- At work
- Driving
- Alcohol, tobacco and drug
- What to do if a person attacks you or is aggressive to you
- When can the police stop you
- Laws about sex, laws about abusive relationships, laws which protect women and girls
- Protecting and caring for your children
- How to contact the police? online; in person; by telephone; in an emergency
- How to make a complaint about the police