

APPENDIX ONE – SUPPORT FOR ASYLUM SEEKERS AND REFUGEES

Local information on asylum services is available in Glasgow (which hosts the majority of Scotland's asylum seekers) via the City of Glasgow's website www.glasgow.gov.uk/index.aspx?articleid=3175 (Glasgow City Council, 2014). Equivalent information should be available through other local council websites.

The Scottish Government's "*New Scots: Integrating Refugees in Scots Communities*" provides "a clear framework to support the integration of refugees and asylum seekers to rebuild their lives in Scotland and make a full contribution to society" (Scottish Government, 2013).

Patients going through the asylum process may benefit from being directed towards the charity Asylum Help (a subgroup of Migrant Help) for advice and guidance during the asylum process (Asylum Help, 2014). Other sources of support are list below.

A list of major charities supporting asylum seekers and refugees in Scotland:

Support primarily for asylum seekers –

- **Asylum Help**

Part of Migrant Help this charity works across the UK providing independent advice and guidance on how to claim asylum; the asylum process; accommodation support; financial support; finding legal representation; accessing health care; and other asylum issues. Their Asylum Support Application teams can provide help with completing application forms for support (financial and/or accommodation), for both current and fully refused asylum applicants, and notifying the Home Office of a change of circumstance.

Asylum Helpline: 0808 8000 630 Monday - Friday: 08:30 - 19:00

Website: www.asylumhelpuk.org

- **Scottish Detainee Visitors (SDV)**

An independent charity providing social, emotional and practical support to asylum and immigration detainees in Scotland, mainly in Dungavel Immigration Removal Centre in South Lanarkshire. Services offered include befriending, visitor support and partnership.

Address: c/o SRC, 5 Cadogan Square, (170 Blythswood Court), Glasgow, G2 7PH.

Telephone: 0141 248 9799. Email: coordinator@sdv.org.uk

Website: www.sdv.org.uk

- **The Unity Centre**

A Glasgow-based organisation. They are located near to the Home Office Reporting Centre and offer a "check-in" service that allows people to sign in before they report to the Home Office then call back into the Centre when they have finished reporting and are safe. If someone is detained the Centre will help contact their lawyer, friends and family, arrange for their belongings to be looked after, provide emotional support and encouragement, contact the

press and media about their case and run emergency campaigns and protests to stop them being forcibly removed.

Address: 30 Ibrox Street, Glasgow, G51 1AQ.

Telephone: 0141 427 7992. Email: info@unitycentreglasgow.org

Website: unitycentreglasgow.org

- **Bail for Immigration Detainees (BID)**

An independent charity that exists to challenge immigration detention in the UK. They work with asylum seekers and migrants, in removal centres and prisons, to secure their release from detention. The organisation can help individuals apply for bail (conditional release) if they are detained.

Address: 28 Commercial Street, London E1 6LS for all general queries and detainees at various centres including Dungavel.

Telephone: 020 7247 3590 10 am to 12 pm Monday to Thursday. Out of hours answering service.

Fax: 020 7426 0335. Email: enquiries@biduk.org

Website: www.biduk.org

Support for refugees as well as asylum seekers –

- **The Scottish Refugee Council**

An independent charity providing information and advice to people seeking asylum and refugees in Scotland. As of 1 April 2014 they can no longer offer general asylum advice, however they do still offer specialised advice and support to asylum seeking families with children from 0-8 years. They also campaign to ensure that Scotland plays its role meeting the UK's legal and humanitarian obligations under the 1951 UN Convention on Refugees; raise awareness about issues that affect refugees; and work closely with local communities and organisations. Their caseworkers provide specialist advice on family reunion, housing and welfare, education and employment and women's issues.

Address: 5 Cadogan Square, Glasgow, G2 7PH.

Telephone: 0141 248 9799. Advice line: 0800 085 6087

Website: www.scottishrefugeecouncil.org.uk

- **Positive Action in Housing Ltd (PAIH)**

Scottish wide charity working with communities, housing providers, voluntary organisations and faith groups, to enable everyone to have an equal chance to live in good quality, affordable and safe homes, free from discrimination and the fear of racial harassment and violence. It provides advice, information and support to people from new migrant, refugee and minority ethnic communities facing poverty, homelessness, racial attacks or poor housing conditions and helps refugees and asylum seekers and their families overcome their housing difficulties.

Address: 98 West George Street, Glasgow, G2 1PJ

Telephone: 0141 353 2220. Fax: 0141 353 3882

Emergency hotline, 24/7 365 days per year: To contact PAIH in an emergency email home@paih.org with name, message and telephone number for a return call, or call/text on 07581 046 473

Email: home@paih.org

Website: www.paih.org

- **Ethnic Minorities Law Centre**

Based in Glasgow offers free legal services to people from ethnic minority backgrounds, and specialises in asylum, refugee and human rights, discrimination and immigration issues. The Law Centre operates a telephone helpline and appointment system. The Centre also offers local appointments for clients living in Highland, Aberdeen city and Aberdeenshire areas.

Glasgow office: 2nd Floor, 41 St Vincent Place, Glasgow

Advice line: 0141 204 2888 Monday - Friday 9:30am-10:30am

Email: admin@emlc.org.uk. Fax: 0141 204 2006

Edinburgh office: 103-105 Morrison Street, Edinburgh, EH3 8BX

Advice Line: 0131 229 2038 Monday 3:30pm-4:30pm; Wednesday & Friday 10:00am-11:00am

Email: edinburgh@emlc.org.uk

Website: www.emlc.org.uk

- **Medical Foundation for the Care of Victims of Torture (Freedom from Torture)**

Offers support and therapy for asylum seekers and refugees who have been victims of torture from four centres in England and their Scottish centre in Glasgow.

Glasgow office: Room 27, Adelphi Centre, 12 Commercial Road, Glasgow, G5 0PQ

Telephone: 0141 420 3161. Email: scotland@freedomfromtorture.org

Website: www.freedomfromtorture.org

- **Shelter Scotland**

Offer information and advice for asylum seekers and refugees, mainly but not specifically, about housing.

Address: 6 South Charlotte Street, Edinburgh, EH2 4AW

Telephone: 0808 800 4444 (Housing advice line)

Website: <http://scotland.shelter.org.uk>

- **Glasgow City Council**

Although not a charity, Glasgow City Council offers information and advice via their website and Asylum and Refugee service.

Address: Asylum and Refugee Service, The Hamish Allan Centre, 180 Centre Street, Glasgow, G5 8EE

Telephone 0141 222 7300

Website: www.glasgow.gov.uk/index.aspx?articleid=3175

APPENDIX TWO

| Drug | Dose |
|---|---------------|
| Chlordiazepoxide | 15mg |
| Diazepam | 5mg |
| Loprazolam | 500 microgram |
| Lorazepam | 500 microgram |
| Nitrazepam | 5mg |
| Oxazepam | 15mg |
| Temazepam | 10mg |
| Zaleplon | 10mg |
| Zopiclone | 7.5mg |
| Zolpidem | 10mg |
| <i>Approximate dosages of common benzodiazepines and Z-drugs equivalent to 5 mg diazepam</i> | |