



Prisoners of[®] Conscience

Supporting people who defend human rights



Package of Support



Registered with
FUNDRAISING
REGULATOR

Charity number: 213766

About Prisoners of Conscience (PoC)

We aim to positively transform the lives of prisoners of conscience who have been persecuted for the non-violent act of upholding or protecting human rights.

Prisoners of conscience are at the core of everything we do and we aspire to work for and alongside you. We aim to encourage you to get involved in our activities, nurture a sense of community and develop a strong network of like-minded individuals.

Our Package of Support

Following the award of a financial grant to prisoners of conscience, we make direct contact to offer a personal development plan to each recipient. Based on the package of support, these plans aim to meet integration, skills and employment, legal and advisory, mental health and promotion of human rights needs.

We hope that you will benefit from this package. If you would like to discuss any aspect of the brochure in more detail or if you think there are other areas we should consider please do get in touch.

info@prisonersofconscience.org

5

Ways PoC can support you

1

Financial Support

We can provide rapid financial assistance through our grants to ensure immediate relief, re-settlement and requalification at the time of greatest need.



2

Accessing skills training and employment

Working with a panel of specialist partners to help you to find meaningful employment opportunities.



3

Promoting human rights

Sharing your stories to promote the human rights of prisoners of conscience through our website, social media channels, PoC communications and on our alumni forum.



4

Volunteering Opportunities

We have a variety of volunteer roles that will give you practical experience, enable you to continue to contribute to human rights issues and improve your work prospects.



5

Other Support Services

We can help you access other support services such as provision of laptops, advisory and legal services and therapy and mental health support.

Financial Support

We provide rapid financial assistance by way of grants to ensure immediate relief, resettlement and requalification at the time of greatest need.

Hardship Relief

These grants are available for essential costs such as food, living expenses, accommodation, furniture, travel, security needs and healthcare.

Family Reunion

If you have been forced to separate from your family due to persecution – our grants for travel, emergency documentation, medical assessment, DNA testing and legal expenses could enable you to be reunited.

Bursaries

We fund post-graduate and re-qualification studies to help you to restart your career, find roles that are meaningful to you and enable you to live independently.

For more information contact us at
grantsofficer@prisonersofconscience.org

Employability Panel (UK only)

Supporting you to find skills related employment through our panel of trusted specialist organisations



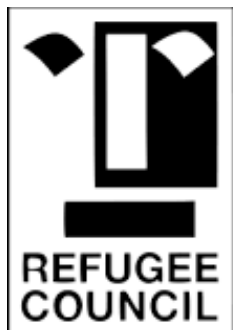
More information on all of these expert organisations and how to access their services is given below.



Our Panel Partners

Refugee Council

The Refugee Council has a long history of providing specialist integration and employment support to refugees in the UK. Their team of expert employment advisers offer a personalised approach and work closely with individuals to develop achievable plans to get back to work. They currently offer a range of employment support services across London, Kent, Leeds, Sheffield, Hull and Hertfordshire.



For more information visit
www.refugeecouncil.org.uk/



THE REFUGEE JOURNALISM PROJECT

For more information visit
<https://www.refugeejournalismproject.org/>

Refugee Journalism Project

The Refugee Journalism Project works towards social change by creating opportunities that support the authenticity and agency of groups whose voices and perspectives struggle to get heard in the mainstream media. Since 2016, they have supported displaced and exiled journalists and storytellers by re-connecting them with their careers, helping them become better connected within the industry, update their journalistic skills and finding publishing opportunities, freelance work and placements.

Our Panel Partners

Refugee Radio

Refugee Radio is a refugee and asylum seeker charity working in Brighton and Sussex that produces radio programmes and podcasts about human rights issues. They run a mental-health support group every week for people suffering from PTSD and depression. They also support the Conversation Over Borders project which provides 1-2-1 English tuition and befriending online.



REFUGEE RADIO

For more information visit
www.refugeeradio.org.uk/



For more information visit
<https://renaisi.com/about-us/>

Renaisi

Renaisi is a London-based social enterprise that has been helping people and places to thrive for more than 20 years. They are passionate about creating the conditions for strong and inclusive communities so that everyone, regardless of background, can share in the social and economic wealth of their community. One of their key areas of focus is delivering high quality support to London's diverse communities through a range of employment and advice services through their project Transitions (see below)

Our Panel Partners

Transitions

Transitions is a specialist employment service. They work with employers to provide 6 month paid Returner Placements for professional refugee Engineers, Architects, and Business Services candidates (HR, IT, Project Management) living in the UK to restart their interrupted careers.

A job is not guaranteed at the end of placements but around 95% of candidates go on to become permanent hires.

Transitions work with candidates on a 1:1 basis providing information, advice and guidance so that they are ready for employment in their chosen field in the UK.



For more information visit
renaisi.com/transitions



For more information
<https://refmentors.org.uk/>

Refugees and Mentors

Refugees & Mentors is based in Greater Manchester and offers pre-employment information and guidance to refugees, people seeking asylum and vulnerable migrants. They also support employers to develop inclusive recruitment practices, diversify their workforce, fill skill gaps and offer support to refugees.

Our Panel Partners

Breaking Barriers

Breaking Barriers supports refugees to rebuild their lives through meaningful work, training and education opportunities. They offer intensive, personalised one-to-one employment support to work on CV and cover letter writing, job, university or funding applications and interview techniques, as well as access to work placements and permanent roles in a variety of sectors. They also provide English and IT courses as well as employability workshops. Breaking Barriers works across all boroughs of Greater London, Birmingham, Glasgow, Greater Manchester and Liverpool.



For more information visit
<https://breaking-barriers.co.uk>



For more information visit
www.rescue.org

The International Rescue Committee UK

The International Rescue Committee UK offers a free employability programme designed for refugees and asylum seekers with the right to work in England. Delivered online via Zoom, the 3-week course (12 hours) covers essential skills such as CV development, cover letter writing, job applications, interview techniques, UK labour market insights and employee rights. They also offer individual 1:1 support, tailored to specific employment goals, with interpretation available if needed.

If you would like to access the services offered by our panel partners, please contact us directly through grantsofficer@prisonersofconscience.org. We will connect you with the appropriate organisations for you to explore what services may be possible and of use.

Promoting human rights through your stories



Keeping your voice alive

We offer opportunities to use our website, social media channels, PoC communications and events for prisoners of conscience to highlight human rights issues and help you continue your human rights work.

PoC Alumni Forum

This secure platform has been set up so that people who have been supported by PoC can share messages, thoughts and experiences so that they can connect and learn from each other.

Amplify your voice

If you would like any further information on how to join the PoC Alumni Forum or contribute to our online channels please contact info@prisonersofconscience.org

Volunteer Opportunities

We rely on the support of motivated and enthusiastic volunteers to help us carry out our work. If you are interested in our work and are keen to gain valuable experience volunteer there are a number of ways you can get involved. These volunteer roles will enable you to put your skills into practice, carry on the vital work of defending human rights and improve your employment prospects.

Marketing, Fundraising and Events

- Research content and current affairs for website and social media.
- Assist at event planning and in-person events
- Graphic design opportunities
- Nurture relationships with universities and ambassadors.

Grant support and Research

- Assist with translation and interpretation
- Conduct human rights and country-specific research
- Identify and research potential partner organisations

Trustees

- Contribute to strategic decision-making for the charity
- Review and approve grant applications

If you would be interested in volunteering with us please contact us at info@prisonersofconscience.org

Advisory and support services, including:

Refugee/asylum assistance
Education and training
Legal services

We know that many prisoners of conscience require advice for some of the situations they face and we can signpost you to organisations that provide the best advice and support for your case.

You can find the full list [here](#).



Other support services

Therapy and Mental Health Support

Many prisoners of conscience, due to the persecution they have faced, may require some form of therapy and mental support.

We partner with a number of mental health services and we will signpost those who need support to an appropriate organisation. You can find the full list [here](#).

Technology Support

We understand that access to a computer and the internet is essential. Employment, education and participation within society has become increasingly reliant on technology. We have partnered with Computer Aid, a non-profit organisation active in the field of Information and Communication Technologies for Development, who provide us with low-cost computers for prisoners of conscience. If you are in need of a laptop please contact us at grantsofficer@prisonersofconscience.org



English language proficiency

Knowing how to speak English is fundamental for newly arrived refugees and migrants wanting to start a life in the UK. Here is a list of the members on our employability panel who offer English language proficiency courses: **Refugee Radio, Breaking Barriers, Refugee Council and Renaisi**. Please see all information in the employability panel section above.



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