

- ❖ Offer tours – including families
  - Keswick
  - Shopping, car, bus, train
- ❖ 1 to 1? Small group
- ❖ Already here – what would have been useful/what did they miss
- ❖ Create a support network
- ❖ Link with current UCLAN Cohort to build connections
- ❖ Have a welcome team
- ❖ Links with refugee groups

- ❖ British Asian professionals – BAPK? Suresh Rao, medical colleagues, Mehesh
- ❖ Temple
- ❖ Contact local Indian restaurants – ask about networks, what was experience like, what did/should they need to know (schools, housing, how to get in good schools)
- ❖ Single and families
- ❖ Get schools brochure
- ❖ Where live – housing (choice, what provision, location) – how much motivate good neighbours – in between the two sites
- ❖ Transport – private, public
- ❖ Racism – public, in health service
- ❖ Change hospital canteen menu – pork, beef. How to buy spices. Tesco delivery.
- ❖ Raj Verma – as a key link – he recruited them from his own town/uni

- ❖ Work atmosphere!
- ❖ Introduction in workplace, with multiple staff involved, mentor
- ❖ Information pack
- ❖ Family support
- ❖ Schools
- ❖ Family events (WCHS)
- ❖ Network
- ❖ Professional events

- ❖ New menu in hospital canteen
- ❖ What communication and networks in North West
- ❖ How UK works
- ❖ How North Cumbria works
- ❖ Housing
- ❖ Family, spouses, single person
- ❖ Host – community – offers to show around
- ❖ Relocation allowance
- ❖ Site working on both

- ❖ Religion – temples, etc
- ❖ Drs who already know what it's like – ask them
- ❖ Looking after the whole family
- ❖ Full knowledge of our system and culture
- ❖ Racism – how to address it
- ❖ Housing – not all in one place – part of normal
- ❖ How do things work – how to get help
- ❖ Social network for the wives
- ❖ Dedicated support = employ someone
- ❖ Peer support / in their group and beyond
- ❖ English classes for families – learn the dialect
- ❖ Understand leisure, etc. – clubs/social activities