

The First Week/Month

From the link below I have highlighted the key points of what to do in the first week to one month.

<https://www.gov.uk/government/publications/welcome-a-guide-for-ukrainians-arriving-in-the-uk/week-one-guidance-for-ukrainians-arriving-in-the-uk>

1. Get a UK **SIM card** for your phone. You will need to get a UK number to process other administration. 6-month free Vodaphone SIM cards available; contact cvsteignbridge@gmail.com
2. Apply for a **biometric residence pass (BRP)** as this will confirm your identity, your right to study and your right to any public service or money you are entitled to <https://apply.visas-immigration.service.gov.uk/product/ukraine-scheme-brp>
3. Set up a **bank account**. You will need an email, valid phone number and identification and visa documents <https://www.moneyhelper.org.uk/en/blog/everyday-money/opening-a-uk-bank-account-if-you-are-from-ukraine>
4. Claim an interim **Guest payment** of £200 to provide cash for food and essentials. The £200 is for each Ukrainian guest. Please contact your local council, Teignbridge District Council, through the link [Payments for Ukrainian Nationals and Sponsors - Teignbridge District Council](#)
5. **Host 'thank-you' payments** can be claimed through [Homes for Ukraine Sponsor Payments - Teignbridge District Council](#) Please make your claims on-line and not using a paper form.

If you have any issues with the payments, please contact the Teignbridge Payments team through homesforukrainepayments@teignbridge.gov.uk

6. Apply for eligible **benefits**, such as Universal Credit, Child Benefit, Personal Independence Payment, Carers Allowance, Pension Credit. Contact Rebecca Bright - contact details on page 2, to find out the benefits you may be entitled to. Here is the link to apply directly for Universal Credit <https://www.gov.uk/apply-universal-credit>
You will be given a National Insurance (NI); please keep a note of this number, you will need it
7. **Register with a GP**. <https://www.nhs.uk/nhs-services/gps/how-to-register-with-a-gp-surgery/>
If Guests are unable to work please request a sick/fit note from the Doctor. This will be required when claiming benefits.

8. If you have a **non-urgent medical problem** and you are not sure what to do please call 111. The link below explains when to call 111. <https://www.nhs.uk/nhs-services/urgent-and-emergency-care-services/when-to-use-111/>
 9. To register for an **NHS dentist**, or if you are in pain or have another dental emergency, phone the NHS Devon Dental Helpline on 03330 063300 (local charges apply) or email at accessdental.helpline@nhs.net This is a 24 hour, 7 day service. If you are willing to travel you will be given more options for urgent appointments using this number
 10. To access **education** for children please follow the link <https://www.gov.uk/schools-admissions>
 11. Guests on Universal Credit are entitled to **free school meals** for their children. Follow this link to apply [School meals – Education and Families \(devon.gov.uk\)](https://www.devon.gov.uk/school-meals)
 12. To find **work** contact the Job Centre. The contact for the local centre in Newton Abbot is <https://www.jobcentreguide.co.uk/newton-abbot-jobcentre>
Telephone: 0800 169 0190 Textphone: 0845 608 8551.
 13. If **emergency temporary housing** is needed, due to the Host no longer being able to provide accommodation, please contact your local council, Teignbridge District Council HousingOptions@Teignbridge.gov.uk with Host and Guest names, address, contact numbers and a brief summary of the situation.
- Please also advise Rebecca at Citizens Advice, and Jane or Ali, the Homes for Ukraine support workers