

# WHERE STRANGERS BECOME FRIENDS



VOVCHIC

Migrant and Refugee Communities Forum (MRCF) is a community based voluntary organisation set up to provide support to all migrants and refugees in London. In the past year we have seen people from 59 countries, have helped them with advice and support in their attempts to fit in and start a new life in the UK. Integration is an official term, but at MRCF it is translated into a number of innovative initiatives that take into consideration the diversity of issues and cultures that we are so privileged to encounter. We have helped medical professionals find training and jobs, we used oral history to tell the story of Moroccan migrants over three generations, but we also helped with filling forms and finding GPs. None of these activities would be possible if was not for the contribution of individuals from a wide range of London communities and walks of life who give their time, skills and good will to help make MRCF and indeed London such a special welcoming place.

It is here that we tell the story of that kind of welcome, in the form of mentoring. MRCF Mentoring projects, such as 2 Heads are Better Than 1, help refugees and migrants who feel lonely and isolated, and who do not yet speak English, to spend time with mentors on one to one basis and help them gain confidence to break out of isolation, practice English, learn about London and opportunities they would normally miss out on. And more importantly, they form relationships of trust that help them feel part of the community. It also helps them gain new skills and knowledge and they are better equipped to contribute to society in a meaningful way through employment or volunteering and mentoring.

If you wish to take part in MRCF's mentoring and volunteering programmes please contact Francesca Valerio on 020 8962 3048 or [francesca@mrcf.org.uk](mailto:francesca@mrcf.org.uk).

Executive Director MRCF  
Zrinka Bralo

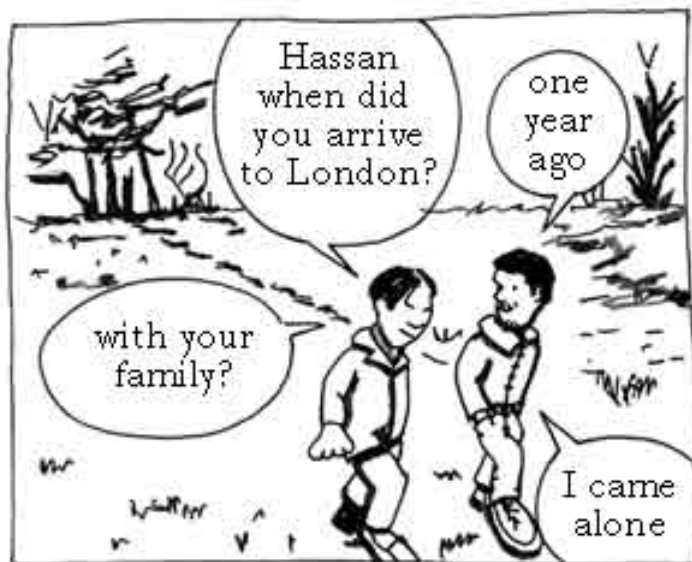
Vovchic is a freelance illustrator.  
More work can be seen on [www.vovchic.com](http://www.vovchic.com)  
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**M R C F**  
Migrant and Refugee  
Communities Forum

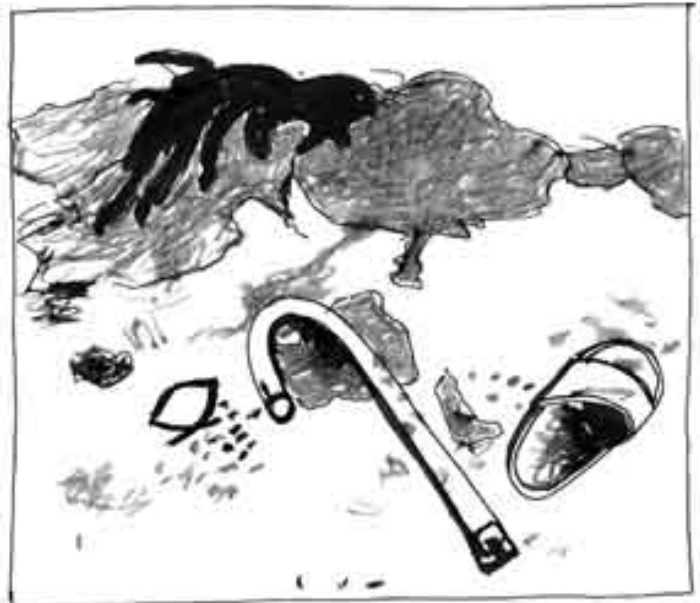
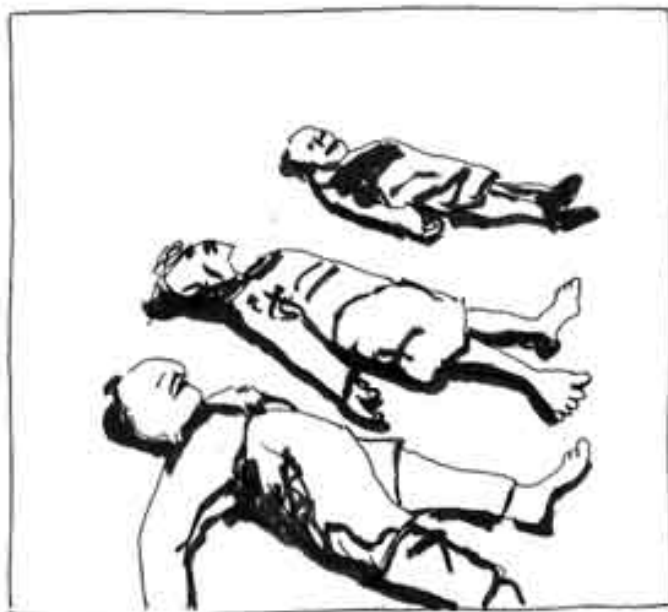






Iraq is not  
the safest place  
right now!

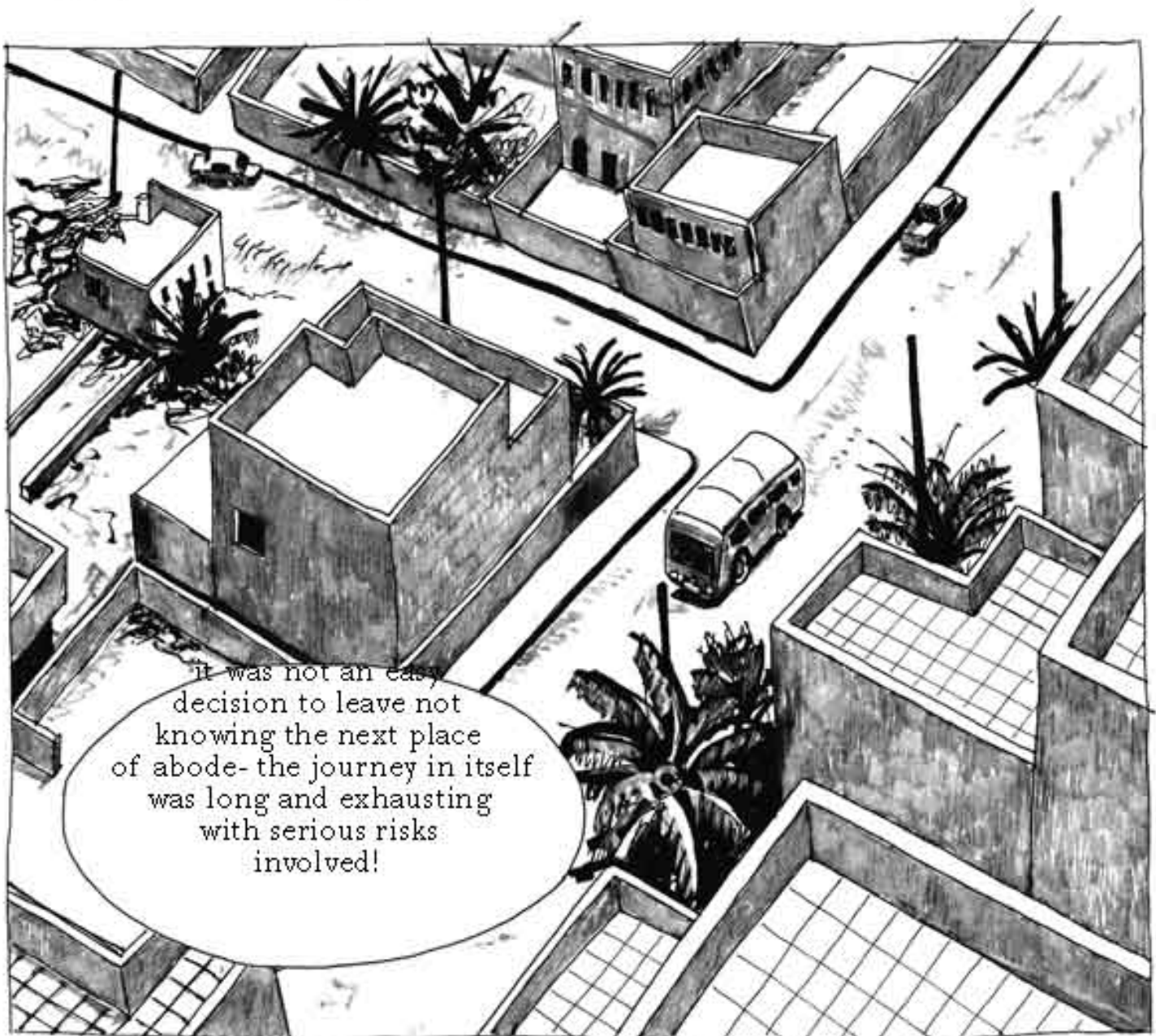
...war brings  
much suffering!



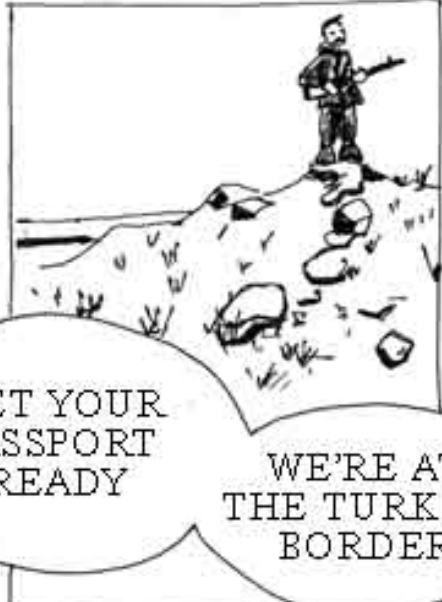
there was enough money  
for just one person

I was sixteen  
when I left Baghdad

BYE MUM!

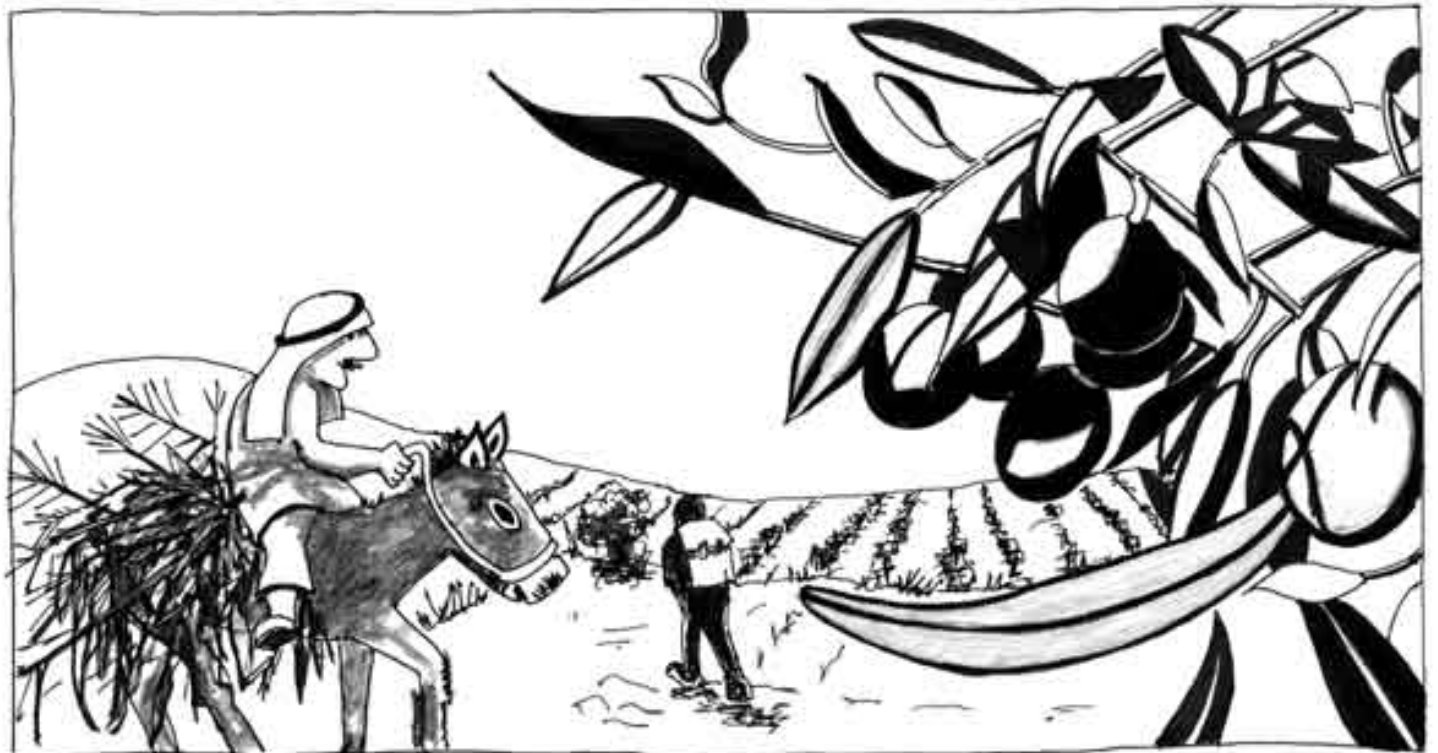


it was not an easy  
decision to leave not  
knowing the next place  
of abode- the journey in itself  
was long and exhausting  
with serious risks  
involved!



GET YOUR  
PASSPORT  
READY

WE'RE AT  
THE TURKISH  
BORDER



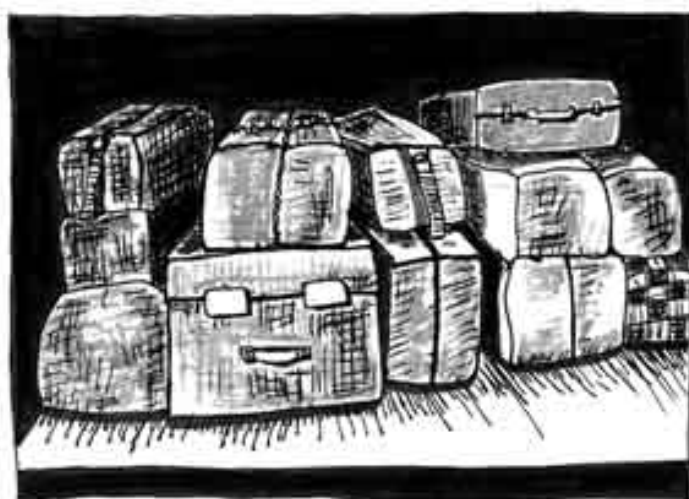
water  
never  
tasted  
SO  
GOOD  
!!!

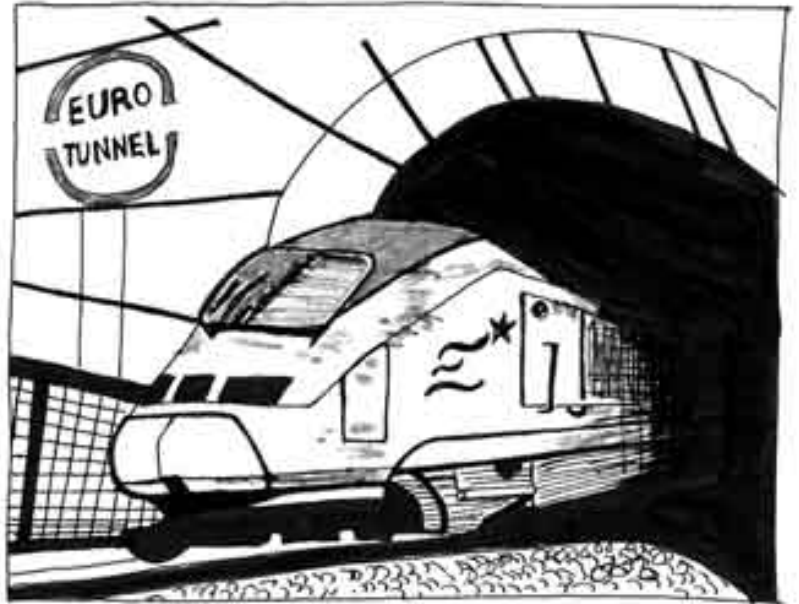


PLEASE  
STOP!













one week later at the museum...

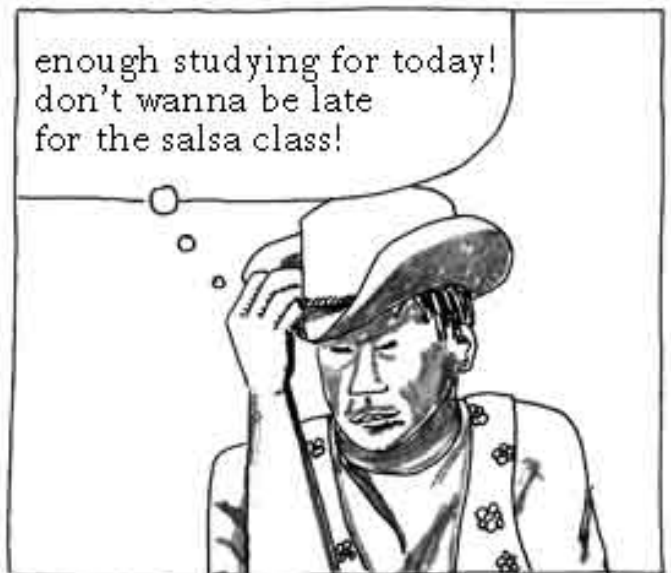


at the salsa class...





Colombia...







I've learnt a great deal in Colombia!  
I really enjoyed my trip there

I've been passionate about salsa ever since!  
it's not so easy - you really need to practice!

I like it too - I'd like to join -  
**THAT WAS GREAT FUN!**



**THANK YOU FOR THIS EVENING!**  
see you next week!

**AT THE SALSA CLASS?**