

## Peace of Mind CIO

Peace of Mind CIO run projects to help refugees and asylum seekers in the North East of England. Their projects include:

- **weekly support drop in session Wednesdays 12pm to 2pm** for practical and emotional support. They help with: translation, registering with a doctor, finding a solicitor, healthy living, food parcels, clothing, baby equipment, to settle in to the community and with destitution issues.
- parenting in the UK workshop
- community safety sessions
- Bensham Community Food Co-op
- a small dedicated fund to help destitute refugees and asylum seekers in emergencies
- help to fill the holiday gap with activities and refreshments for children and carers during the holidays
- arts and crafts activities for children

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**Telephone:** 07595 300326

**Website:** <https://peaceofmindnortheast.wordpress.com/>

**Mobile:** 07595300326

**Email:** [peaceofmind455@gmail.com](mailto:peaceofmind455@gmail.com)

**Twitter:** <https://twitter.com/peaceofmind455>

**Facebook:** <https://m.facebook.com/Peaceofmind-Communities-1652578041691574/>

**Opening Hours:** Support drop in 12.30pm to 2pm Wednesdays

**Cost:** Free

**Address:**

Whitehall Road Methodist Church  
Whitehall Road  
Gateshead  
NE8 4LH

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## Related Articles

[Immigration and Asylum](#)

[Support for Asylum Seekers and Refugees](#)

[How you can help refugees and asylum seekers](#)