

On-Going Support Available for Hosts

Thousands of people across Ireland have opened their homes to people who have been forced to flee from Ukraine. It is vital that at this time hosts can access support if and when they need it.

Throughout Ireland there are a number of organisations that are there to support hosts. This can be for anything from how to change your Netflix to include Ukrainian subtitles to how to support someone who has been through a traumatic experience.

- **The Open Community**

Online Support Sessions for Hosts

Regular [online support sessions](#) run via zoom every 3 weeks in the evening. These support sessions are to allow hosts to come together to share their experiences, challenges and to ask questions whilst offering support to each other. The sessions also address issues that are emerging or areas where hosts want further information or support. [Host Supports - the open community](#)

- **Helping Irish Hosts**

This is an active community of hosts who listen, support and encourage each other. They share learnings and insights that help new and existing hosts, and their guests, on the challenges and joys of sharing a home together. The group is supported by a professional team, many of which are hosts themselves!

Closed Facebook Group and email support hello@helpingirishhosts.com
<https://linktr.ee/helpingirishhosts>)

- **Regional Support Organisations (RSO)**

RSO's offer advice, support and guidance. RSOs have a wealth of knowledge, experience and are experts in supporting community welcomes for refugees. There are four RSOs and each provides support in different areas of the country.

Doras

(Clare / Limerick / Tipperary)

www.doras.org

PH: 061 310328

Irish Red Cross

(Galway / Kildare / Longford / Mayo / Meath / Offaly / Roscommon / Westmeath / Wicklow)

www.redcross.ie

PH: 01 6424600

Irish Refugee Council

(Cavan / Donegal / Dublin / Leitrim / Louth / Monaghan / Sligo)

www.irishrefugeecouncil.ie

PH: 01 7645854

Nasc, the Migrant and Refugee Rights Centre

(Carlow / Cork / Kerry / Kilkenny / Laois Waterford / Wexford)

www.nascireland.org

PH: 021 4273594

If you have any further questions on the support available, contact info@theopencommunity.ie