

This booklet is intended for use by refugees and asylum seekers in Hertfordshire. It is your choice if you want to use the booklet and what you would like to put in it. You can show this booklet to people who may be able to support you in Hertfordshire or in other parts of the UK. We hope this will mean you do not need to keep repeating the same information to different services.



## This document contains information that I would like to share.

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### My key information

First name:
Family name:
Prefer to be known as:
Date of birth:
Nationality:
Current address:
Email:
Mobile:
Languages spoken:
Level of spoken/written English:
Interpreter needed: Yes  No
Preferred language:

#### My journey and status



Before I arrived in the UK I was living in:
Since I arrived in the UK I have been living at:
Date of arrival in the UK:
Date of arrival at current address:
I am an asylum seeker: Yes No
My port reference is:
My asylum claim reference is:
My ARC number is:
My solicitor is:
I am a refugee with leave to remain: Yes \( \square\) No \( \square\)
My BRP/eVisa number is:
Expiry date:
My National Insurance (NI) number:



## My family

Immediate family members (parents, spouse, children):
NA/II 4I 12
Where they live:
My children's dates of birth:
iviy dilitaren a datea or birtir.
Anything else I'd like you to know about my family:

#### My health



Disabilities or long-term health conditions:
Professionals I have seen and their contact details:
I am happy for other professionals and
volunteers to speak to them about me: Yes \( \square \) No \( \square \)
Allergies:

Medications I take:
Health services I have accessed:

My NHS number:
I have downloaded the NHS app: Yes 🔲 No 🗌
https://www.nhs.uk/nhs-app/
NHS App (III) Access NI IS services in England NHS Digital Access NI IS services in England NHS Digital Tree.
Screen access 24 hours a day Who was proposed and easy to use Who was proposed access 25 hours a day Who was proposed access 26 hours a day Who was proposed access 26 hours a day Who was proposed access Who years Who yea
I have registered with a GP: Yes No
My GP surgery is:
I have registered with a dentist: Yes  No
My dentist is:



# My education and work experience

Skills, education and work experience:
Classes I have attended – location and subjects studied:
Classes I have attended – location and subjects studied:
Classes I have attended – location and subjects studied:

Areas of education and work I'm interested in:



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## 2i Other information about me

People/groups who have helped me since I arrived in the UK:
Place of worship:
Place of worship:
Groups I attend/would like to attend:
Conial path ition.
Social activities:

What worries me:
Plans and hopes for the future:
What I would like professionals/volunteers to know about me:
I would like to speak to a professional on my own: Yes \( \simeter \) No \( \simeter \)

Other information I would like professionals/volunteers to know about me:

#### **Useful information**

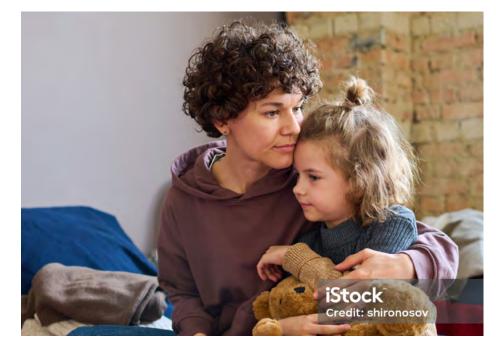
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Asylum seekers and refugees | Hertfordshire County Council

https://www.hertfordshire.gov.uk/about-the-council/news/asylum-seekers/asylum-seekers-and-refugees.aspx

Asylum support: Overview - GOV.UK (www.gov.uk)

https://www.gov.uk/asylum-support



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