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Try to take some time to read about or attend training on the following key areas:

1. Background understanding of Ukrainian history and culture
2. How to look after your own wellbeing as a host
3. Recognising that we may understand differently 'what support means'
4. Understanding what trauma is and how to support people, who are traumatised.

Sign up for a [free online interactive training session](#) for those who have welcomed guests or considering becoming a host on the Homes for Ukraine Scheme.

## What you'll learn:

- Understand the roles and responsibilities of hosts and the local authority
- How to set realistic expectations for yourself and guests
- How to support your guests in living independent lives
- How to establish healthy boundaries to safeguard wellbeing

**New Host session - Tuesday, 10 September at 6:30pm**

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1. Give people time to settle and adjust and continue to have regular open discussions, with guests about timelines of hosting. For example, arrange some monthly check-ins (maybe share a meal) and discuss how they are doing and plans for moving on after hosting.
2. Think carefully about being helpful. For example, ask the guest what support/advice they may need as unsolicited advice can create tensions.
3. If communication and co-living situation is becoming difficult, please reach out to your local council 'Homes for Ukraine' team for advice/guidance.

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Sign up for Preparing for the end of Hosting session for those who have welcomed refugees on the Homes for Ukraine Scheme.

This is an hour and a half long online interactive training session. It will help you plan for the end of your hosting from the very beginning. We will discuss tools and techniques to help your guest prepare for living independently, navigating system on their own and make informed decisions about their future.

Please note the new dates will be added shortly. The training will take place between September to December. In a meantime you can email us at [ukraine.enquiries@migrationyorkshire.org.uk](mailto:ukraine.enquiries@migrationyorkshire.org.uk) to be added to a waitlist.

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Some further resources are available to support sponsors on the Homes for Ukraine scheme:

- Trauma Treatment International has [top trauma tips for hosting of Ukrainian refugees](#).
- [How to modify your speech to help your guests](#)

## Move on

When it's time for your guests to leave you, they may ask you for guidance on what to do next. It's always good to have conversations around ending your support early on.

- Ending your hosting arrangements, and helping your guest with their next steps: [Homes for Ukraine - GOV.UK](#)
- Take a look at the [guidance](#) on some practical support as your guests prepare for the end of hosting.

## Research on Hosting

- Take a look at “[We are learning together](#)” Yorkshire and Humber Homes for Ukraine Host Feedback Survey 2023: Quantitative Report.  
The aim of this survey was to collect data and information on hosts across Yorkshire and Humber on the Homes for Ukraine Scheme, their experiences of hosting and ways to improve similar schemes in the future.
- [“We are learning together” Yorkshire and Humber Homes for Ukraine Host Feedback Survey 2023: Quantitative Report | Migration Yorkshire](#)
- This [research](#) explores the experiences of everyday co-living through the Homes for Ukraine scheme.
- One year after the launch of the Government’s Homes for Ukraine scheme, [NACCOM](#) reflects on its impact and the role that hosting has played in providing safe accommodation to refugees from Ukraine.
- A new report by [More in Common](#) finds that one year on from its launch the Homes for Ukraine scheme has been a broad success that should be celebrated and learned from. Drawing on public opinion research and a survey of over 1200 Homes for Ukraine hosts.

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