

**10
January
2026**



RASH

**Refugees & Asylum Seekers
Health course**

**CMF Office,
London**

RASH London: cmf.li/rashlondon



God calls us to care for the stranger in our midst, to protect orphans and widows, to ‘act justly and love mercy’ . (Micah 6:8) How does this translate to the way we care today?

Given the proposed changes to the way that our asylum system works, how can we provide the best possible healthcare to those in need?

The ‘Refugees and Asylum Seekers Health Course’ (RASH) aims to equip Christian healthcare practitioners and others to:

- Improve knowledge of the healthcare needs, responses and challenges for refugees and asylum seekers in the UK.
- Hear examples of good practice.
- Foster a dialogue among those working with refugees and asylum seekers for mutual encouragement and support.
- Inspire creative ways to engage with health systems for better provision, support, and care.

The programme is an interactive learning experience led both by those who have been refugees and those who are healthcare professionals in this field. Local charities or churches working with refugees and asylum seekers will also find this day useful. If you encounter people from outside the UK in your everyday practice, then this is the day for you.

“If the course is on again, I will be telling colleagues to come”
- RASH, Bristol attendee

Saturday 10 Jan

10:00	Arrival & Coffee
10:30	Welcome & introduction to the day Fi McLachlan
10:35	Are we called to be ‘Good Samaritans’? Fi McLachlan
10:45	A chance to shape the day
11:00	Commonly presenting problems Andy Lephard
11:30	Common stress factors, short-term & long-term psychopathology among refugees, and efficient approaches Bert Nanninga
12:00	Small Groups
12:10	Women and children come first? Andy Lephard
12:40	Trafficking and Trauma Laura Wood
13:10	Q&A session
13:15	Lunch
14:00	Seminar Session 1. Choose from: A. Arrival in the UK - Our complex and changing asylum system TBC B. The faith journey of an asylum seeker Paul Mehdi
14:45	Seminar Session 2. Choose from: C. Housing issues when in the asylum system TBC D. Experiences of accessing health services including ‘Helping refugees and Asylum Seekers navigate healthcare in the UK’ Janet Bolaji
15:30	Open discussion/questions
16:30	Close

CONTRIBUTORS

Fi McLachlan

is head of CMF Global, with a background of involvement in healthcare management and mission.

Bert Nanninga

is a transcultural psychiatrist who specialises in psychotrauma and migration. As a former long-term tropical practitioner, he now works with refugees and migrants with mental health problems in The Netherlands.

Paul Mehdi

is a refugee from Iran living in the UK. He is passionate about sharing the good news of Jesus and has worked for several Christian organisations.

Andy Lephard

is a General Practitioner based in Bradford with a special interest in refugee and asylum seeker health.

Laura Wood

is a Forensic Paediatrician, Churchill Fellow and a Director of VITA Foundation with special interest in human trafficking, exploitation and trauma recovery.

Janet Bolaji

is a General Practitioner based in England.

BOOKING

The cost for the day includes the full day conference, lunch and refreshments on Saturday 10th January. Ensure you outline any dietary requirements you may have when booking.

Booking Options:	£
Charity Workers:	20.00
Charity Workers PM Only/Non-medical Church Members:	10.00
Foundation Year and Retired:	25.00
Nurses and Midwives:	25.00
Qualified Doctors:	40.00
Unwaged and Students:	10.00

Book online:
cmf.li/rashlondon

*Bookings close on
Wednesday 7
January 2026*



All bookings are based on available spaces, please book early to avoid disappointment.

If the event is cancelled you will be eligible for a refund. No refunds will be given for cancellations less than two weeks before the course except under exceptional circumstances.



GETTING THERE

The Christian Medical Fellowship
6 Marshalsea Road, Borough, SE1 1HL



By Underground

Borough Station (Northern Line) - 2 minutes' walk.

London Bridge Station (Northern & Jubilee Lines + National Rail) - 7-10 minutes' walk.

By Bus

Routes serving Borough High Street include 21, 35, 40, 133, 343, 344, 381.



For more details or enquiries, contact the Global Coordinator:

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