

# Growing the Library

Second Print Run: OPORA Wellbeing Workbooks for Ukrainian Children & Teenagers in the UK

## Introduction

Since 2023, OPORA has produced two free wellbeing workbooks for Ukrainian children and teenagers in the UK, funded by The Story of Christmas. Following an overwhelming response to the first print run, OPORA distributed a further 1,898 copies in early 2026 through local councils, schools, community organisations, and directly to families across the UK.

## About the Books

### A Journey Between Countries with Mr. Corgi

Ages 7-12 · Interactive workbook

Print run 1: 500 copies

Print run 2: 898 copies

**Total: 1,398 copies**

### A New Level: Me

Ages 13-18 · Comic-format workbook

Print run 1: 1,500 copies

Print run 2: 1,000 copies

**Total: 2,500 copies**

Combined total across both books and both print runs:

**3,898 copies distributed**

## Distribution — Second Print Run

The second print run reached families through OPORA's established network of local authorities, community organisations, and schools, as well as directly to individuals via OPORA's Telegram community (2,600+ active members).

- Herefordshire Council
- Sussex Community Dev. Assoc. (SCDA)
- Ceredigion County Council
- Darlington Borough Council
- Nottingham & Derby
- Wychavon District Council
- Kent County Council
- North Devon - Refugee Resettlement
- St Nicholas Catholic High School
- Ukrainian School, Malvern
- Bracknell Forest Council
- Waverley Borough Council
- Falkirk Council
- Argyll and Bute Council
- Reigate & Banstead Borough Council
- Migration Yorkshire
- South Gloucestershire Council
- Liverpool City Council
- Ukrainian Family Hub, Warrington
- Wales - Displaced People in Action
- East Hampshire District Council
- Tandridge District Council
- East Ayrshire Council
- Royal Borough of Kensington & Chelsea
- Durham Council
- Newcastle City Council
- Worcestershire Council
- Oxted & Warlingham Ukraine Support
- Bridge to Unity CIO
- London library distribution

The above represents a selection of our distribution partners — many more councils, schools and community organisations have received copies across England, Wales, and Scotland. Beyond organisational partnerships, copies were also sent directly to individual Ukrainian families. Both books are available free to download at [opora.uk/mental-health](https://opora.uk/mental-health)

## Feedback Highlights

The impact of these books is best reflected in the words of families who received them. Across all feedback, several consistent themes emerged: emotional connection, cultural pride, practical tools for parents, and a sense of being understood.

*“Your book gives the opportunity to learn the language more deeply. Because this gift is from compatriots — it makes it priceless.”*

**- Olha, grandmother arrived from Kherson region**

*“He started reflecting and writing his thoughts. We discuss his feelings together. He recommends this book to all newly arrived teenagers.”*

**- Viktoriia, mother of an 11-year-old**

*“The book reminds them they can remain themselves — not accept change as defeat. We look at it as a family reference book.”*

**- Parent of two teenagers**

*“It highlights exactly the difficulties teenagers face during forced relocation. The book helps slow down emotions and find guidance.”*

**- Olena M., parent**



## What Families Tell Us: Key Themes

### Mr. Corgi — Ages 7-12

- Cultural pride: Children enjoy learning about both Ukraine and the UK.
- Emotional connection: Opens conversations about loss and adaptation.
- Daily engagement: Children insist on completing a new page every day.
- Used in schools: Adopted by Ukrainian social clubs and classroom settings.

### A New Level: Me — Ages 13-18

- Identity and belonging: Teenagers feel seen and less alone.
- Parent-teen connection: Opens conversations families didn't know how to start.
- Resilience over coping: A reminder that change doesn't mean losing yourself.
- A companion over time: Something new resonates each time they return to it.

Measured Impact

**3,898**

total copies distributed

**35+**

partner organisations

**2**

age groups 7-12 and 13-18

**UK-wide**

Scottish Highlands to London

- Families reporting books opened conversations about feelings children had no words for before
- Children and teenagers feeling less alone and more understood in their displacement experience
- Parents gaining a practical, familiar-language tool to support their children's emotional wellbeing
- Schools and community organisations equipped with culturally appropriate Ukrainian-language resources
- A third workbook (ages 0-5) now in development — completing the full age range

In Their Own Words

*“The book reminds them they can remain themselves — not accept change as defeat. Today they feel one thing reading it; tomorrow something different. We use it as a family reference book.”*

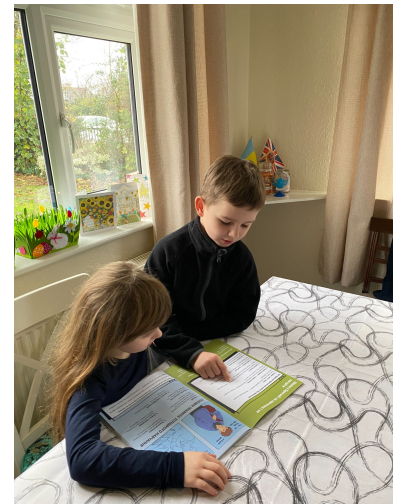
**- Parent of two teenagers**

*“He started reflecting and writing his thoughts. We discuss his feelings together. He recommends this book to all newly arrived teenagers.”*

**- Viktoriia, mother**

*“Your book gives the opportunity to study the language more deeply. Because this gift is from compatriots — it makes it priceless.”*

**- Olha, grandmother, Kherson region**



Conclusion

The second print run confirms sustained, widespread demand for culturally appropriate mental health resources for Ukrainian children and teenagers in the UK. These books reach families in their own language through a format that feels safe and engaging — including those who may never access individual therapy. With 3,898 copies distributed and a growing waiting list, OPORA is planning a third print run and developing a new workbook for ages 0-5, completing the full age range from early childhood through adolescence.

Both workbooks are free to download at [opora.uk/mental-health](http://opora.uk/mental-health) | Contact: [mentalhealth@opora.uk](mailto:mentalhealth@opora.uk) | Supported by The Story of Christmas, Registered Charity No. 1145066