

Background

Refugee Action helps refugees who've survived some of the world's worst regimes with many being victims of horrendous experiences. They provide the individuals with the basic support they need to live again with dignity whilst helping them build safe, happy and productive lives in the UK.

Refugee Action staff and volunteers support refugees to resettle from the moment they arrive in the UK, making sure they can safely take their children to school, access English classes and have the support they need to begin building new lives in the UK.

GreaterSport reached out too Refugee Action as we felt we could enhance their intervention through the power of sport and physical activity.

The Ladies

GreaterSport funded a workshop in May 2016. We wanted to create a safe space for these isolated women to come together and meet other like minded women, share experiences and build a peer support network. It was also an opportunity for staff to strengthen their relationships with the women and educate them about other local service providers who can support them beyond the initial intervention. The main aim of the day was to promote sport and physical activity as a tool of engagement.

Outcomes

“I didn't think exercise could be such a laugh! I have made so many new friends today”

Awen Loal, age 20 from Sudan.



- ✓ 39 women came to the event.
- ✓ 95% did not have English as a first language.
- ✓ Due to the language barriers a multilingual fitness instructor was employed to facilitate the day, this turned out to be crucial to ensuring everyone could be fully involved.
- ✓ The group were signposted to further exercise opportunities, with new friendship groups to workout.
- ✓ GreaterSport offered continuous support to both the individuals and the Refugee Action Support Workers if needed.

The Lucky Boyz

Support worker Lila Khodja, works with a group of young men from Somalia living independently in Bury and Bolton.

The aims of the resettlement programme is to improve the health and well being whilst also creating a sense of belonging in their community. The boys wanted to get fit and loved football, but had only ever played in the United Nations desert camp where they grew up.



Taking time to build relationships and trust

- ✓ GreaterSport allocated funding for facility hire and coaching for a 6 week period.
- ✓ We selected a coach who not only could deliver the sessions but who could also act as a mentor to the group therefore providing further support.
- ✓ We funded a bespoke team kit so that they really felt part of something.
- ✓ We got to know the lads and really understand their ambitions and needs.



Added value and sustainable support

- ✓ We sourced a trainer to upskill two of the group to gain a Sports Leaders qualification.
- ✓ We helped the group enter the local league for the 2017 - 18 season to continue playing and meet other people in the community their own age.
- ✓ We connected them to a youth worker who would work with them going forward on skills and employment opportunities, as well as helping them become familiar with the wider area.
- ✓ The boys are now playing regularly and currently second in the 7 a side league!