



# Slough Refugee Support



## Football Programme 2021



*Funded by Get Berkshire Active*



**Slough Refugee Support** is a front-line charity that has been running for over 23 years, helping and supporting refugees and asylum seekers and their families. With a focus on wellbeing, the team work to understand the range of complexities and build better knowledge around the problems facing those people in the asylum process, ensuring they are safe and healthy and to help avoid unnecessary strain on local health services.

Get Berkshire Active worked with SRS during the pandemic in 2021 to help understand and support the challenges they were facing. With the funding allocated through GBA, the team at SRS were able to widen opportunities for their clients, increase physical activity, improve mental wellbeing and overall enhance social interactions through an organised football training and activity programme which ran for over 6 months. This programme really helped to bring people together and was especially focused for young people who during the lockdown may have lost confidence and similarly with older people, who had also been shielding over the year.

The Activity was delivered by volunteers and gave a welcome break from everyday stress which young individuals would not normally be expected to cope with. Many of the people helped through Slough Refugee Support have very little access to green space and safe outdoor activity, this funding was able to help target that problem. It provided space for reflection as well as a chance to be productive and creative - overall making some real positive differences to the lives of their people during the pandemic.



*“There is no doubt that we are progressing in so many directions, friendship, trust and standing side by side as a team, welcoming at any time new members or mixing with other group of footballers is huge progress, it looks that everyone accepting each other no matter your origin and background”*

*“this is a unique opportunity for lots of Refugee and Asylum seekers to feel happy, avoid depression, isolation, anxiety, and loneliness”*

*“one thing is very obvious that this project or similar investment are great steps toward a healthy society, healthy citizens and healthy future”*

