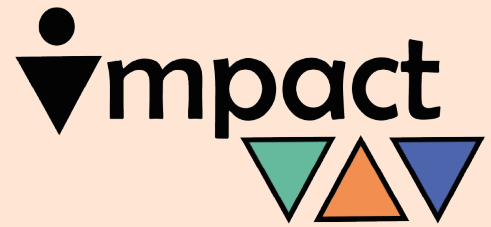


Amal's Story



Having come to the UK from Sudan, Amal was unable to speak English. She was referred to IMPACT by her advisor from the Resettlement programme. Once registered, Amal joined IMPACT's English classes, Create and Communicate sessions and women's tea and chat sessions.

“When I joined, I saw people who are similar to me with similar goals. I really enjoy it, it's a great project.”



While she really enjoyed many elements of IMPACT, Amal found the most important thing was being able to communicate with other English speakers and learning from her ESOL teacher.

“My English is getting better and improving. Even when I learn one new word, I'm still learning and it's a good thing.”

Amal has also found the IMPACT community to be really supportive and help with her learning. Despite it being challenging to connect with others outside of the sessions due to COVID-19, Amal has bonded with several people and has found the community aspect of IMPACT to be positive.

“I even learn new things from the guests, who help translate words into my language when I don’t understand. I would describe the people on the IMPACT programme as really good people and very supportive. They all have a similar goal and target – they are all here to learn. Even if you don’t understand they will support you and they are very friendly.”

Among other things, Amal has found the programme to have been a benefit to participants’ mental health.

“There are many people who might have depression or who are isolated, and this programme has given them the opportunity to leave that behind and focus on something different. We can all be entertained and laugh together with other people.”

As a whole IMPACT has been a useful learning experience for Amal and has helped her settle into the UK.

“I’m learning so much everyday. My priority at the beginning was to learn English and this is happening. IMPACT has hugely helped me because in order to settle in this country well, you have to learn the language. That was my priority and this programme has helped me to do this.”

When asked on her final thoughts on the programme, Amal wanted to add:

“The IMPACT programme has been amazing for me. It’s given me purpose and strength. If I didn’t come to IMPACT sessions, I’d just be sitting somewhere doing nothing. The sessions make me come online and give me something to do. I wouldn’t be learning anything without this programme so I cannot thank IMPACT enough. I would like to thank everyone in the programme. I came to this country without being able to speak, read, or write. This programme has helped me to develop and become an individual. Please continue to provide the same services in the future because it is very helpful.”



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