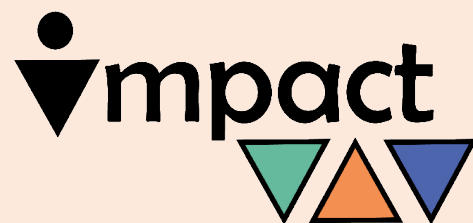


RISE AND SHINE PARTICIPANT EXPERIENCES



Since May 2021, IMPACT has been delivering free, weekly 'Rise and Shine' sessions to refugees and non-EU migrants living in and around Hounslow.

The sessions help to improve participants' wellbeing through a series of activities designed to help them to connect with nature, give them an insight into London culture and improve their conversational English skills.

Participants reported 3 key takeaways from the sessions:
Improvements in confidence, mental health, and skills for the future.

Participants reflected on the ways in which the sessions have been a source of improved confidence, helping them to connect with people, make new friends and begin to feel at home in London:



Since we joined it was great, we were shy at the beginning, but once we kept coming and seeing Jack everything was fine. My mum really enjoys the sessions"



When I know I'm coming here I'm usually very happy, I know that it's going to change my mood. Because I'm in a hotel, every day I'm in my room I don't have to go out and meet people, so I always look forward to Tuesday."



In this session I talk to other people, I share my life, I share my situation. It's good for me. I'm so glad. 3 or 4 months ago I didn't share anything in my life. I'm so happy for this session."



Sessions have also helped participants to improve their mental health, mindfully engaging with the natural world has been a source of tranquility for participants, helping them to cope with anxiety and stress:

“If you're having an emotional week, coming to join this kind of class literally helps so much. You don't even think about whatever happened. You just leave everything at the back. So when you put your foot inside this class everything is changed”

“They helped me to feel at home when I started, they also helped me to focus. I have a lot going on, but when I come to the session, when we are doing something, I put my mind on it, it helps me.”

“When this session is finished, I miss it. After I go home after I finish the session my mind is calmed, my mind is changed.”

Participants found the sessions provided them with valuable skills which are helping them to build a life in London, they have high hopes for a bright future, with IMPACT's support!

“For my mum, I want to see her join other people, have fun with them, don't think about what happened in the past. Make new friends, new everything. She can get confident in herself to be with other people.”

“A few sessions ago they gave me a book with different trees and animals. Afterwards I went to my local park. The book helped me understand the plants. Maybe afterwards I can go into the community and make some gardening work. It's good work”

