

# GOOD NEWS STORIES

Prevention and Promotion Fund for Better Mental Health – Rotherham

## A Positive Move

### Background

Client N is a 50-year-old woman who has only been in the UK for five months. She has come to the UK to spend time with her family and her two sisters who are already living here. Client N was informed about the social café by her sister who was already coming to the group.

### Support needs identified

Client N has qualifications in textiles, fashion and sewing which she gained in Pakistan. She is also able to knit and is very confident at sharing her skills and expertise with other members of the group. She is keen to learn new skills and has expressed an interest in becoming a volunteer and participating in additional courses and activities.

The group invited the local college to talk about courses they can deliver and Client N along with other members of the group registered their interest in doing conversational English and sewing.

### Outcome

Whilst attending the group Client N has grown in confidence and has put herself forward to help as a volunteer when the sewing classes start and undertake training so that she can help the other women in the group. Her whole demeanour seemed to light up at the thought of being able to help women less fortunate than her.

Client N also volunteered to be filmed as part of the better mental health project which she thoroughly enjoyed and was an active participant. She attended the boat trip at Swinton Lock and by the end of the trip had the whole group clapping and singing! The biggest difference for Client N has been that she has moved to a new country and adapted quite quickly into community life having been introduced to the social group and made new friends.

**Rotherham Federation of Communities Ltd** Charity no: 5913521, Company no: 1158600, **Voluntary Action Rotherham (VAR)** Charity no: 1075995, Company no: 2222190, **YAWR Services** Charity no: 1192406, **Rotherham Ethnic Minority Alliance** Charity no: 1140365, Company no: 04730630, **Age UK Rotherham** Charity no: 1039771, Company no: 1927474, **Rotherham Parents & Carers Forum** Charity no: 1147969, Company no: 07719951, **Live Inclusive** Charity no: 1065630, Company no: 3126759