

# GOOD NEWS STORIES

Prevention and Promotion Fund for Better Mental Health – Rotherham

## Resharpen skills

KA has been coming to the REMA English classes at the Unity Centre since we reopened for classes in September 2021. She said that during the Lockdown she was missing seeing people she was bored at home and was forgetting her English. “I was getting bored and putting on weight”.

Since coming back to the classes she has felt happier “it is good to get out of the house and see people again” and “I like to practise my English”. She explained that she walks to the centre so that is giving her some exercise and helping with her fitness. She explained that is nice to see people again and meet up with her friends. She has a good teacher and everyone at the centre is friendly and welcoming.

**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

