



Social Health and Wellbeing Awareness Trainings

June 2020 – June 2021

Social Health Social Awareness Meetings & Training (SYCF)

With support from SYCF core funds, UWA was able to pay for room expenses and volunteers' expenses to implement project activities. Activities include facilitation provision of social wellbeing and health awareness meeting and training, covid-19 preventions and protections and mental health alleviation strategies. Also, the room provided a conducive space, which enabled the social meeting for minoritized underprivileged women come together to alleviated loneliness and social isolations. A total of 48 sessions were conducted face to face because most of the service users, UWA beneficiaries are not computer digital savvy and are limited in understanding and communicating the English language. Therefore, we use translators and interpreters to ensure clear understanding. These sessions, training and meeting were done in a weekly basis on Wednesdays and Thursdays.

Outcome/Impact

Through informal discussion, participants testified that they felt confident, because they had equipped themselves with knowledge that would help them to do right things right. And this is what they wanted: some of the testimonies " I have limited English language communication, but here I feel confident to mix my language and get understanding."(NS). "The meetings have improved my emotional health I am telling... you know I was so anxious to meeting up, I was so lonely" (AM).

Indeed, the UWA team feels that the support had a significant positive impact on minoritized underprivileged women from African background communities, which including

1. Improved confidence, especially for those who could not express themselves in English. Languages that majority of the participants of our beneficiaries' use were Congolese, Swahili, Rwandese, and the Lingala language.
2. Increased sense of worth living – that means some of the participants gave up with life, neglected themselves.
3. Improved mental health and emotional wellness. Participants build their resilience on how to live and manage long term illness.
4. Participants improved their social participation by being together, sharing experiences and supporting each other. Also, it increased their social contact
5. Improved understanding of how to prevent and protect from pandemic infections for themselves and their families.
6. Alleviated Loneliness 75% of the participants and felt less anxious.



Some of the Testimonies

" I have been suffering from anxiety and fear, and I was unable to go out to do anything...You know I was inside like a rat crying myself honestly UWA has rescued me." (RM), (FJ), (AJ)

"I feel like worth living again you know; I can't thank you enough." (EK) (RM) (AS)

Story from (TV) I came to this country with one child five years ago; I don't know how to speak English and I was anxious and worried in each and everything I do because of limited understanding. I met this one guy and said he would help me to read the letters and help me understand some other stuff that are in English. I had no money to give him; he said I should make love with him when he helps me. So, because I didn't have anyone else, I knew who could help I accepted. His demand was threatening me, and I had sleep with him every time he helps me and became pregnant. I told him that I am pregnant, he hit me and went away with my support money didn't see him he continue taking my money because he had my bank account. I suffered a lot because I felt shame and didn't know how to explain it to others. Now I thanks my God, because I met one of the UWA volunteers who speaks my language, she introduced me to UWA now they help me to read my letters and other staff.

Story from (ST), during covid time I was panicking every day that I may die myself. I didn't understand what they were saying on the TV I could read so I was following my WhatsApp and what my people say. I had covid cried in the house and the GP was closed I was unable to express myself when I call the phone goes off. So, my friend introduced me to UWA I am happy very happy I can't miss a session because anytime I have a problem I could call, or if I am stuck with letters or even going to job centres, they help me a lot.

Story from (MM) my sister introduced me to social awareness meetings, which I go to every Wednesday, my thinking has changed, when I attend the sessions, I feel confident because I have never had such classes before, and even information such as sexually transmitted diseases I could ask and get explanation in my language which makes me understand better.

Case study (TN) had never gone to school in her original country, she has a background of being a Nomad through civil war. She was opportune to come to the UK as a refugee. In her original country experienced rapes, unfair treatments because of being a woman and when she arrived here in the UK, she thought things are like heaven, she said. Because of her limited English language communication, she went through similar experience that she had previously, she had mental breakdown and nearly to commit suicide. She has four children she didn't plan to have all was a result of rape, and she didn't understand how to prevent those



pregnancies. UWA supported her with counselling and be friendly support, and she pleased and happy because she could call UWA anytime she needs clarity of issues or understands certain instructions for herself or her children.

A list of sessions conducted including drop in one to one session.

No	Session	Participants	Total Participants
X4	Self-awareness	10x4=40	40
X2	Anxiety	10x2=20	20
X2	Depression	8x2=16	16
X2	Loneliness	11	11
X2	Isolation	11	11
X2	Covid – 19 fact	6	6
X1	Being Healthy	8	8
X6	Wellbeing meetings	8x6=48	48
X2	Covid-19 awareness	6x2=12	12
X4	Covid 19 prevention	6x4=32	32
X2	Covid 19 Vaccination	6x2=12	12
X1	Covid 19- For BAME	6	6
X1	Environment	6	6
X1	Diet and me	4	4
X4	Emotional awareness	8x4=32	32
X2	Basics info on Relationship	4x2=8	8
X1	Basic-Reproductive Health	6	6
X4	Covid-19 testing	6x4=24	24
X1	Weight thing	4	4
X1	Keep safe	4	4
X1	Building Confidence	6	6
X1	Being Resilient	6	6
X4	Breathing exercise	6x4=24	24
Total	49 Sessions in total Some sessions were done more than ones – requested by service users.	Total Participants	346