



South West Taster Programme - Impact Statements 2016 -2017

ESOL – Many students have stated that attending the ESOL classes has helped them to gain confidence and feel better when talking in English to others. The classes have helped several students in their personal lives when making appointments at the doctors, meeting with lawyers about asylum cases and using public transport. Student A a 26 year old male has stated “the class gave me the confidence to speak in English and apply for a job. I was able to attend an interview at KFC and because my tutor helped me I got a job so I can now feed my family”.

Family Learning – Student B a 29 year old female that is a single mother. She attended the course at the Riverside Hall. She said “the course has helped build my confidence and I am now able to interact with my 3 year old child. We now play more games and do things together instead of sitting watching TV. My child is much happier and that makes me happy”. Student B now volunteers at the centre and is currently looking for employment.

Sewing - Student C is a 30 year old female that has major anxiety issues and has panic attacks. She doesn't leave the house other than to take her kids to and from school. Sometimes she isn't able to take the kids to school and her mother steps in to support her. One of the other parents from the school brought her along to the first week of one of the sewing courses. The first week was a challenge and she had to leave the class, she was very upset and stated that she couldn't stay. The second week she came back to class and managed to stay until the end of class. Student C completed the course and every week you could see small changes in her. As well as learning new sewing skills she has developed as a person.

Student C “this has been one of the most enjoyable things I have ever done. If it wasn't for the tutor and her continuous support throughout the class I wouldn't have come to the class ever week. I have more confidence in myself and I am now able to leave the house more and more. I rely on my mum less and she has got a bit of her life back now”.

Holistic Therapies – a group of 10 individuals that all have mental illness attended a 9 week course on how to manage stress and stressful situation. The feedback from this group is over whelming on how much it has helped with their day to day life and the things that others would take for granted.

Student D "I can't go to the shop for a loaf of bread without analysing the whole process over and over again, this normally lasts for about 2 hours then I just decide not to go out. I don't have any family to support me so I just starve because going to the shop is just way too stressful. After the first couple of weeks of attending this class I was able to go to the local shop. I am not yet able to go to the supermarket as it is just too big but that is my goal at this moment in time".