

Sports and Well-being Programme

By

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We moved to the UK not long ago and have since been living in Milton Keynes. We love Milton Keynes and love playing Football.

We started coming to the New2UK Group soon after we arrived



The group really helped us enjoy and experience lots of activities and trips such as London sightseeing, water sports at Caldecotte and picnic at Willen lake as well as learning about British culture and language.



As we love playing football so much, we were given the opportunity to play at Sports Central and socialise afterwards which we love.

The group is now called Sports and Well-being

We are here today to tell you about our trip to Wales, what we do as a group and also some challenges we face.

First of all, a few words about our group!



“Being a part of this group, which supports many young people like us who are new to the UK, we feel supported and cared for.”

“All the staff members are really nice and very helpful. My self-esteem and self-respect are getting better and I started to enjoy my life a bit more now.”



“It’s good to know there’s someone there to help us if we need it.”



“I love playing football and look forward to coming to Sports Central. It helps me stay healthy and improve my football skills from a qualified coach.”

“I feel more a part of society as I get to do other things like Christmas party summer Eid party, football tournaments and trips.”



Us Playing Football and Socialising



Outward Bounds Trust - Aberdovey Wales

Last year some of us went to Wales with a big group of young people. There were 24 of us!

In Wales we got to take part in team games, rock climb, cook and eat in a wooden hut in the forest and we got to go in the sea and jump off a jetty. All in November! It was cold but fun!

Spending time with other people was very nice and we made lots of new friends.

Outward Bounds Trust - Aberdovey Wales

“Outward Bound was new experience for me. It was amazing to spend time in Wales, it’s a beautiful place. We did a lot of activities which I would have never done in my life. It was a good learning experience . I feel better about life and my confidence has improved – I want to achieve more and do more things “



Some Challenges We Face

There are couple of things that we would like to raise and hope that the MKC will help with.

Extra help with GCSE Studies

A lot people that attend college are now able to speak and write better English and want to do well in our GCSE exam but we find it very difficult. So we are wondering if there is help available from the Council to pay for a tutor or after school studies for English, math and science.

I know how stressful it is to go through the immigration process and so many my friends are very depressed and don't always know what is happening with their application. It takes a long time and there is no one there to explain or support us.

Funding for Sports Central

We love playing football at Sports Central and enjoying having coaches to teach us new skills. We are told that we need more funding to continue with this group. Is there funding that we could apply for?

Thank You For Listening

Any Questions?