

**"...THROUGH  
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Deciding to volunteer changed the trajectory of life for the better. I volunteered with the British Red Cross and this was a game changer in

many ways. I trained as a First Aider and I began to immerse myself in the community, gained practical skills and knowledge which was important for my career development. Furthermore, through volunteering I began to socialise and get to know the local people which helped me to feel less isolated and more engaged in some activity in my local area.

I still have vivid memories of some of the places that I volunteered in, for example George Square, Glasgow Green and Tollcross Park.



## **THIS IS WHAT HOPE LOOKS LIKE**

When you are forced to leave everything and everyone you know behind, and all you can carry with you are memories often coated with trauma, you look for a glimmer of hope, something to lift you out of the darkness. These short stories shared by people in our refugee communities show what 'hope' looks like.

If you think your story as an asylum seeker or refugee will help to inspire hope in others, please contact us on: [msaki@mentalhealth.org.uk](mailto:msaki@mentalhealth.org.uk) | [mentalhealth.org.uk](http://mentalhealth.org.uk)

