



Abel, football project member at Newcastle Ethiopian Community.

"I am very thankful for being able to be part of this football project. It has changed me in many ways. I have been able to be more confident in myself. When lockdown had started I was very stressed and overwhelmed. I had gained one stone, I had been at my heaviest but then I heard about this football project and I thought that it was an opportunity to fix my health. When I joined this project I was able to socialise and work with these people and I was welcomed well. Since this opportunity has come to me I have lost weight and I am physically and mentally healthy."

RISE.