In the name of the merciful God..

My name is Karima Mousa Ismaiel Tower.

I am from Sudan. I am a refugee living in Wakefield. I left Sudan because I had a problem. Then I moved to Egypt. From there I came here to the UK. I went through difficult circumstances in Sudan and very difficult circumstances in Egypt. When I came here I lived a life full of pressures and distress. I could not cope.

So I registered with Solace. They helped me a lot.. It’s an organisation that helps people. There where you make appointments - they start meeting with you. You tell them your problems and how it started and what had happened to you and all the circumstances you have been through.

The more you talk about your problems from your inside, the more you feel relieved and comfortable. They do not have you any medication or injection or anything like that.

You tell them your own problems the circumstances you went through. When you talk about what’s going inside you, psychologically you feel relieved. You arrange few sessions.

Thank God I became better as at some point, as I felt I was not able to cope or to stay here. I decided to leave and go back. But thank god they helped me and now I live a very very normal life.

They remove the fear from you. You make appointments, you meet with them, you talk about your life here, talking through what’s going on in your life, the circumstances you went through before and you talk too about what you are going through now lacking English language.. living in a new city… life’s pressures here and circumstances. You talk about everything.

I have two kids. One of them had problems at school. He was not able to cope at all. I could not believe at all that he would be okay.

This organisation helps children too. The children who passed through pressures living in

problems facing living in a new city, stresses and no language, meeting new people and they have no friends. Solace again makes appointments to meet up with the children. It’s all through play. They put games for them and then they sit with the children that helps the children a lot. Talk with the children about how to cope with life here, and how to help them to understand circumstances here. Thank God my son is all fine now and all is good with him . He is good with his friends, good at school and at home . Everything is fine now. Thank God.

This organisation helps you that’s all they do. So nothing to fear about at all, So do not

be afraid just make an appointment. You can ask someone to make the appointments for you or yourself. Then you meet up with them. Here I am much better since I arrived, I do not have any problems now. They helped me a lot . Therapy is through talks. You talk to them with No fear. This organisation helps children adults men and women. Anyone who lived through war and distress and what we went through. It’s difficult to move to another country facing racism and different life’s circumstances. They help you how to live in the new country you are in and forget your problems. Nothing is difficult for them.

I wish if anyone who has been through stress or living through difficult circumstances to meet with Solace and not to have any fear. Then talk about your circumstances you have been through and talk about what’s inside you. Then all will be fine. May God do what’s best for everyone. Thank you so much.