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*My name is Atefeh.* Since March 2017 I've been studying English at Caritas. When I joined them, I only had very basic English so I started from entry 1. Now I am a level 2 student. I think the progress I've made over the last two years shows how effective Caritas classes are.

I've studied English in other centres and in my opinion they do not compare to Caritas. The method of teaching is one reason and the other is the atmosphere which is so friendly. When there are no classes in August I really miss them.

One of the amazing opportunities that students have at Caritas is the one to one mentoring sessions. I've been having one to one sessions with Sophie since December 2018 for two hours a week. Normally we discuss news issues. During our conversations she corrects my grammar and punctuation. I record her voice and try to listen to it 2-3 times before the next meeting. She also helped me to prepare for my job interview and gave me lots of information about studying at university, as she works at the University of Manchester. I can't thank her enough, as I was successful in the interview and am now working!

We have a plan. Now I know where I am, what I need, what the requirements are for jobs and university and how I can enrol. I really appreciate Sophie's volunteering. I am glad my husband Yasha introduced me to this amazing centre

*My name is Sophie* and I first heard about this volunteering opportunity from an email my manager circulated saying that Caritas were asking for volunteers to conduct 1-2-1 mentoring sessions with refugees and asylum seekers.

I'd wanted to do this kind of volunteering for awhile so I signed up. My mentee is a lovely lady from Iran, Atefeh, who is looking to improve her English. We do a number of things in our sessions; sometimes we look at recent news articles and discuss new vocabulary; sometimes we chat informally and I correct her English as we speak; and sometimes we prepare for her application to study Maths at university.

It's been great to be able to help someone who came to the U.K with very basic English, and to see an improvement week on week. Atefeh thanks me for my time But I always say she doesn't have to! I really enjoy going along to the sessions and we've become good friends - I've even been round to her house for a delicious Iranian lunch. I would recommend mentoring to anyone- its flexible, very satisfying to see the difference your making, and who knows, you might make good friend out of it!