

## Support the work of the Trinity Centre with a regular contribution

### Your Details

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

### Bank Details

Bank Branch Address \_\_\_\_\_

Please pay the sum of £ \_\_\_\_\_

on the 1st day of each month starting \_\_\_\_\_

by standing order to: The Trinity Project, account number:  
75967103 Sort Code 53-70-30, Nat West, Whitchurch Branch

### Account Details

Account Number \_\_\_\_\_

Sort Code \_\_\_\_\_

Account Name \_\_\_\_\_

Signed \_\_\_\_\_ Date \_\_\_\_\_

Please return to: The Trinity Centre, Four Elms Road,  
Piercefield Place, Cardiff, CF24 1LE

Gift Aid

We may use your contact details to send you further information about the work of the Trinity Centre. Please tick the box if you do not want to receive any communication from us in the future. You can opt in or opt out of receiving communications at any time, just let us know

## What is the Trinity Centre

The Trinity Centre works with some of the most disadvantaged people in our community to address inequality, tackle poverty and support people to create and implement plans to achieve positive outcomes for themselves and their families. The Trinity Centre is a charity of the Cardiff Methodist Circuit, but is supported by, and is for, people of all faiths and none.

The Centre is now used by a variety of user group organisations who provide a wide range of services to the local community, including asylum seekers and refugees. Practical assistance available through the Centre includes providing food and clothing for those in need, advice, companionship and support, English conversation groups and tuition, trips and outings, recreational and sporting activities, participation in one-off project (gardening, photography, art, cooking), help with childcare, ethnic music events, and much more.

There is, however, still so much more that needs to be done, not least with a building that is 100 years old and not designed to accommodate the present work carried out under its roof. This is where you can help, whether through volunteering, through your prayers for the Centre or through a regular financial contribution, no amount of support is too small.

Thank you  **The Methodist Church**

## Want to help or Volunteer?

We have a range of volunteering roles on offer.

- Admin & receptionist roles
- Branding and marketing
- Help with fundraising
- Assisting project development

Other ways you can help

- Prayerful support of our work
- Financial support by regular giving



**Trinity Centre**  
**Canolfan y Drindod**

# BRINGING COMMUNITIES TOGETHER

Committed to serving the local community  
and bringing people together.

Four Elms Road, Piercefield Place, Cardiff, CF24 1LE  
029 2132 1120

 TrinityCentreCDF  @CdfTrinity

[www.trinitycentre.wales](http://www.trinitycentre.wales)



## Issa's Story

I am Issa. I am 24 years and I come from Damascus, Syria. I arrived alone in UK eight months ago because my house was destroyed and my village was attacked by soldiers and aircraft bombing during the war.

I crossed Europe to arrive in this country without my family. I lived in the street during my first three days in London with no food, no water, no sleep and I couldn't understand any English. After two months living in a refugee house, the Home Office relocated me in other city, Cardiff. I was scared about the idea to move again.

At the beginning of my stay in this new city I met someone who recommended me to visit a charity for refugees and asylum seekers, Trinity Centre.

***My life changed with this charity, they are my family and all these people from Trinity helped me to be part of a community. I now have an opportunity to start a new life.***

I met new people, friends and refugees in the same situation like me. I started receiving free English lessons every week, allowing me to communicate with everybody and to have an easier life in this country. This centre offered me lots of activities, such as playing games, watching movies, visiting new places and going to the theatre. I'm feeling busy now and I like it.

All refugees need information once they arrive in the UK. Not only concerning legal services or immigration issues, but also regarding educational support providing English courses or social events such as day trips, music concerts and different activities to make them feel part of a social group as Trinity Centre do. I would be alone without this charity, but now I don't feel alone any more. They make me feel comfortable, they helped despite my different race, colour, language, religion or belief."

## Mamadou's Story

My name is Mamadou, I am from Mali and have lived in Senegal, Turkey, Greece and now Cardiff. I fled Mali because of persecution from the Fulla, who are a branch of local organised criminals. This was in 2007 and I first went to Turkey, then I moved to Greece. In July 2013 I arrived in London and applied for asylum. I was dispersed to Cardiff and I was placed in a house with other asylum seekers and I first came to the Trinity Centre when a friend I met here in Cardiff told me about the friendly and helpful people there.

After one year, I was made homeless because my application for asylum was rejected. I was destitute, without Asylum Support or anywhere to live.

***Through all this the Trinity Centre supported me, providing advice, food and clothes and helping me with English classes and locating other services I needed.***

Two years ago I started volunteering at the Trinity Centre, I come in two days a week and sometimes more. I like volunteering because I meet people and can help people who are in the same position I was. I am in charge of the Trinity Centre football team, which I love doing. We practise every Saturday and Sunday. It's really great because we all train together and we're at the point now where we're ready to have matches with other teams.

***Before, when the home office asked me if I had any family, I would say no. Now I would tell them that the Trinity Centre is my family.***



## Nimali's Story

My name is 'Nimali' and I'm from Sri Lanka. I was brought to the UK by my husband, on whom I was financially dependent. I enrolled on a Master's at a university in the UK and my whole life revolved around my dream of becoming a research scientist, but within the short space of 4 months my life changed.

My husband began to assault me and I became a regular victim of domestic violence. Eventually I ended up in hospital and fortunately the staff at the hospital recognised the injuries and contacted the authorities straight away. I was filled with such relief.

My husband was arrested in 2014 and ended up in prison. His family were very angry and they threatened to kill me if I ever returned to Sri Lanka. In my culture it is common for a man to do anything to a woman and get away with it.

Suddenly I was left alone in the UK and I had to claim asylum. I was dispersed to Cardiff as part of the support conditions where I knew nobody. I had no friends in Cardiff. I became depressed and I was put on anti-depressants. I felt so isolated.

***Then a friend told me about the Trinity Centre. The food bank and people here really helped me. I began to volunteer as an English teacher.***

All I have is time to offer. I am not allowed to work so volunteering helps me to keep my mind busy. If I didn't have the Trinity Centre, I would be inside my house and with my own negative thoughts. I really enjoy volunteering on the English class. I love seeing the expression on the men's faces when they learn a new word. They are craving knowledge and full of enthusiasm.

