

## Case Study - "A", asylum seeker in Glasgow

*"Before Covid-19 I volunteered at places that I knew I would get food. I no longer do this as they are all closed"*

"A" came to the UK in 2017 to seek asylum, prior to this she lived in Kenya. Her name has been changed to protect her identity. Throughout Africa living as an LGBT+ person opens people up to prejudice, hate crime, violence and even murder this being some of the reasons for A to come to the UK and that she had been assaulted the year before when it was discovered that she was a lesbian.

A has been in Glasgow for three years and does not know very many people as she tries to keep herself to herself due to the way she has been treated by some people since she came here **"people say they help and try but once they can't help you, I don't hear from them"**. Over the past three years she has managed to volunteer for a number of places that help others these include a gardening project, pride events and a church group. A enjoys volunteering as it lets her meet "kind people" and admits that she originally volunteered with the groups to receive food and clothing due to the small amount of money she gets.

Since COVID-19 started A has struggled, financially, mentally and socially. She has lost a considerable amount of weight due to the fact that she has a small income and does not work meaning she has gone some days without food. Volunteering for places used to give her an extra food source prior to COVID-19 but now this is not an option as a few of them are still closed and the other isn't allowing volunteers to help due to restrictions.

A has struggled socially and feels isolated. She used to spend her time getting to know people she volunteered with and has no family members in Glasgow. This has caused her to be very lonely making her "get into her mind" and at times she has felt really low. When asked if she had contacted any services in regard to mental health, she said no she had spoken to her doctor on the phone but is still waiting for a call back from someone that was 13 days ago. When we first chatted to A, she had not had a conversation with anyone for 5 days. At points of the conversation A got emotional and said **"I am used to being alone but this is different, it is like being back home"**.

Currently A finds going for walks helps her cope with being alone, she uses free wifi from her local Tesco when she wants to go online and when asked about how she felt within the LGBT+ community she said **"I am trying to find my place"**. She would like to meet more people but due to confidence issues and COVID-19 that is hard. It was recommended that she get back in touch with her GP and also contact LGBT+ groups like LGBT Unity and LGBT Health & Wellbeing as well as a number of services able to help with her current situation.

