



Natalia's
Story



Natalia is a refugee who is at the forefront of helping Zother refugees.

A psychologist from Kyiv, Natalia only decided to leave the city when her neighbour's house was destroyed by a Russian rocket. Her son and daughter travelled with her, but her husband remained behind to work in communications for the army. Their only contact for over a year has been by phone.

Natalia settled in Katowice, Poland, where her family benefitted from the support of All We Can's local partner in a local community centre. All We Can is helping to provide cash assistance, vouchers, Polish language classes, and psychological support.

'We come to the centre nearly every day. After visiting I feel like I have been to church'

Tatiana, 67, another service user at the centre

Having visited the centre, it became clear that Natalia's experience in psychology should be harnessed to help others in a similar position. She says there are many struggling with depression, post-traumatic stress, and generally missing home, and the centre is struggling to keep up with the demand.

Hanna, a mother of four, testifies to the improvement in her young girl's newly-developed stammer having come to the centre

– 'she likes the activities here and she likes Natalia.'

Hanna

Natalia longs to return to Ukraine, but does not out of fear of her 16-year-old son being enlisted in the army.

Questions for Discussion

- Why might psychological support be so important for those fleeing war?
- When responding to crises and disasters like this, for how long might support be needed?
- What is the benefit of refugees like Natalia being allowed to use their skills in their country of asylum?

Find out more about the Emergency Relief Fund



allwecan.org.uk/emergency

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All We Can is the operating name of The Methodist Relief and Development Fund, a charity registered in England and Wales, number 291691. **Image:** Natalia (blue stripy top) runs a session with Ukrainian children, helping improve their psychological wellbeing ©Jenny Matthews/All We Can