When Pooria, 18, first arrived in Norwich from Iran with his Father, he knew no-one and couldn’t speak any English.

Fortunately Active Norfolk had recently collaborated with two charities which support refugees and asylum seekers in Norwich - English+ and New Routes - to set up a 10 week taster sports course that aimed to provide opportunities for integration with the local community and to create links with local sports clubs. Pooria was able to attend these sessions and find a local outlet for his passion.

At the session, Emily, the volleyball coach, saw that Pooria was a good player and invited him to the Norwich Spikers club night. Pooria found the club to be very welcoming and friendly. He was quickly selected for the men’s first team and has been asked to join the club and potentially compete in the National League this year.

It is clear to see that Pooria has found community here, something which is so important when beginning a new life in another country. The Norwich Spikers are also thrilled to have Pooria as a member. Pooria’s dream is now to play high level volleyball for a European team one day.