



Joan's Story

“Before I found Housing First, I spent four years sleeping rough with my ex-partner who was abusive. I also lived in temporary accommodation for three years, but I didn't like it there. People used to borrow money off me, and it wasn't a pleasant environment.

I'm 44 and have lived in lots of different places but haven't really settled anywhere. I'm now working with the health and social care charity CGL (Change Grow Live) who help with addiction and my support worker accompanies me to my appointments.

One of the main things I love about Housing First is the lack of judgement as that was something I dealt with for a long time. My support worker says I often say 'don't judge me but...' if I feel I have made a mistake. I am learning to decide what I like and what I want to do with my flat, which is the first place that has ever been in my name.

I enjoy buying things from Amazon for my home now, I am a huge 'Friends' fan, and it was nice deciding what colour to paint the rooms. Last Christmas was the first I put decorations up in many years, I finally felt like I could play a part in celebrating feeling safe and cosy in my own home.”