

The Foyer: Mia's story

So, before I moved to The Foyer, I was really struggling with the people I was surrounding myself with. So I definitely found myself in situations where I was in domestically abusive relationships, and also emotionally abusive relationships. The hostel that I was living at before was run remotely, so there was no staff, and there was a lot of people who were involved with drugs and drinking. And I didn't feel very safe there. And I felt really out of control, so I'd resort to drinking quite a lot. And then, I was getting myself into trouble, so I ended up being kicked out of that place, which made me homeless.

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Obviously, having cerebral palsy is something that I've always had my whole life so, I would say, when I was homeless, I was on the street and I definitely felt vulnerable. It's just having that thought that you don't know what's going to happen. I'm there, and I've got a disability, and someone could approach me, or something could happen to me. It was definitely very tough. I felt quite isolated and didn't feel like I really had anyone. So then, the council got involved and called The Foyer.

So, when I first moved here, I felt a real sense of home and feeling wanted here. It didn't feel like a hostel. It more felt like a place that I could go and feel safe. When I first arrived here, I was greeted, and there was no judgement at all. My support worker, Vicky, would help me with support plans and referrals and other mental health services, just to get me on the right track. Managing my tenancy, managing bills and expenses, it was a transition from not having no skills to then being able to have the right skills to move forward.

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When they told me that I was ready to have my own place, I was really excited, and I just couldn't wait to start a new chapter. I really felt like I'd got my independence back. I just felt proud of the progress I'd made and the support I'd had to get myself to that stage where I was ready to be on my own. I'm doing a criminal psychology course at the moment, and they funded the course for me, knowing what I want to do in the future as well, kind of giving me a bit of direction.

I went from being homeless, not having direction in life, surrounding myself with the wrong people, to now being in my own place, living independently. I'm just so happy and really, really grateful for The Foyer for helping me. Foyer stands out from anywhere else that I've been. And it is unique in itself. It's a sense of community. And they don't just see for your past or anything, they see you for the person you are. The whole reason I'm at my place now is because of The Foyer. I wouldn't have been able to do it without them. Even to this day, it still feels like it's not really real, because I just can't believe it, that I've got my own place. I'm just really happy.

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