



Carlos' story

When I first moved to the Foyer I was homeless, on drugs and drinking quite a bit. I knew I had to change my life and wanted a place to help me.

My Support Worker was supportive and asked how she could help me. I was honest with her and she found different people for me to talk to and get help from. After a few months I realised things were changing for me. I started talking to more residents, doing more things in the building, and enjoying things I used to do again. Even when I made mistakes, staff were there to help me and make me feel I could keep trying. (2006)

'The Foyer staff gave me a chance to change my life instead of giving up on me.'

Now I am in my own flat and I look back on what I learnt and did at the Foyer, I realise how confident and capable I really am. Without the Foyer, I wouldn't have been able to sort myself out. I knew what I wanted to do but I couldn't see how to get there. The Foyer staff have all been absolutely brilliant and never gave up on me. Their support has helped me get motivated and help myself. (2010)

Sarah's story

My name is Sarah and I am 18 years old. It hasn't been easy living at the Foyer. I went through a really rough time, but my friends at the Foyer and the staff were so helpful and supportive I got through it all right. I'm so grateful I had them all to help.

In the autumn I will be going to the Isle of Wight College and I hope to work in the tourism industry some day. My life isn't perfect and I still have a long way to go, but I've enjoyed living at the Foyer and appreciate all the things I've done here and the people I've met. (2005)

Five years on I'm now 22 years old, so many things have changed in my life. I now have a son and live in a Medina property which I moved into with the help of the Foyer - they were a lifeline for me. I am hoping to go back to college to finish my tourism course. (2010)



'The Foyer gave me confidence and the support I needed to get where I am now.'