

# RESIDENT STORY



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## Marta's Blog: August 2020

Marta, originally from Poland, lives at one of Ipswich and Felixstowe Homelessness Supported Housing services, which provides support and accommodation for homeless young people aged 16 to 21, as well as single homeless adults aged 18 to 65. In this blog she shares her difficult journey for a better life.

I moved into Sanctuary Supported Living's accommodation in November 2019 after being street homeless for almost a year. As a part of my homeless life, I had to learn English in order to communicate with other people; as I did not want to be discriminated

against as a person coming from another country who could not speak basic English.

This was an extremely difficult time for me, and I experienced difficulty with managing my mental health. I was also dealing with my own personal and emotional feelings of wanting to transition male-to-female.

I was interviewed and assessed for accommodation at Sanctuary Supported Living, to which I was accepted, and I was offered a one-bedroom flat. I was overwhelmed with joy and excitement as I had never had my own accommodation before.

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This was an opportunity for me to finally be stable in my life. Sanctuary Supported Living staff have never judged me and they empowered me to achieve my goals and reach my targets. I have been given the opportunity to learn how to budget and pay bills and think about what career path I would like to follow. I feel that I have become more confident within myself and now looking forward to a very hopeful future.

I am currently waiting for my first appointment with a gender identity clinic based in London.

When I get the appointment, it will be a big deal, as the hormone therapy treatment will completely change my life where I can become a woman. I am now full of hope for the future, with great friends by my side and excellent support from Sanctuary staff for which I will be forever grateful.

