

RESIDENT STORY



Living at Sanctuary Supported Living's Brighton and Hove Foyer is helping Freddie Parker to get back on track and live more independently.

After graduating from Sussex University with a degree in French and Spanish, Freddie was also diagnosed with ADHD which impacted on his mental wellbeing. After sofa surfing at friends' houses for a short time, he then applied to live at the Foyer, which he has now called home for over two years.

Freddie said: "When I first moved into the Foyer, I struggled socially and know I may have come across as grumpy. I now try to

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get more involved and last year I helped us to take part in Brighton Pride. I enjoy being creative and helped make the costumes and decorate the float.”

Freddie finds that expressing his creative side helps him to manage his mental health, so he is currently focusing on writing a book. He is also a skilled artist and has a piece of his artwork displayed in the Foyer's reception area, brightening up the entrance for everyone to see.

With support from staff at the Foyer, Freddie's self-esteem has improved as he has learned techniques to be better able to

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deal with his mental health needs. He has also gained the practical skills needed to be able to live more independently and he hopes to one day return to studying, with the aim of becoming a translator.

Freddie commented: “The team of staff here have been amazing, no matter what my attitude has been, they have always been so supportive.

“It has been a safe environment for me to learn to cope better with my mental health condition. I now have a variety of methods to help me anytime I am struggling and know that I can reach out and seek help too.”

