

# NEWS

## Does everyone have a book inside them?

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Young parents and families living at Sanctuary Supported Living services are being inspired to use their creative writing skills during lockdown.

Residents living at Thurrock Teenage Parents Supported Housing and Southend Young Parents Supported Housing have been exploring new ways of expressing themselves and some have started putting pen to paper.

Both services provide accommodation and support for young parents and their children, when they are homeless or at risk of homelessness. Residents are encouraged to build their self-confidence and gain the parenting and life skills they need, so that they can move on to living independently.

One resident has decided to write a poem about nature and saving the world, while another is writing a children's story. The group are being supported by Sanctuary Homes' Head of Place Shaping, Colleen Eccles, who is a self-published author. Colleen has been meeting the residents virtually and sharing her experiences of writing her book *The Horse and the Unicorn*.

She said: "At this difficult time for many, it's even more important to have some form of escapism. I do believe there is a book in everyone. My book has a strong focus on nature and people's connections to the environment and animals, which I am very passionate about! The horse represents what is real and the unicorn our imagination."