

RESIDENT STORY



“

I feel much happier since moving here, it's great to know there is support when I need it.

”

Since moving to Sanctuary Support Living's Romanby Crescent in Eston over a year ago, Barry Williams has seen his mental health greatly improve through the support of project workers and a local walking group.

Romanby Crescent provides accommodation with tailored care and support for adults with learning disabilities and mental health needs, helping them to build their skills and confidence, and supporting them to live as independently as possible.

Barry, aged 54, has made a good network of friends, both at the service and in the local area, takes part in a range of activities available and is looking forward to enjoying regular lunches out again, now that lockdown restrictions have been lifted.

One of the activities he has been supported to take part in is a local “Walk and Talk” group, which helps people with mental health needs by providing an opportunity to talk to others who may be experiencing similar issues. The group has continued to meet for socially distanced walks during the past couple of months, which has also helped people to manage any anxiety they

Continued...

may have been feeling as a result of the coronavirus pandemic.

As a result, Barry has found both his mental wellbeing and his physical fitness have improved. Thanks to encouragement from others in the group, he has gone from only walking short distances, to now being able to walk for several hours at a go, including to the very top of the Eston Hills.

Barry said: “I feel much happier since moving here, it’s great to know there is support when I need it. Hopefully one day I may be able to live independently again.”

Annette Bailey, one of the project workers at Romanby Crescent, commented: “Barry has a great sense of humour and is a very sociable person. It’s lovely to see how his confidence has grown since he started living here. All the Romanby Crescent team are so proud to see Barry getting out there, making new friends and achieving his goals.”

