

RESIDENT STORY



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Moving into supported accommodation has helped a Folkestone resident find her feet again after a difficult few years struggling with her mental health and recovering from domestic violence.

Sanctuary Supported Living resident Debbie, 54, moved into her one-bedroom apartment at St John's Church Road, Folkestone in April 2020, after a prolonged hospital stay.

St Johns Church Road has two properties in Folkestone, providing supported housing for adults with a range of mental health needs, for up to two years.

When she first arrived, Debbie was very nervous around other people and anxious about managing everyday living skills. Using the Mental Health Recovery Star model, staff were able to work with her to build her confidence and self-esteem and improve her social skills.

She has since got to know the other residents and has improved confidence in everything she does and got more involved in the community.

As well as supporting Debbie with her mental health and emotional wellbeing, the team at St Johns Church Road have

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provided her with practical support around learning to use household appliances and managing her day to day life.

Gaining these essential life skills means that she has the tools and confidence she needs to eventually be able to move on and live more independently.

Debbie said: “The support I get from my keyworker is great and I would recommend Sanctuary Supported Living to other people who are in need”.

Project Worker, Emma Chamberlain said: “During the time Debbie has been here, she has achieved lots of personal goals around living skills, has made friends with the other residents and her overall confidence is now very high. We’re very proud of how much she’s already achieved in such a short amount of time.”

