

# RESIDENT STORY



“

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A Kent resident who has been suffering from mental illness for nearly a decade has turned his life around and is now living independently.

Warren Haddon says his Sanctuary Supported Living support workers in Maidstone “literally saved my life” after he moved to the Swan House scheme in 2014.

Having previously been “moved around the mental health system for many years but not getting better, getting worse”, Warren had reached a point where he felt suicidal.

He was scared to leave the house or even put the rubbish out, and he had become isolated from his family.

All that changed when he arrived at Swan House, where he received daily support five days a week and was encouraged to socialise with the other five residents.

Warren was shown how to break his life down into “manageable chunks” and was supported to learn new skills such as budgeting, cooking and sewing. Significantly, Warren was also reunited with his parents during this time.

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He was also supported to volunteer for a local charity which helps people to recover and develop in a therapeutic environment.

As Warren began to socialise more, his confidence improved and he felt able to talk about his mental health journey at an event in front of the Mayor of Maidstone.

Eventually, Warren reached the stage where he was able to move into a flat of his own, again with the support of Sanctuary Supported Living staff. He works voluntarily as a teaching assistant at a local school but is seeking part-time employment.

“Now, two years on, I am thriving with the challenge of living independently,” said Warren, who still keeps in touch with friends at the scheme.

“I am so appreciative to the Sanctuary Supported Living team and their continued friendship. They have quite literally saved my life. I now have a full life enriched with friends and a future ahead of me. My life has its ups and downs but month by month I am feeling stronger.

“I cook, bake and budget; all skills I learnt at the scheme that are important for my mental well-being. The continued peer

support from people in the same position as myself has definitely helped me with living independently.”

