

# New Life

Recovery Stories from Glebe House  
and SYI Lincolnshire



## Welcome from the Editorial Team

Our names are Carol Hare, Robert Harrison and Neil Birks. We have called this booklet New Life because it is about making changes in our lives. Some of the changes are small and some of them are very big and completely life changing, but they are all really important. We have to make the small changes before the big changes can happen! We wanted to tell some of our stories because we hoped they might help other people and give them confidence to make changes in their lives.



CAROL NEIL. Robert



## Learning about recovery

At the end of January some of us went on Recovery training with the staff. One of the trainers was called Lucy and she is supported by Craegmoor at another service. This showed us how it is possible to recover and have a good life, even if we still have problems and symptoms.

# Carol's Stories

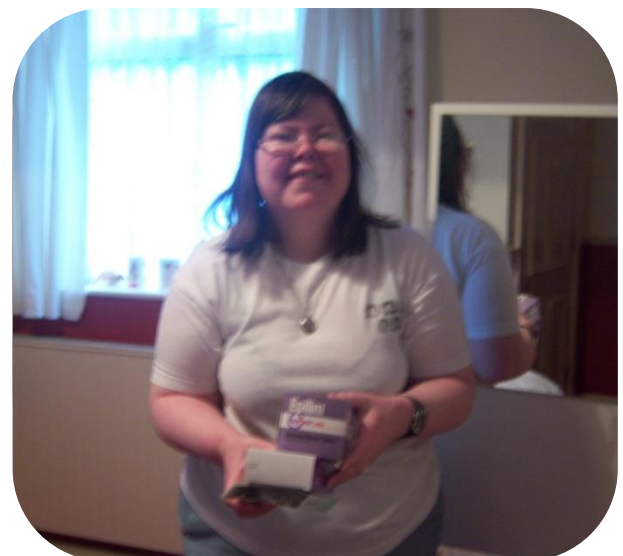


## My Diary

I started writing a diary a few weeks ago. After the Recovery training I talked to the staff and we decided I would keep a diary to see how I was doing. The diary has been helpful and interesting. I am learning about the things I find easier and the things I find harder. I've learnt that if I feel angry it's helpful to write my angry feelings down and that helps me to feel better. Also when I read my diary it helps me to remember what I've done and sometimes it helps me to link things up. For example yesterday I felt dizzy but then I remembered I started new medication last week. Since starting to write my diary I have decided to join a gym. I am just waiting for my free pass and I am really looking forward to it.

## Taking responsibility for my medication

I have been getting more independent in lots of things in my life. One of those things is with my medication. Now I keep my own key. When I take my medication I tell the staff afterwards and they come and check. Soon I will be able to do it without telling the staff. I really like having my own key and it will be really good when I can do it all for myself because I'll feel more independent. Two years ago the staff said that they thought I could do it for myself but I didn't believe them. Now I know I can!



# Neil's Stories



## My football team

I was supported by my keyworker in finding a local team that I could play for. I was starting to get bored and fed up, which makes me feel angry and frustrated. I telephoned the Manager and went to see him with my keyworker's support. The football team I play for is Evolution 1 which is a Cleethorpes team sponsored by the 'Pride of Lincoln'. I have been playing in the team for nearly a year. I play number 1 Goalkeeper. I also substitute for the second team. I like the excitement of playing football and it keeps me fit. I get on well with my team mates and enjoy the company which is a good thing for me as I've always been a loner. I train every fortnight and go to home and away games in Sheffield, Leeds and Bradford.



## Me and my local community

I have a local job walking a dog called Marlow which keeps me fit and busy. I earn £15 a week.

I love to help people. I put the recycling bins out at Glebe House and help the local council in 'Keeping Caistor Tidy'. I enjoy helping out in the local community. I am well-known and they look out for me to make sure I am ok and help me keep safe.



# Robert's Stories



## My new home

I have been in services for years, but now I have just got myself a house. It was a lovely thing to feel like I am on my way outside of the home, it feels like I am on my way out into a new life and it makes me feel like I have a new life. I have a home and now I have just got the things to put in it. I have a new cooker and washing machine, and there's a lot more to come in the home. I shall be happy to move on into my own house and I shall love it to move in.

## Fishing

I love fishing, it keeps me happy and I find it keeps my mind happy. When you land a fish you feel happy and you try to catch another fish. Each one you get in you feel like you want to catch more. You feel happy at the way we catch the fish and how we put them back out again at the end of the day. I feel lovely and it takes all the stress out of me, I feel like all my stresses have gone. I feel happy if I have caught a big fish and we take a picture of it in my hands, so I can remember it and feel good.

