



THE INFORMED

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WISHING YOU A MERRY CHRISTMAS AND A HAPPY NEW YEAR!

This is the last Informed Newsletter for 2011 so it seemed appropriate to dedicate it to the clients in the service to see what they have been upto over the year.

A big thank you to everyone who agreed to have their story published in the Newsletter.



Ricky's Story

Ricky's daughter was only 5 years old when he went into prison and she played a big role in his motivation to turn his life around as he wanted to be there for her.

It was when Ricky's gran sadly passed away that he started to use alcohol and drugs to numb the pain of his loss. Under the influence, Ricky committed violence which led to a conviction for Grievous Bodily Harm. He recognised that he was a very angry person.

Ricky spent the next 6 years in and out of prison. When last released from prison, he was told that any more offences would result in a much longer jail sentence.

Within 1 month of his release, Ricky found a place at Seven Sisters Rd where he regularly worked with his Keyworker and was referred to various agencies for support, such as CRI, Camden Aftercare and Kentish Town Jobcentre. Ricky consistently engaged with these services and as he could demonstrate a stable lifestyle after only 9 months, he became eligible for a referral into private move-on accommodation.

Ricky has been busy settling into his flat and has already had his daughter to stay. Ricky was given a move-on pack by the hostel when he moved into his flat which included plates, saucepans, cups and cutlery. Ricky has also received plenty of support from his mum and sister who helped him with the cleaning!

When asked about the flat, Ricky said "I absolutely love it!"

Graciete's Story



Graciete was born in Angola and moved to the UK when she was just 11 yrs old.

Graciete lived with her carer and after finishing school, she engaged regularly with the New Horizon Youth Centre in Euston, where she met new friends.

Due to a relationship breakdown with her carer, Graciete was referred by the Youth Centre to Bethany House. Since living at Bethany House, Graciete has been managing her tenancy very well.

Grace started a college course in Health & Social course in February and also has a part-time job in a local supermarket. She has little free time and often finds herself staying up late to catch up on her coursework during the night!

Grace hopes to become a Social Worker or a Nurse but has not yet decided. Grace misses the open fields in Angola and hopes to see them again one day.

WI-FI's Coming

In early 2012, we will be trialling WIFI in Bethany House, after which it is our intention to roll out the WIFI service to our other supported housing services, hopefully by the end of February (technology permitting!)

WIFI will be available in the TV Room and will involve a simple initial registration process to get online.

During the trial period, feel free to put forward any suggestions or comments you have on this service to staff.



Paul's Story

In his mid-twenties, Paul started to use heroin. Initially, Paul felt that he was different to the average user as he was able to start and stop his use when he wanted.

But things changed in his early thirties and Paul needed heroin to feel normal. He began to use regularly whilst continuing to work as a self-employed builder.

At times, Paul was unemployed and turned to drug dealing, burglary and theft to fund his drug use. In 2005, Paul was arrested for intent to supply and received a sentence of 4½ years. During this time, Paul continued to deal drugs to support his use.

When released from prison 2 years later, Paul returned to his ex-partner but their relationship deteriorated and he moved into a hostel, which was really distressing. His ex-partner decided to end their relationship when he attended a funeral under the influence of drugs. Paul felt that he had embarrassed her greatly and he had hit rock bottom.

Paul decided to take action and approached a Drugs Worker to get him into rehab. He was persistent and determined, calling her daily. When she failed to call him back, he visited her in person!

Paul entered a detox and rehab facility called Bournemouth Lodge. The first eight weeks of his stay were very difficult and group therapy was a constant challenge. Paul quickly realised that his attitude was poor, he was angry and in denial. He decided he had to change his attitude to life.

Paul did his secondary rehabilitation in Quentin House and was then referred to Hackett House. Paul has been working with the Community Alcohol & Drugs Service and is hoping to upgrade his building qualification in the future. Paul has also been keeping himself busy by painting his room, meeting other residents and cooking. He thoroughly enjoyed helping with the Xmas Dinner for the Hackett House residents.

Paul is now keen to develop positive relationships with his children who are now grown up. He recently became a grand-father and is very proud of all of them.



Irish Centre Housing Ltd
1 Holmes Road
London
NW5 3AA
info@irishcentrehousing.org
Tel: 020 7 485 8889



Please email any stories you would like included in the Newsletter to anjna.vaghela@irishcentrehousing.org

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