

Gail's Story



You never know what's around the corner.....

Meet Gail our long-serving volunteer and service user at The Foxton Centre. Gail is an inspiration to others, even when life gets tough and somewhat challenging Gail never gives up. Instead, she continues to soldier on and through it all she's kept up her volunteering duties despite not having a place to live.

Just 3 months ago, Gail suffered from a nervous breakdown following a family tragedy. As a result, she lost her home, all her belongings and was faced with living week by week in temporary accommodation. The team at The Foxton Centre stepped in to support Gail and helped her to secure a permanent residence in a flat located just a stone's throw away from the Centre, close to family and friends. Recognising when she needed help the most Gail was also offered access to respite by The Foxton Centre to help her come to terms with her ordeal. An experience she's describes as life-changing and one that has given her a new perspective on life.

Volunteering

Gail has been volunteering at the Centre for the last 9 years, entering the building all those years ago, she joined The Foxton Centre not knowing what to expect. A love for cooking Gail offered to help out in the kitchen, undertaking daily cooking and cleaning duties a couple of times a week.

As a volunteer at The Foxton Centre, Gail has taken part in the job training to support her in the role. Since joining the Centre Gail has achieved Level 1 and 2 in catering at Preston College and is excited to pursue her education further. She also underwent Peer-working training which has meant that Gail is able to work with people that come into the Centre looking for help. Taking them under her wing she supports them on their journey to build a better life.

Earlier this year The Foxton Centre threw Gail a surprise 60th Birthday party, attended by friends and colleagues who helped her celebrate this special occasion.



A special kind of person

Gail is no ordinary person, she's part of The Foxton Centre's community and continues to be the life and soul of the Centre. Continuing to volunteer, Gail also regularly attends the art workshops held weekly at the Harris Museum in conjunction with The Foxton Centre's rehabilitation programme. A chance for service users to try their hand at something new. Gail describes this workshop along with others as; "A great opportunity to get to know the service users, it's in these workshops that you build relationships and learn to deal with the issues you face by talking to others about what you've been through".

Gail believes that by cooking she can make the world seem like a brighter place. Commenting Gail said; "I love feeding the homeless, it's great to give something back. Seeing the service users leave the Centre with a full belly of food is fulfilling. I know that with this they can survive what life on the streets throws at them that night".



August 26th 2019 marks 10 years of volunteering at The Foxton Centre for Gail, quite fitting given that in the same year the Centre will celebrate 50 years of working within the community of Preston – double celebrations.

For more information about The Foxton Centre and the Housing First Scheme go to www.foxtoncentre.co.uk or call 01253 555925.

thank you ...

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