

# Anthony's Story



## Keeping busy was the key to my success

People like Anthony need your help. Life isn't always easy for some people; they just aren't as lucky as others. Often they deal with something in their life that has caused them to make one bad decision after another until it spiraled out of control. With help and support we can give everyone the chance of a better life with access to accommodation and healthcare, we can make a difference and guide people through the toughest of times.

Prior to joining the Preston Housing First project (PHF) Anthony hadn't had the best of beginnings he'd been sentenced to prison for a period of 18 months. This was followed by a period of post sentence supervision and ongoing probationary monitoring. You see Anthony had previously been convicted of numerous offenses for financial gain in order to sustain his addiction to illicit drug use and had a total of 31 other offenses and charges.

## A new start

He was referred to The Foxton Centre Housing First Scheme by the Preston Probation Office on the day of his release from prison. The team met-up with Anthony and following the meeting we we're able to offer him temporary accommodation within a shared house in Preston.

When Anthony first joined the scheme, he was keen to be involved in day to day life and quickly volunteered in a project that involved the repair of donated bicycles. These projects are crucial in rehabilitating our service users as it allows them to develop new skills and gives them something to occupy their time. Anthony had a real passion for repairing and riding bicycles, and he even took the repairs home to continue within his accommodation.

He was really keen to develop this further and considered the possibility of building a suitable workshop, once given the go ahead Anthony plunged himself into his passion. However, Anthony often turned to drug and alcohol consumption when he was bored or felt low, knowing this, support workers worked with him to channel his energy and by engaging with external agencies for the management of substance misuse, he managed to gain back control of his life.



## Moving on

After 14 months of the PHF project it was deemed that Anthony had conquered his demon's enough to take the next step in re-building his life. Working with the team Anthony was able to search for a suitable property and everyone at the centre was delighted to see Anthony move onto independent living. Within just one week Anthony had found work on a trial basis for a local company with the potential of full time employment.

Anthony commented: "It has been the perfect stepping-stone for me after coming out of prison. The Foxton Centre have helping me to re-build my confidence I've been able to move into to my own accommodation and back into employment. I've been given a fresh opportunity and I am extremely grateful to those that have helped me achieve this, without their help I'd have gone back to a life of crime".

**For more information about The Foxton Centre and the Housing First Scheme go to [www.foxtoncentre.co.uk](http://www.foxtoncentre.co.uk) or call 01253 555925.**



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