

Stephen's Story



A journey to a beginning

Often The Foxton Centre is called into deal with an emergency situation, like the case with Stephen at 51 he was referred to the team via the council as he required emergency accommodation. Alcohol dependent and living in the local parkland Stephen was alone and in desperate need of help.

During the initial encounter it was clear that Stephen was suffering from alcohol withdrawal in fact during his first meeting with the team, it was postponed and an ambulance was called as it was clear that he needed urgent medical attention. He was admitted to Preston Hospital where he was given medication to help him, he was discharged the next day and was greeted by The Foxton team.

Stephen was placed in emergency accommodation following an assessment with the outreach team and a housing advice worker. This way they could help support him withdraw from alcohol as well as accessing the necessary healthcare services he so desperately needed.

Stephen was an ordinary fellow, much like you and me. He suffered from alcohol abuse spanning 37 years, but had maintained a job all throughout this time. Following a relationship breakdown, he lost his job, his family and his home, his drinking began to spiral out of control.

Following a stint in emergency accommodation, staff at The Foxton Centre helped support Stephen through day to day life and he quickly became abstinent from alcohol. The team were so surprised by his turn-around that it wasn't long before they assisted him in securing his very own one-bedroom property through social housing. Stephen with the support of The Foxton Centre once again had a place to call home.



Giving back

So delighted by his experience Stephen was determined to help others that were suffering a similar fate so volunteered to help at The Foxton Centre. The team at the centre worked with Stephen to support him through the process of becoming a volunteer.

The Foxton team is truly humbled by Stephen, he still continues to battle with ongoing mental health and alcohol issues but has remained alcohol-free. He is as determined as ever to help others out of the darkness and into the light. When volunteering at the centre he assists with the breakfast sessions, cooking and maintaining the cleanliness of the kitchen.

Stephen commented; "The staff at The Foxton Centre trusted and believed in me, they took me to my GP in their own cars to sort out my medication. They then helped me to secure my own flat and I can now see my children each weekend. Looking back I never thought I would see them again as I had lost all hope. With the support of The Foxton Centre I've rebuilt my life and gained control, I'm alcohol-free and finally able to enjoy life".



thank you ...

by supporting Foxton@50 you are helping change somebody's life