

Yvonne's Story



A journey to a beginning

Yvonne came to The Foxton Centre's Housing First Scheme in October 2017, however it wasn't the first time the team had encountered her. Known to the team for some time via a Street Link project, Yvonne was crying out for someone to help her, but she didn't know how to help herself.

Here is Yvonne's story;

After battling with a long history within the judicial system, prior to being placed with The Foxton Centre, Yvonne was regularly in and out of prison as a result of repeatedly offending and at the time found herself unable to comply with her community orders.

Yvonne had not experienced the best start in life, following a history of CSA (Child Sex Abuse), she has had somewhat a troubled life and one that has scared her and left a dark shadow on her adult life. Yvonne has struggled for many years with her mental and emotional health, often she would self-medicate in the form of substance misuse to numb her feelings.

The substance misuse led to episodes of psychosis and although she has been on long term medication for depression, it's only recently that she has been able to engage with the mental health services in Preston following a referral from the team at The Foxton Centre. Yvonne is now receiving much needed treatment for psychosis and has been allocated a mental health care co-ordinator, who is working with Yvonne to assess her suitability for additional support.

Like many people being referred to The Foxton Centre, Yvonne has a number of serious health complaints, these are ongoing and are being managed as part of her support network along with her GP.



However, since moving into the Housing First accommodation Yvonne has turned a corner. She's now engaging with the services and as a result she has managed to remain out of prison for almost a year now. She's undergone some intensive project and crisis intervention work that has proven to be a great success. And she has since remained stable in her accommodation, the team at The Foxton Centre has seen a significant increase in Yvonne's overall engagement.

Still a long way to go

Yvonne is overcoming the worst that life has thrown at her and whilst she has still got a long way to go, she's made excellent progress. The Housing First Project and the support of the team from The Foxton Centre have enabled Yvonne to accept her issues and find a way to move on with life.

Your donations are crucial to people like Yvonne and with your help we can continue to support her through the rest of her journey.



thank you ...

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