

PERSONAL JOURNEYS

Build personal strengths, including determination and self awareness honesty, loyalty and a sense of humour and most of all BE RESILIENT.

I'm resigned to the fact that my goal is unachievable, but still my tool box is very important to me.

TO LIVE TO BE 100
I take it like a week at a time.
My barns keep me going
TAKE YOUR FAMILY WITH YOU!

I know I need to cultivate some pals
I'm too old to train, I don't have enough experience or qualifications anyway
I need to sit and take stock and realise what I have achieved in the past year.

support should be holistic and individual. It should try to get the balance for the individual, support that finds alternative solutions, not conventional ones.

I just want a wee bit more understanding.

Past life experiences leave me with guilt, self blame and self destruction.

I have to deal with things from the past without the pressure of having to justify myself. I need to put stuff in packing boxes and store it.

I've always been a hand worker
Being in contact with the project built my confidence and made me feel like a human being again.

It isn't always a happy road
I know I have a kind heart
POOR HOUSING

There needs to be more awareness of mental ill health by the public

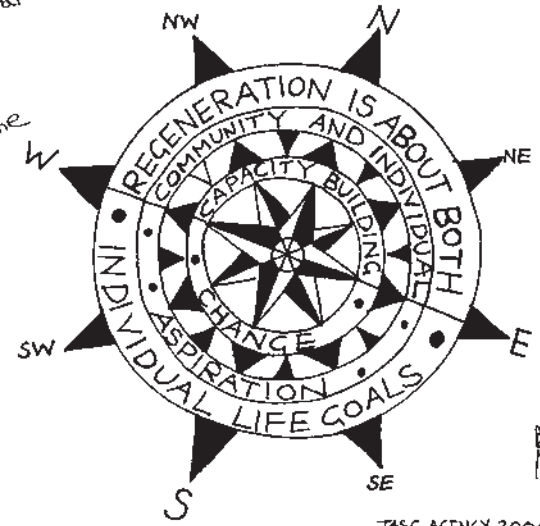
TO MOVE TO A BETTER AREA
TO LIVE LONG ENOUGH TO SEE THINGS GET BETTER FOR VULNERABLE PEOPLE

One thing in my toolkit is going to the day centre. I get a laugh and enjoy myself

TO LOSE WEIGHT

I need to be my own person again. I can't remember that.

TO A BETTER STANDARD OF LIVING



TO ACCEPT THINGS THAT I CAN'T CHANGE
TO HAVE SOME LEVEL OF CONTENTMENT WITH SELF AND LIFE
TO BE A FOSTER MOTHER

PHYSICAL ILL HEALTH PAIN AND A LACK OF STAMINA

TO CONFIDENCE CITY
A LACK OF QUALIFICATIONS AND EXPERIENCE

BE CONNECTED TO OTHER PEOPLE ON MY OWN

TO SUCCESS BREEDS SUCCESS IT MAKES YOU WANT TO DO MORE

HAVE SOMEONE WHO IS YOUR MOTIVATOR AND SOMEONE WHO LISTENS - WHO HAS EMPATHY FOR YOUR CIRCUMSTANCES

TO STOP SMOKING

MENTAL ILL HEALTH

TO BE A MORE RELAXED PERSON

THE PAST IT'S AND IMPACT ON THE PRESENT

TOWARDS A HAPPIER HEALTHIER ME.
INTO THE UNKNOWN!

I need to bite the bullet and ask for help.

It's like not knowing if I'm going to be capable of anything
A LACK OF MONEY
NOT BELIEVING IN YOURSELF AND NOT FEELING ABLE TO TAKE CONTROL

VOLUNTEER HELP OTHERS HELP YOURSELF

I TAKE TIME OUT

FAMILY DEMANDS CAN FEEL OVER-WHELMING

BEING A CARER CAN BE 24/7