

Report to Beer Harris Memorial Trust 19 October 2021

Thank you so much to the Trustees for your faithful support of Hope into Action. This is the report on one of the young men who we have been able to house and support with recent funding from Beer Harris Memorial Trust.

L became a Cambridge Hope into Action tenant in 2020. Prior to this L had spent a significant period of time in various supported housing projects struggling with poor mental health compounded by difficult family relationships, negative peer influences, eventual drug misuse, and having been the victim of a domestic abusive relationship.

L's self-confidence was low, he was battling to address Cocaine and Cannabis misuse and whilst suffering with anxiety and depression but he was beginning to make some significant progress away from negative influences and supported by our partner church. L recognised the need to build a positive and supportive relationship with someone he could trust and found this in a close friend who became a mentor to him. L also threw himself into a training regime at the local gym for both improved mental and physical health and constructive use of free time. He also began a new relationship. L began to feel strong enough with his new foundations to provide emotional support to his Brother who was also struggling with significant mental health issues, a responsibility that at times weighed heavily on him.

Then came Covid lockdown, gym closure, isolation from others and a significant deterioration with his Brother's mental health. This was a risky time for L and he coped well generally but the high level of demand for emotional support from his Brother created a high level of stress. L was advised to set some firmer boundaries with his Brother to safeguard his own mental health however, after a day when his Brother had made repeated unsuccessful attempts to contact him, including a visit to the house, his Brother then went missing. Police searched for him for two weeks and he was eventually found a short distance from L's home having committed suicide. It was believed this happened on the day he was trying to contact L.

L was then dealing with grief as well as guilt and remorse for not having been there for his Brother. It was difficult but he showed great strength and resilience and eventually reached out to others for support. Then came a second blow, a matter of weeks after his Brother's death his good friend and mentor also passed away in tragic circumstances.

HEAD OFFICE

Hope Into Action Hope Centre, 26 North Street, Peterborough PE1 2RA

E: info@hopeintoaction.org.uk T: 00 44 (0)1733 558301

W: www.hopeintoaction.org.uk Twitter: @hopeintoaction

Registered in England and Wales No. 7309173. Registered charity No. 1137686



In support meetings that followed I was truly amazed by L's emotionally and mental resilience and strength. At a time when the risk of deterioration with his own mental health, emotional withdrawal and drug misuse relapse were high, he has instead coped tremendously well and developed an admirable level of determination and motivation to change his life in positive ways. L's stance appears to be rooted in a desire to live a life that would make his Brother and friend proud. A stance which has also brought about an unshakable level of self-belief.

Despite further lockdowns, L has made progress and recently completed an online CSCS training course to enable him to apply for site work within the building trade.

Truly outstanding progress from a truly remarkable individual.

HEAD OFFICE

Hope Into Action Hope Centre, 26 North Street, Peterborough PE1 2RA

E: info@hopeintoaction.org.uk **T:** 00 44 (0)1733 558301

W: www.hopeintoaction.org.uk **Twitter:** @hopeintoaction

Registered in England and Wales No. 7309173. Registered charity No. 1137686

HOPE INTO ACTION provides houses for the homeless in partnership with local churches. We train and enable churches to engage with and mentor those living in the house, whilst providing the necessary professional support. We dream of churches everywhere housing the homeless. We dream of the homeless rebuilding their lives.