

## Richard's story (21)

Richard had nowhere to call home after drug related problems turned his life upside down. Through BCHA/ Hyped's One Foot Forward, Richard's life is now looking more positive and he is enthusiastic about steering away from illegal substances.

"I have been a resident at One Foot Forward since February 2009. I had been a class A drug user since the age of 16 and this led me to lead a chaotic life style for a number of years. As a result, I was in custody for drug related crimes, before being referred to One Foot Forward by St Giles Trust.

"The last time that I was imprisoned, my parents entered the room I occupied at the family home and found drug paraphernalia. This led them to take the decision to not allow me to return to the family home. This ultimately led to me becoming homeless upon my release from custody.

"I feel that since moving to the One Foot Forward scheme, I have been fully supported by staff. The regular key-working sessions have helped my personal life immensely - my drug use has decreased, which ultimately has seen a decrease in crime committed by myself as I do not need to offend to support my habit.

"I feel that with all the support I am receiving at present from One Foot Forward, as well as the external agencies involved with my support, I have felt able to stick to my methadone script rather than using illegal substances.

"I have a referral at another supported housing scheme, where I am just waiting for a bed to become available. This referral was made by the staff at One Foot Forward at my request.

"I would like to thank One Foot Forward staff for all the support I have received whilst residing there. I feel this has led me to lead a more stabilised lifestyle."

