

Terry *three months on...*



The day I walked through the doors of Gloucester House for the first time I knew it was the place where I would start my journey of recovery. The place had a lovely calming setting and I was welcomed by people who understood what I needed. The programme offered so much; it was encouraging, loving and genuinely caring.

The groups felt like a family of people all working for the same goal, all working to help each other in recovery, and it was a God send to me.

I had waited for five months before I got my funding to go into treatment, and it was the longest and most frustrating five months ever. My mental health was getting worse by the day and there were staff shortages at the community drug and alcohol agency, with several changes in key-workers meaning I had to start the process all over again.

I had reached the point where I actually thought it would never happen, and after being at Gloucester House for three months, I was so grateful it did.

I know about alcoholism, I lost both my father and grandmother through alcohol and I grew up never really being comfortable in myself. Alcoholism has affected every experience I have had in life, in one way or another, and I had no faith or believe in myself. I just thought it was me.

From coming into Gloucester House I now know Alcoholism is an illness, and I know what I need to do to manage that illness, what I need to do to move forward in life and be happy. I have the tools Gloucester House gave me and I use them every day, one day at a time. The foundation of the GH programme has really put me in good stead to manage my life.

When I completed the programme I was lucky enough to get resettled in Salisbury with a friend called James that I was in treatment with. We left treatment together and it was such a blessing because we had each other for support.

James was lucky enough to get funding through the Gloucester House Buy a Bed Fund as his local authority had none for rehabilitation.

We both moved to Salisbury on 9th December and we had the opportunity to experience Christmas sober in a beautiful city, for the first time in many years.

We live in a lovely property and we now have two days paid work and one day's voluntary work per week, delivering furniture to charity shops in the south west. I study the big book daily and I have a very good sponsor in the fellowships. I take time every day to reflect in a peaceful surrounding without the day to day distractions.

I am more clear headed and more comfortable in myself, I have hope today and I am forever grateful I got the opportunity to go to Gloucester House, as there is no better place I could have gone to get my recovery.

Today I have the tools to live my new life and I intend to live it well with grateful thanks.

One Day at a Time.

Terry B

Then...

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...and now

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...Today I have the tools to live my new life"