

Sean's story

Sean received a bike from the Saits4Sport Project and is now embracing new opportunities and freedom from addiction.

"I used to be a poly drug user and found myself isolating quite a lot. I always found excuses to stay at home and isolate even more.

"All of my money was spent on my addiction. I always paid my bills to keep a roof over my head but cash for the bus to attend appointments or the Society of Saint James' Saints4Sports Project did not exist.

"Saints4Sport gave me a mountain bike which helped me develop my health and motivation. I found freedom away from isolation. It enabled me to stop missing their classes and groups.

"Having this bike helped me and is still helping me to grow my confidence by being out and about.

"Now I'm doing NVQs, voluntary work and placements. I am able to do this because my bike enables me to travel to and from these opportunities.

"Thanks to Ash from Saints4Sport, the Society of Saint James and CGL teams, I am now clean and free from addiction and isolation.

"My health, motivation, happiness and future prospects are all sunny, bright and full of hope. Now I'm cycling and moving forward into bliss and away from oblivion."

