

Daniel's story

Saints4Sport awarded Daniel a bike, funded by the 'My Journey to Employment' grant. Here Daniel shares with us how the bike has revived his confidence and given him a new lease of life.

My name is Daniel and I am 28 years old. After having a long term addiction to drugs and alcohol, and due to unforeseen circumstances, I became mentally unwell in April 2019.

After seeking help for my substance use I was referred to Saints4Sport to help in my recovery. I received a phone call from the Saints4Sport team inviting me to attend their cycling sessions, I was very anxious to go along but when I arrived I was greeted by the staff and was made to feel welcome and at ease.

Prior to this session I had not been cycling in over 10 years. I have now been attending every week come rain or shine, for the last 7 months. I look forward to every Thursday, as I have found that cycling has helped me in my recovery and has improved my mental and physical wellbeing. Soon after starting with S4S I began volunteering my time to help set the rides, maintain the bikes by doing weekly repairs and cleaning.

Due to me helping out, S4S offered me the 'My Journey to Employment' bike and cycle package. They have also sent me on an Outdoors First Aid training course and I am booked onto further cycle training, as well as engaging with the S4S employment and education coordinator. Having a bike has helped me engage in all these activities and I've regain much of my confidence, self-esteem and improved my organisation skills.

I am so thankful I was given an opportunity to attend these sessions with S4S and help out, as it has firstly introduced me to other people who have been suffering with similar issues and there is always someone to talk to in confidence. It has also reintroduced me back into a sport which I very much enjoy and has given me hope for the future.