

Jack's Story

25-year-old Jack came to HARP in June 2019 after being evicted and struggling with drugs and alcohol, which he used as a coping mechanism after his father died.



"I was terrified. Before I came to HARP I was in a really dark place mentally."

"I didn't know what was going to happen but the thing that scared me the most was knowing that I couldn't drink anymore. But I just knew I had to stop. In the weeks before I came to HARP I had been contemplating suicide."

HARP's team helped Jack to settle in, making sure he got the support he needed.

Jack made the most of the recovery groups and activities available at our Bradbury Day Centre, and accessed other local agencies for support with his addiction.

"I'd never really done anything to sort my life out before but the people at HARP were really nice. They could tell I was scared and tried to make me feel comfortable. The staff spoke to me like I'm human and supported me with no judgement – they didn't look down their noses at me."

Jack turned his life around whilst at HARP, studying an Access to Higher Education Diploma whilst working part-time as he got back on his feet.

Jack has now gone on to study psychology at university so he can help others.

"I can't thank this place enough for what it's done for me. Before this I didn't have support around me but sometimes you just need someone to say 'I believe in you'. That's what a lot of people need – just that bit of support."

By fundraising for HARP, you will help more people like Jack to overcome homelessness for good. Thank you!

**Set up your fundraising page at:
www.harpsouthend.org.uk/fundraisingpack**

HARP work with people in and around Southend who are homeless or at risk of losing their home. We provide the housing, support and advice local people need to get back on their feet and overcome homelessness for good!



HARP is a registered charity, no: 1098126
HARP, 4th Floor Dencora Court, Tylers Avenue, Southend-on-Sea SS1 2BB



Joinah's Story

Joinah became homeless after leaving an unhappy marriage and being unable to work due to severe depression, anxiety and post-traumatic stress caused by childhood abuse.



"I felt like there was no way out!"

Joinah was facing being on the streets for Christmas when the Citizens Advice Bureau referred her to HARP. We were able to provide a bed in our short-stay overnight emergency accommodation until a room became available in White Heather House, our single gender housing for women.

"When I arrived at HARP I was crying all the time, I didn't trust anyone and I was scared that no-one could help me," said Joinah. "I didn't have any money coming in, no bank account, nothing. In the day I would wander around the shops or sit at the seafront in the cold and cry. I felt like there was no way out."

She continued: "That first night in my room, I cried and I couldn't sleep. I was scared that they would come and tell me to move out. I didn't believe that I had a warm home for the first time in so long."

Joinah said she doesn't know where she would be without HARP. She can see light at the end of the tunnel.

At HARP, Joinah attended emotional management and cognitive behavioural therapy groups, and received one-to-one therapy sessions.

"HARP does more than just find you somewhere to stay; they help you face up to and conquer what led you to the situation. They listen, they encourage, they are compassionate, and they don't judge you. Everyone needs and deserves compassion. Being homeless is not a choice, you don't see it coming. It could happen to anyone."

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