



My Story

By Alec



Chapter 1 – In the beginning

When did you start Olive tree?

I started with olive tree over 14 years ago (actually joined Olive tree in November 2012 which is 11 years 4 months) when I was about 20 years old (24 years). I am 35 years old now

Why did you feel you needed Olive Tree?

(At the time I was)

- Homeless
- Struggling with anxiety and my ADHD and OCD
- Broken down family relationships
- No one to talk to, no support
- Lost my voluntary job
- Drinking heavily
- Smoking weed
- Money problems
- Poor personal hygiene
- Generally not nice to be around

What kind of person were you then?

- Snappy
- Nasty
- Selfish
- Moody
- Police (liar about everything)
- Untrue accusations

What did Olive tree do for you back then?

- Gave me support weekly
- Got me a social worker
- Helped me get a place to live
- Social worker and olive tree helped me re-gain (my) family relationships and I moved back in with my Mum.
- Helped me gain confidence
- Socialised
- Created timetable of activities I liked
- Encouraged and rewarded good behaviour
- My general health and wellbeing improved.

Chapter 2 – My first Year

What did you do in your first year?

Alec wrote – (I) got back on my feet accepted support, attended activities, became a lot less moody/anxious (and) created positive relationships.

Did you feel support helped you and why?

Yes, without the support I wouldn't be where I am now. I improved my life in all areas through positive role model staff who helped and encouraged me to not neglect my needs, create meaningful activity timetable, my mental health improved. I was less anxious and I didn't feel alone anymore. I had friends and family again, I felt safe and wanted again.

The next few years

How was support did it help with home life?

Yes, My relationship with family members improved, I then settled in with my mum living there for a few years. I felt a lot more settled, and part of the family again.

Chapter 3 – Thinking about moving

Did you want to move at first?

It took Alec many years to consider moving on and accepting that this was the next positive step in his life. Alec enjoys his own space and his own methods and sometimes living with his mum was a struggle for both, for example, Alex didn't like Christmas and Christmas decorations, yet His mum was the opposite and this at times caused conflict. Alec then had a very short period of time where he lived with a girlfriend at the time, but when that didn't work out, this made him realise he was ready to move out of the family home. Alec said Yes, I had previously lived with my girlfriend after my mums. Alec then moved into a flat owned by another service.

How did you feel moving?

Ok, as I still have my family support.

Do you feel you have benefited from moving?

Yes, as I love my own space, I have my own flat that I am very proud of.

Do you feel supported by Olive tree to come to that decision?

Yes, Olive tree always encouraged and helped me gain independence.

Chapter 4 – My new home

How did you feel before you moved?

Anxious, grateful I had somewhere to call my own. Somewhere safe.

How did you feel when you initially moved?

A little bit scared as it was all new to me., happy I had my own safe space.

How did Olive tree help you with the move and settle in?

Olive Tree helped me move all my furniture, decorate, and organise all my belongings and items I needed to make my flat liveable and my own taste

Chapter 5 – Where I am now

Do you feel you've gained from support from Olive tree?

Yes, I'm living independently, paying my own bills, cooking for myself and currently waiting to start a new voluntary job. I feel the most independent I have ever been.

What have you gained?

Support, new skills, new friends, new challenges, choice, new challenges, independence, confidence, new home, etc.

Are you more independent?

Yes, Very much so.

Do you feel happy with support your received?

Yes

Chapter 6 – The end

Alec has now grown to feel the need to no longer receive support from Olive tree due to him progressing so well over the years and Alec's last day of support was in March 2024, 11 years and 4 months after first joining Olive tree.

Alec says:

For the first time ever my family came to my flat for Christmas dinner, previously I've been on my own and really disliked Christmas. Alec said that he really enjoyed having his family over this Christmas gone and is really happy with how his life has turned out.

Alec also said " I would like to thank Olive tree for all my years of support and how far I've come and what I've achieved. I've reached all my targets/goals and I now feel I no longer need support from Olive tree as I've become a very independent, confident man. My family relationships are still strong and going forward my plan is to learn how to drive, get a job and move into my own house (not flat) and one day hopefully have a family.

Well done Alec on all your achievements and we wish you all the best in life and hope to keep in touch













