John, 49

When John came to the YMCA his epilepsy was badly managed and his seizures out of control. His peripheral vascular disease prevented him from walking any distance without pain. He had a heart condition which reduced his energy levels and an old brain in jury which affected his social interactions.

In order to cope with this, John was abusing alcohol and had attempted suicide twice.

The YMCA provided John with accommodation and a support worker in May 2010. Since then, John's support worker entered into dialogue with John's GP, numerous consultants, psychotherapists and occupational therapists. A new referral was made to Headway Dorset brain injury rehabilitation specialists.

While this practical and medical support was put in place, the YMCA got to know John and find out about his future hopes. John's problems had prevented him from cycling and going fishing; these were his two main goals.

Partway through his time at the YMCA the DWP mixed up his sick note with another person's, and cancelled his benefits thus putting John at risk of becoming homeless again. John's support worker wrote appeals and accompanied John to tribunals and eventually got reinstated the benefits John was entitled to.

John has now undergone surgery, and has left his alcohol abuse behind. He has a new bike and enjoys a much fuller, more independent lifestyle.

Finally, John was ready to leave supported housing and move into him own accommodation. Again, the YMCA were able to facilitate this by writing to the Town Hall highlighting John's medical needs and getting him prioritised for a Council flat.

At the last minute, John was refused a community care grant which he had hoped to use to get furniture and equipment for his otherwise bare flat. While appeals were being written, the YMCA was able to access a charitable fund to purchase John and bed, a cooked and fridge-freezer.

In the two and a half years John was at the YMCA he regained his independence by getting in control of his healthcare and overcoming his alcohol misuse.

YMCA

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE　　ACCOMMODATION　　FAMILY WORK　　HEALTH & WELLBEING　　TRAINING & EDUCATION