

My name is Viktor and I want to tell you how grateful I am.

A few years ago when I was starting my journey to change myself, it was very difficult. I was going through a lot and it came to a point where I was living on the streets. I was just surviving, not enjoying life.



On the one hand, you are lonely and struggling with things like depression. And on the other hand, you've got no food, no resources. You can't explain all these things in a job centre and expect them to help you. You start thinking no one can help you and it makes it very hard, mentally, to survive.

But then I met Helen and the Positive Pathways team. It started like a normal relationship, like a friendship. I could call them anytime and share my problems. I had a lot of trouble trusting people before then. But from our first meeting, they said to me, 'If you need something just call us, write a message, send an email, or whatever you need. Just don't suffer on your own.' It really helped my mental health.

They provide you with food, clothes, everything you need. But the most important for me is that they don't just care about how you're feeling right now - but they think about your future as well. It makes a huge difference when you know there are people who care about you and it's not just part of their work.

When I needed help, they were always there for me. They are the kind of people that I didn't believe really existed.

I'm really grateful for the journey I've been on, for my friends and for people like you. Your support means people like me are getting help when they really need it.

Now, I've completed a social work course and I'm working in a factory. I have many friends and I spend some time at church. My experiences are an inspiration for me to help others - because there are so many more who need it. I hope my story inspires you too.

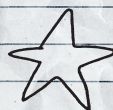
Merry Christmas!
Viktor



Helen is a volunteer
at Positive Pathways.
She's one of my
best friends.



I've been going to
church a long time.
They help a lot of
people where I live.



This Christmas, as
always, my local church
is open to everyone.

