

## Adrian's story

Adrian Matthews received a free bike from the [Saints4Sport project](#).

Here Adrian tells us how he has benefited from the scheme, overcoming his barriers and regaining his confidence on the pathway to paid employment.

*"I was offered a bicycle through the service I have been using at New Road due to my addiction issues.*

*"Since obtaining the bike it has opened up so many opportunities for me to get involved in.*

*"First and foremost I was really struggling to pay for public transport to get anywhere. I also am now actively seeking employment and have no wife at home so often have to travel to the job centre or local library to job search. [Cycling] makes tasks like that so easy and helps so much with anxiety I can suffer from.*

*"I am volunteering at Scratch charity in Southampton twice a week now and use the bike to get to work on those days, it's given me great confidence towards the path to full time paid employment. The help and support I have been shown by the Society of St James has been fantastic and I will always be grateful for that."*

