

## Sara's story

Sara is now back at work thanks to her new bike, provided by the Saints4Sport Project.

*"I use Society of St. James and Saints4Sport regularly.*

*"Their support and guidance has helped me immensely in my recovery battle against drugs and alcohol.*

*"I'm just celebrating nine months of sobriety and I'm doing very well and feeling very positive about life. I was introduced to the Saints4Sport mountain biking activity and even though I'm of a certain age (50), I found I really enjoyed riding a bike again as a form of exercise.*

*"I suffer with depression, so cardiovascular exercise releases those endorphins and makes me feel a whole lot better.*

*"I applied for a bike through 'S4S My Journey to Employment' and I got one a couple of months ago. It's been life changing. I'm back to work part-time, so I ride to and from work, pretty much on a daily basis. As I'm financially restricted, it saves on my travel expenses.*

*"What a great service and it really has changed my life. I'm truly grateful that they supported me and may they continue to help others in the future."*