

Kat's story

Kat uses her bike from the Saints4Sport Project to get around and is loving the positive impact it's had on her life.

I have been involved with the Society of St. James (SSJ) New Road Drug and Alcohol services for nearly 3 years.

I have now been sober for over 2 years, I have bags of confidence and self-esteem and have completed my NVQ level 1 in health and social care. I am now studying my NVQ level 2. I use my bike from the Saints4Sport 'My Journey to Employment Grant' every day to get around. I also use it to get to my NVQ level 2 and volunteering. Since starting at New Road, I have lost 5 stone in weight and plan to lose more by riding my bike. I do not use public transport anymore because I can ride my bike everywhere and I love it. At the end of this year and the beginning of next, I plan to get a job in a care home or in adult social care."