

Mark's story

Mark accesses support through the Saints4Sport Project and his new bike is helping him on his road to recovery and back to employment.

"I have found the strength and freedom to be the husband and father I want to be. I work hard every day to stay well and, with the support of my family and access to the services, I will continue on my recovery journey.

"The next stage is to get back to full health and back to work. With a new job starting in just a couple of weeks, the support of my GP and the services, and managing my mental health, I am feeling positive.

"However I need to get a bit fitter. A healthier lifestyle and exercise will undoubtedly help me succeed in my recovery and the acquisition of a new bike, from 'S4S My Journey to Employment Grant', is a great opportunity for me to get regular exercise and help me when I start my new job."