

Meet Chris

Supported Living in Argoed, Wales



Chris's history

When Chris arrived with Achieve together he had come from a period of homelessness. Chris was dependant on alcohol with a diagnosis of Schizophrenia, Paranoia and Depression. Chris would stay in his bedroom for the majority of days and the team found it difficult to motivate Chris into activities.

First steps

In the early days the team gained trust with Chris by spending time with him, listening to hobbies that interested Chris and talking about his favourite subject - motorbikes. As Chris became comfortable around the team, he became more willing to accept certain levels of support.

Ongoing support

Chris is now fully engaged with the team and actively takes part in activities that he enjoys. His current project is helping the team to build flowerbeds out of old unwanted wood that he plans to then plant wildflowers in ahead of the summer. He's also working with the team to develop the allotment area at the home so we can grow our own fruit and vegetables. Chris also enjoys time away from the home visiting museums which is a passion of his.

Chris's progress

Chris is now able to go out and enjoy different social activities. This has had a huge impact in Chris's wellbeing and mental health. The team have noticed a massive improvement in Chris's confidence and being able to enjoy activities that interest him. Chris will spend hours fixing up his motorbike with team members, which gives him the sense of achievement whilst doing something he really enjoys.



Chris's thoughts

"I was homeless, before that I was in hospital for 10 weeks. Living here has been wonderful. I've gone from homeless to a home over my head. Being here has helped me build up my motorbike equipment, I have new/clean clothes, I'm going to hopefully be back on the road. My health isn't perfect but it is getting better"

Kathryn's thoughts

"Chris's story perfectly demonstrates the Achieve together values and how they work when we work together. Chris was VALUED from day 1, his wants and needs listened to and met. He was BRAVE – facing his demons (alcohol) head on and conquering them. Chris made it HAPPEN, with a little help from the team, he now enjoys seeing what each day will bring. The smile on Chris's face tells us that he is definitely having FUN!"

- Home Manager

Looking to the future

Chris continues to work on his recovery and is looking to improve his overall health further.

The support provided by the team in Argoed has given him the independence to continue trying new things and stepping out of his comfort zone. Chris has his life back and is determined to enjoy everything it has to offer.



Find out more

Please contact our referrals hub on:
03301 755 332
referrals@achievetogether.co.uk



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Our values:

Scan the QR code to hear from our teams and the people we support about life at Achieve together.



Being
Brave



Having
Fun



Making
Things
Happen



Valuing
everyone