

LAB

PROJECT

PARTICIPANT TESTIMONIALS

We have a wide variety of people come through our doors to take on the challenge of the LAB. From individuals suffering from agoraphobia, to people who have had issues with alcohol and drug misuse to people who have been out of work for a period of time and have lost their confidence within that area.

The LAB is designed to work for all sorts of people from all sorts of walks of life. Below we have two testimonies from recent successful LAB participants who explain just what the LAB has done for them.



The LAB has helped me in many ways. It has given me a lot of confidence, self belief, self esteem, a routine and a lot of hope for my future.

I find I have got a voice, not to get embarrassed if I don't do it right first time and I can have a go at a lot of things. I have found the support of the LAB team and its volunteers amazing. They have been very understanding and there is no pressure whatsoever with lots of different choices to express myself.

The LAB has given me confidence to challenge myself in other areas. I was able to walk into a supermarket for the first time on my own in nine years. This is a huge achievement for me.

I have loved every minute and would like to say a great big thank you to everyone.



The LAB course has shown me that I'm stronger than I thought and perhaps it's not my ability that's the problem but the belief in myself. I have always been well known for my low self esteem/self worth and shied away from anything that required me to portray a different state of mind.

Participating in the LAB project has pushed me right out of this 'comfort zone' and allowed me to do things I never thought were possible. I feel it is also great that tutors recognise that this is what a lot learners have to do and support them throughout. I personally have been very conscious of the amount of things I struggle with compared to other learners but I have never been made to feel a burden because of this. In fact, where possible, things have been adapted to accommodate my needs. I.e. a car was made available so I didn't have to get the bus and I was able to stay near the door during exercises.

I have enjoyed my time on the project, though it has challenged me and I would certainly recommend it to others in similar situations.