“This year, I joined the Haven Project community in my role as a student social worker and I feel privileged to have been given this opportunity. I have felt warmly welcomed by the staff and clients alike; it is incredible that the Haven is a client-led project that continuously draws upon the energy, ideas and skills of the clients themselves. Due to clients focus and drive towards improvement, I am highly motivated to join in with the morning group sessions as well as participate in additional fundraising activities. For instance, during the regular daily group sessions, clients share stories from their personal lives on topics like self-discipline and keeping up a positive outlook – simply to enrich one-another’s lives. There are a plethora of services for all clients to tap into aside from the group sessions and, what I really love about The Haven Project is that, once you are a client here, it is a life-long membership! In my short time here so far, I have glimpsed some special bonds between all members of the community. These relationships are what make The Haven a really special place to work, notwithstanding the organised, highly effective and professional service that it delivers.

Helmi S (Student Social Worker)”

“Crazy, stupid behaviour, is picked apart and turned on its head”

LB Client 2018

‘To feel is to heal’

‘Be a survivor and a thriver’

‘Living with BPD is not an illness it is a condition created due to difficult early years’

BPD is a creative defence mechanism to protect the inner child’ (SI Client 2018)

“I am coming to the end of a very difficult year of severe problems and near breakdowns; I have been grateful for the support and help from Haven Staff and Clients, with their help I am learning to live.”

I thank you all with all my heart. Mandy M