

HOW WOULD YOU FEEL WITHOUT A PLACE TO CALL HOME?

MEET STEPH

Steph is 19, and loves paddle-boarding and kayaking at Liverpool Docks. She's also into meditating and baking, and dreams of starting her own business and owning a flat.

Following a family breakdown, Steph was left without a home. By the age of 16 she had moved into a hostel, where she struggled with loneliness and mental health. But things changed when Steph started doing water sports with Local Solutions' Sports Horizons, a project funded by Comic Relief.

The sessions helped her find a sense of purpose, and the team helped her to move out of the hostel. These days, Steph's even volunteering as a water sports instructor herself.



THINK

Steph says:

"You don't know what you're moving into. You get thrown into somewhere that is completely out of the ordinary."

Imagine having to move out of your home and into a hostel where you didn't know anybody. What kind of emotions would you feel?



FEEL

Steph says:

"You end up stuck in the same place and frame of mind and you can't really get out of that because you're so down. You just get trapped."

What made a difference to Steph when she felt so low? If you ever experience similar emotions, what makes you feel better?



DO

Steph says:

"Local Solutions brought out the fire in me. They gave me my energy back."

Comic Relief helps organisations like Local Solutions to help people like Steph. What could you and your friends do to raise money and help Comic Relief?

"The sessions give me motivation, goals and aspirations. A sense of purpose again."

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