



Andrea's Story

"I have a very complicated history and at the point I came to KHL I was at my lowest ever point. I had suicidal thoughts, not somewhere I ever want to be again. I felt I was just going in circles with the doctor. Age UK told me about KHL and said 'there's a place you can go, just have a coffee and talk to people.'

I decided I couldn't stay in the house any longer if I wanted to get better. The first session was hard for me to come to, so I had someone come with me from AGE UK. I was made to feel so welcome. No judgement from anyone. The Conversation Cafe saved my life. KHL saved my life. People were so easy to talk to, I felt part of it, not just discussing my problems but a place I could make a difference for others. A place I could be useful too.

I started baking for the cafe and found purpose through doing that. My confidence started to come back and when they asked if I wanted to do my level 2 Food and Hygiene I wanted to give it a go but hadn't passed any exams since being in school so didn't think I could do it. I could not believe it when I passed!

I now bake as well as volunteer for lots of the different groups each week. I'm known as 'the baking lady'.

The people I've met through KHL are now my friends. Sometimes you bump into people from here you haven't seen for a while and its brilliant when they are doing great. You see them in a good place and they always talk about KHL and how it made such a difference to them.

Without this place I don't know where I would be."