



Christine's Story

"I suffer from clinical depression. For me, It can come on overnight. I'd just lost my husband when lockdown started and found myself alone in my room day after day and really struggling. I phoned the doctors and other places for help and just got the message 'everyone is down at the minute', which hurt even more.

I then found KHL and they phoned me every single day in Lockdown and gave me purpose. It was so good to know I was going to speak to someone each day. I don't know where I'd be now if it wasn't for those phone calls.

At that point I wouldn't leave my house, answering the door was even too much for me. She told me about the 'Outdoor Cafe' where you could still come and have a coffee and talk to others. It was such a big step for me to come but Rebecca told me she would be there and look after me. I'm so glad I made that step.

It was so brilliant to talk to people, people who weren't judgemental, who have struggles of their own and people who were pleased to see me. I was in a very dark place when I started coming to the cafes and they gave me my life back. KHL gave me my life back.

I then started going to different walking groups and really enjoyed the outdoors and talking to others. I began making real friends here, friends I can share anything with. I was then told about a session that trained people to become walking leaders which I went to and have recently been leading walks myself! How brilliant is that!?

I still come for support but I'm in a place where I can support others too. Because we all have struggles we can identify when someone is struggling. We meet up outside KHL now too, in fact me and some of the girls went for a coffee yesterday. "