



CHILDHOOD MEMORY

Visiting my Godparent's as a child was like stepping back in time. Afternoon tea with the finest bone China. Cups, saucers and teapot with delicate hand painted flowers. Long summer afternoons learning about the many types of vegetables growing in the perfectly ordered garden with runner bean canes standing in line like soldiers standing to attention. Beetroot, radishes, carrots and potatoes magically emerging from beneath the earth when at last their ripeness peaks. Best of all tasting each one as if you had never tasted it before... When it was time to leave my tiny feet ran down the path, passing the blooms of standard roses like a rainbow of colour, breathing in the sweet scent of sweet williams, while my Godfather waved me goodbye.

Sonia

I am proud of myself because ..I am happy and positive, two things I didn't think it would be possible to be for many of my younger years. I am proud of myself because I try to help others to see the positives and solutions rather than focusing on the problems, but I'm also a good listener and able to just listen if that is what someone needs. I am proud of my resilience and my determination to live my life authentically.

Danielle

Love means... no matter what happens you have someone to count on I'm blessed with so many people in my life.

Shazia

Words of wisdom... be proud to be you, you owe it to yourself to show up as your best self every single day. Be curious. Be courageous. Be thankful for your journey and what it's taught you. Stand taller. Listen to your heart and live your values. Be proud.

Sarah H

Favourite quote... let your smile change the world. Don't let the world change your smile.
Shakeela

A favourite charity... The Abingdon House
Gilly

Isipho Admin
Paula

