



Moving on from care – Sabrina's story



When Sabrina* was 6, she and her younger sister were taken into care. The sisters would spend weekdays with foster parents and weekends with respite foster carers.

At 18 years old Sabrina left her foster placement and moved into a room provided for her by charity [Step by Step](#). When the second placement broke down she found herself homeless and sofa surfing.

Sabrina suffers with, among other things, [Emotional Unstable Personality Disorder](#) (EUPD). She found it extremely difficult to settle anywhere.

Sabrina's social worker recommended that she contact our charity [Young People and Children First](#) (YPACF). YPACF provides a safe home for vulnerable young people between the ages of 16 and 25 who are care leavers or homeless. We provide these young people with a safe and comfortable home, life skills, work and learning opportunities that will support them physically and emotionally as they step towards the ultimate aim: successful independent living.

In February 2019, Sabrina said she was scared when she moved in to YPACF accommodation, Rebecca House. Rebecca House is a three bedroomed family sized home in which two other young care leavers and a live-in supervisor lived. She didn't know anyone in the house and it took getting used to but she did settle in and she continued her volunteering job at a local charity shop.

Sabrina said ***'Amy was a constant figure in the house and I would see her all the time. She would do support evenings with us where we would all do something together. After a while it felt like home'*** (Amy is a support worker at our charity).

Sabrina lived at Rebecca House for over three years. Recently, she moved into her own place for the first time. A lovely one bedroomed flat nearby. Our support worker Sarah was on hand to help Sabrina every step of the way.

When she moved in the flat it was completely unfurnished, uncarpeted and it needed a lick of paint. The flat is now painted and carpeted and Sarah and Sabrina enjoyed shopping for furniture together. It's now warm and homely.

'I don't know where I'd be without the charity ([YPACF](#)). They don't just chuck you out. They support you. They helped me get my name on the list to get this place and set my bills up with me'

Sabrina is still volunteering at the same charity shop and she loves her new home. Sarah (her key support worker from YPACF) is a regular visitor, as are Sabrina's sister and her 10 month old niece who is enjoying crawling around and exploring her Auntie's home.



We are so proud of Sabrina. Seeing her happy and settled in her own home is such a pleasure and is testament to the courage and resilience of remarkable young care leavers.

If you would like to make a donation to our charity or would like to find out more about the important work that we do, please visit [Young people and children first | Changing Lives](#)

*names and images have been changed to protect identities