

May 2020 – Service User Comments ...

“... My situation felt hopeless until I met other women who were going through the same things”

“... Before coming to The First Step, I really felt like I was the only one who was dealing with emotional abuse and thought this was my life now. I know I am not alone”

“... I am a survivor of 23 years of domestic abuse after 8 years of being free I returned to Liverpool now that it is safe to do so and First Step helped me come to terms with recently losing my sight in my left eye due to past trauma injury. You are not alone”

“... Before my intro to First Step my days were grey and dull, filled with pain. Since I have attended, I have started to heal from the abuse by the man who was meant to love me. I have found ME! I AM FREE”

“... Before I was offered the help from First Step, I was alone and lost. Now I have the help from all the staff as well as the ladies who attend. I know I can ring any one of the girls and they would be there for me. Thank you The First Step.”

“Before I first started The First Step project, I didn't think it was going to be for me. I normally wouldn't do any form of groups or programmes—it's however the best thing I've ever done. The staff and other ladies are amazing and so supportive. I now feel I have a purpose in life. Thank You!”

“... At first being in touch with the staff at First Steps I was very isolated and had no self-esteem. Now I attend the coffee mornings and sessions I have grown in confidence and look forward to seeing all the ladies who attend, and I now consider to be my friends”

“... Now I understand since attending First Steps, that I do matter, I am worthy, it's not selfish to put yourself first. My voice should and can be heard and my inner child deserves to be free and in control of a happy future and my children are my future fulfilment”

“... I really loved this course as I got to meet new people who experienced what we been through. Now I have been coming here I feel more positive about things. It's been amazing and the staff have been great. Now I can see real friends coming here I feel free. Thanks to everyone in the group.”