

# Fatima's story

"I grew up in Glasgow and worked for trade unions, charities and in hospitality over the years. I love to travel and have visited countries like South Africa, Pakistan, Italy and lots more. But things changed in my life, and I became homeless for seven years.

I was sleeping rough in London and the North East. In the winter it was really difficult – especially around Christmas, feeling alienated with nowhere to go. It opens your eyes that the world is dangerous and to me, being inside always felt safer.

But a St Mungo's frontline worker spoke to me on the street around a

"I felt so happy to be here and have my own room.

A lounge to watch TV, a bathroom and kitchen to cook in. I went from being in the extreme cold – which I hated, to here. It's so cosy!"

**Fatima,  
St Mungo's client**



year ago. I was admitted to hospital and then referred to a St Mungo's accommodation, where I am today.

When I was out on the streets I'd heard lots of good things about St Mungo's, so I was really happy to be here. I was given tea, something to eat, someone to chat to – it was the winter period. There is such good hospitality here and you have your own room, somewhere to watch TV, a bathroom and kitchen to use too if you want to cook.

St Mungo's has provided me with opportunities and helps people realise their potential. It has given me the chance to do things I was always looking to do – things we have inside of us. St Mungo's give you something to aim for, which helps build your self-esteem.

They helped me join courses in fine art and sketchbook drawing. It really helps my mental health, overcomes blockages and brings out the best in what I do. I also started an acting course – I've not done theatre since school! I'm excited for it.

When you come to St Mungo's, it's for a better life and you can access opportunities which weren't there before – bringing happiness to people's lives."

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