

My story

When I first joined FDAC I felt empty, struggling with anxiety which I did not know I had. And not being able to cope with life stressors such as being a victim of domestic abuse, trafficked to the UK, brought up in a conflict home by an alcoholic mum and abused as a child. I turned to alcohol and I felt worthless. I have no family here they all live abroad. FDAC made me who I am today I am a witness of change and I can't stress that enough. I received support for everything I went through from a child to and adult.

"Trial for change" that's what FDAC is for, you to change, accept and identify your problem. Thanks to the local authority, especially my sons guardian for referring me to FDAC as they saw the potential in me, having the potential to change. I count my self lucky, because not everyone will get accepted to FDAC or a second chance.

I was honest, committed to FDAC and motivated to get my son back, able to identify my problem and work on it especially by looking after myself first so as to be able to look after my son.

If a plane was having a technical issue you have to put your mask on first so as to be able to attend to your child/children and that's what I did. I had to break the cycle of what led to me being referred to FDAC, in the first place. So as for the cycle not to repeat itself again in the future and for my son not to be affected by how I was before him ending up like me in future when he was grown up.

I can't wait for the day my son will walk through the door, from foster care, coming back home where he belongs to mommy accompanied by the social worker.

So don't beat yourself up, focus on the present not the past. I know it hard for you at the moment, I have been where you are now. But FDAC supported me, my feelings and encouraged me to continue.

My son celebrated his birthday in foster care a day where we all look forward to as parents, just to celebrate your child and show him or her how much you love them. I was sad he wasn't home but FDAC cheered me up by inviting me to the office and we had lunch together on my son's birthday.

I am so proud of myself and so is my son for not letting him down 'mommy you are the best mom in the whole world' he says that to me every time I visit him. Which makes me emotional and melts my heart. It could be the other way round 'Daddy you are the best dad in the whole world' just think about those two sentences and their meaning coming from your child. (If I did it you can do it)

Thank you FDAC for mending my broken wings, I able to fly again but this time following the right direction.