

## **Sabine .... A family's story**

Sabine was living in a flat Buckinghamshire and working in London when she developed a relationship with person from Nottingham. She became pregnant a short while into the relationship. She decided to move to a flat in Nottingham when her first daughter was one year and she was again pregnant. The two moved in together and Sabine gave up her flats in Buckinghamshire and Nottingham.

Unfortunately, the relationship was very unstable and quickly broke down and Sabine had to leave the flat and seek urgent accommodation in a shelter for the homeless. After a month in the shelter Sabine and her partner decided to give their relationship another chance and she moved back into partner's flat giving birth to her second baby daughter there. When the baby three days old Sabine was unfortunately was thrown out of flat by partner and she had to move back into the shelter again. She was recommended to get in contact with Home-Start Nottingham. After another month in the refuge she was re-housed and the Home-Start Nottingham volunteer, Jane, started to visit. At this stage she was really struggling to cope, because even though she was still in the relationship with her partner it was very volatile and she was also having to cope with two babies. She had no friends/family in Nottingham [most of her family is in Austria] to offer support.

She developed an almost instant rapport/connection with Jane. Jane was very understanding, gave impartial advice and good at engaging with the children. Sabine felt she was there to give both practical - allowing Sabine to do something for herself such as take a shower or helping to feed baby – but mainly emotional, support. Support was aimed at both herself and the children.

Eventually Sabine was coping well on a practical level and visits from Jane came to an end. However, Sabine still felt in need of further emotional support [she was still having problems with ex-partner over child access issues] and Leanne, another volunteer, provided this for a further 5 months. At end of this period Sabine felt that counselling would benefit her. This was eventually arranged and Leanne went with her to the first session.

Although her relationship with partner has now completely ceased and he has no contact with children, Sabine and children happy in new home, all doing well and with lots of plans for future. She has recently qualified to teach adults floristry and art.

Sabine would highly recommend Home-Start Nottingham. She would summarise the support provided as “ongoing, reliable, consistent and impartial for both herself and her children”.