**“She said she leaves feeling happy & joyous & positive - you are all doing a fabulous job”**

Wellbeing Job Coach feedback from JOY Client

**“I am here. I matter”**

**“Thankyou! I wish I had joined when I first heard about the JOY project. I am SO looking forward to the next term!”**

**“Loved the variety of activities and feel a closeness now to the women in the group”**

**‘Joy has given me ways to cope with anxiety & shown me that my situation isn't entirely my fault, that I can help myself to overcome anxiety and find new interests. Thank you to all the staff in Joy, its great’**

**‘JOY has made me feel more included and more of a valid person.’**

**‘I feel I am more able to cope now with the skills I have learnt at Joy. I appreciate that I am not told what to do but encouraged to try stuff myself & realise I can do stuff myself’**

**‘PLEASE KEEP GOING!’**

**‘I can’t believe this service is available for women like me! It has completely changed the way I view myself, and making friends is amazing because I was very isolated. All the staff and other service users are brilliant. I’m so grateful.’**

**‘Firstly, I'd like to commend the facilitators for the good work of life saving. I'm new to Worcester and struggling with the debilitating effects of domestic abuse following my escape, mental and physical health issues. Coming out to weekly sessions at JOY Project has been therapeutic for me so I look forward to it. Thank you for all your help and support’**

***“Joy is a vital service for people who don’t qualify for psychiatric support. Gives us a place to go & engage with likeminded women.”***