

Jane's Story

Jane came to England from abroad about 6 years ago when she was in her late teens, after having lost a parent. Her surviving parent was consumed with grief and blamed the children for her partner's death and was therefore unable to parent appropriately. The children had to more or less bring themselves up.

When Jane came to England she had no qualifications and she came to Leeds as she knew it had a Jewish community.

She had family in the North of England but they offered little support or wanted little involvement. Jane was referred to LJWB by the mental health services after having feelings that she would be better off dead. Jane felt hopeless and helpless and turned to alcohol to blot out her troubles. She also attempted suicide a number of times.

Jane was left with no self esteem or self worth. She feared killing herself in case the next world was worse than the present. Jane worked with a mental health social worker for a while and eventually decided to restart her education. She completed 2 GCSEs and gained A grades which led to a 1 year foundation course at Leeds Met.

Jane went on to complete a 3 year degree gaining a 2:1. Her social worker attended her graduation ceremony for moral support.

Jane lives in an LJHA property and has always paid her own rent. She has managed to hold down a number of part time jobs whilst studying so she doesn't have to go on benefits.

With help from LJWB Jane has been able to grow in confidence and self esteem. Although she still has moments of low mood Jane is able to plan for the future.

She is currently in a relationship with a Jewish partner and with guidance & support is rebuilding her relationship with her surviving parent. Jane is hoping to buy a small property in the future and maybe complete a post graduate course. Although the work is slow and long term LJWB makes a huge positive impact on people's lives. Although Jane still requires emotional and practical support from LJWB and the community mental health services she now sees hope for the future.