I feel like I'm a person who doesn't ask for help; I just won't seek it out until I desperately need it, and by then it's like too late by then.

The services we provide are about giving people the opportunity to grow into their full potential.

I feel more positive about the fact that I don’t think my thought patterns are random. I think there's a theme. I want savings and financial security. So it brought up things very much related to my future and ambitions. I want to write and get published.

I think the more people in the community who feel they have worthwhile employment that contributes to their well-being, not only is that good for them, but it also means they can contribute positively to the community as well.

I feel like there's not a lot of support if you're mentally ill and trying to find work. The whole reason I got in touch with them was because that I had a job that would literally bring me to tears every day. It was just not good for me. So, I think it's good to have somebody there to figure out what's good for you, what you can achieve, and to be like a manager of all that sort of stuff.

Being part of the Shaw Trust and having nearly 3,000 colleagues around me who believe this and want to be part of that journey is what’s really exciting and I think today, this particular programme, the IPS run here in Shepherd's Bush, is one fraction of that answer, that goal we're getting after. And you know what? If one person is trying to do it, that's one thing, but if 3,000 are behind it, that's a whole heap of good that’s being created, and that's really exciting.