

Carl's Story

Stukeley Meadows LNR

GREEN RECOVERY



CAMBRIDGESHIRE
& PETERBOROUGH
COMBINED AUTHORITY





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My goals for the future are stability and happiness and this project has helped me take a step in that direction. It's been a very positive and engaging experience, I've had the chance to work with some great people, and it met my expectations 100%.

The biggest challenges I faced were my mental health and personal motivation. The project helped me experience positive changes in these areas - it got me out of the house and doing something physical. It made me feel more comfortable socialising again, it cleared my head, and made me much less anxious.

The project has given me the confidence to go back to the gym and has made me feel like I'm ready to get back into work. This opportunity came as a perfect time in my life and has made me feel like I have a purpose again.

