

## Personal stories

### Debbie at Red2Green

Debbie is 43 and she started to attend Red2Green's Options project in May 2008. Debbie made the choice to attend Options five days a week.

Before starting with Options Debbie attended a different service for many, many years and had become rather institutionalised. Debbie rarely joined in with any of the activities and had become de-motivated. Debbie is participating in many new activities at Options; she really enjoys sensory cooking and likes to help others and the praise that she gets for doing so. Debbie went to Newmarket races with Options in August and although she didn't come back with any winnings she thoroughly enjoyed all of the excitement. Debbie is making many new friends at Options and is making the most of her new opportunities.



Debbie said: "I like to come to cooking at Options. I like the nice staff here, and we go out and visit places. I like to help to make drinks".

Pat, the manager at Debbie's home, said: "What a difference there is in Debbie since her change of day activity. She is happy and contented and enjoying her days to the full. She is full of enthusiasm when she comes home and wants to chat about her day and what she has done, who she has talked to etc".

**Red2Green**

To find out more about the Options project, call 01223 811662 or click here:  
<http://www.red2green.org/options.htm>

This case study comes from the Opportunities Trust website. To see more visit [www.opportunitiestrust.org.uk](http://www.opportunitiestrust.org.uk)

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