



Jake

I was so depressed in lockdown, I stopped eating. I have Cerebral Palsy and I have been coming to White Lodge since I was two years old, I'm now 21!

The fact that their wide range of services are all under one roof made it so much easier for me and my mum and we feel like the place is part of our family. I went to the nursery, child therapy, hydrotherapy and enjoyed respite and now I regularly go to Pulse the youth club for 18-25 year olds.

When the first lockdown happened I felt even more alone and isolated than I had ever done in my life. All my reasons to live had disappeared over night. I'm sorry to say that I got very depressed and this made me not want to eat, I was in a bad way. My Mum was so worried that she reached out to White Lodge to see if anything could be done to help me. Many conversations and risk assessments later I was able to come in with a few other people who were in a desperate way to receive some support. I really dread to think what would have happened if this hadn't been possible.

As lockdown eased over the Summer I was so excited as I could come to White Lodge and the amazing and fun Pulse group everyday. It doesn't start until 10am but I'm here as bright as a button at 9am every morning, and I stay until 4pm.

When the rumours of a second lockdown started escalating I was so anxious that everything would have to close again. But when I knew that White Lodge could still open I literally zipped around in circles in my wheelchair punching the air with joy.

No one will ever really know what White Lodge means to me, I struggle to put it into words. But they are simply my everything and all my now best friends are here too.

It's challenging times for White Lodge as fundraising is so much more harder now.

This is why it's so important that you take the opportunity to double your donation during the Big Give Week of 1st-8th December. Please help us reach our target of £28,000, it would mean so much to so many.

Thank you and Happy Christmas!

www.whitelodgecentre.co.uk

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