WASTE NOT WANT NOT
CREATING COMFORTABLE HOMES AT AFFORDABLE PRICES

FRESH START CASE STUDY: FREDDIE

Freddie (name changed to protect anonymity) was referred to our Fresh Start programme by a Domestic Abuse Support Worker at housing provider GreenSquareAccord.



"I am thirty-nine-years-old and married my partner in 2019. Together we run a business. Last year, the business went into administration and the relationship deteriorated with my husband becoming controlling and violent.

With support from GreenSquareAccord, I relocated out of the area. Even though I escaped from a coercive and dangerous marriage, my housing and mental health needs were not being met, I felt isolated and socially excluded. To compound things further, my ex-husband traced me, resulting in me having to navigate the challenges of securing a restraining order.

I was then rehoused in temporary accommodation in a small town closer to my parents in Wiltshire. To help my mental health and recovery, I was keen to find permanent housing in a large town with amenities and transport links. Several weeks back I secured a ground floor flat and was referred to Waste Not Want Not's Fresh Start programme. Visiting the showroom with my Domestic Abuse Support Worker, I was able to choose my own furniture and household goods. I was worried about not having pots and pans and cutlery, but Waste Not Want Not was able to provide all of this for me, along with white goods, a glass table, a lovely mirror, a funky light, and lots of other furniture. My home has bare floors, and I was also able to get a lovely grey rug for my sitting room.

During my marriage, I was not allowed to make decisions, it was a real struggle. Having the freedom to choose what I want, to choose what I eat, to have the freedom to invite people over so I can socialise, all of these open possibilities, having choices can be overwhelming, but I am now focusing on my mental health.

I have also been able to secure a debt relief order and now have control of my own finances.

I am a trained primary school Teaching Assistant and once my mental health is sorted, I would like to work in a school, but in a pastoral role.

I can walk my dog Jasper across the fields and see deer and herons, I can explore and get lost, these are new beginnings for me."