

PJ's story

“I share my journey with deep gratitude for St Mungo’s, hoping to inspire others with complex traumas and difficult upbringings that they can go on to achieve their aspirations; we are all human and vulnerable. Born in Norfolk, half Scottish, I spent most of my childhood in care.”

PJ



At 15, I fell in with the wrong crowd, leading to a 15-month sentence in a young offenders’ institution. After my release, I faced homelessness in London but found refuge in a night shelter. Rehabilitation was a long journey – I volunteered in HIV and sexual health for over a decade, eventually earning a BA in Health Promotion and an MSc in Public Health.

In 2022, I started as a volunteer HIV/STI tester and later secured a role as a RESET drug and alcohol worker, despite disclosing my convictions. I worked there for a year and then applied for my current role at St Mungo’s and, to my astonishment, I got the job.

I now work as an outreach worker for Tower Hamlets Street Outreach Response Team and as the Anti-Social Behaviour (ASB) lead, using my life experiences to empower others. I am proud to work for an organisation with a fantastic Equity, Diversity and Inclusion policy.

I wanted to share a big “thank you” to our generous donors, whose support makes our recovery projects possible. Your contributions play a crucial role in transforming lives and offering second chances to those who need it most. Because of you, we can continue helping individuals rebuild their lives and achieve their aspirations. Thank you for making such a meaningful impact.”