

**Dear readers**

**I would like to tell my story a story of a struggle and hard work. It all started on a winter's night January 2006. I was 18 years old. I had just left foster care I had been in the care system for 8 years.**

**There was a long time in my life that I was moving around from different Bed and Breakfasts, families and Physical Disability Village. All this did not work out for me. I felt very frustrated angry and very worked up. I wonder why!!**

**In one of the B and Bs I met a lovely lady. She looked after her mum who was 104 and she was 74 years old. Can you believe it!**

**Then I went to meet a lovely couple named Mike and Lynn I stayed at Mike and Lynn's for a night then I had to move away. Time went on I felt I wanted some where more permanent luckily I went back to Mike & Lynn's.**

**This is now my home I have had lots of ups and downs but I know I can rely on Mike and Lynn. I have a very strong relationship with them and strong enough that I even call them Mum and Dad. I love them as they were like my real mum and dad.**

**When I first came to Link – Up I was rude, aggressive, selfish and I went round with a big chip on my shoulder but now my whole attitude has changed and I am more laid back. I am a lot kinder to people, I am more helpful and out going. I enjoy all of the staff and work Colleagues Company.**

**In the future I would like to work in politics and help in the community more. I would like to help people with learning disabilities get better opportunities by broadening people's opinions to make them more open minded and have less prejudice to people with learning disabilities**

**This proves if you work hard every thing can be achieved but in order to do this you need to focus on one thing at a time. Work really hard on achieving it and start small. Work your way up but always stay at a steady pace and don't rush things.**

**I would advise people to go to Link- Up to help them to get to their goals. Thank you for listening to my story.**

**Sincerely Yours**

**Richard Andrew Mitchell**