



Colin's story

At some point, everyone makes a mess in life.

To start off with, I came here due to my DTTO worker, who got me my chance here at Turnaround.

I was given 24 hours notice to pack a bag and leave Dumfries. It was very fast and a bit nerve breaking, to say the least. I am a nervous person to begin with but being told you are leaving to go away to a strange place was a very big mixture of panic, excitement and sadness!

Arriving in Paisley was like running into a brick wall. I didn't know what the result was and what I'd put myself into. I can remember meeting my worker for the first time, I was a stuttering mess but putting a smile on my face to try and blank out how strong I felt.

It was me that asked to come here but still I'm feeling like I don't know what I'm doing at times. In a way, I feel like I've just started a life changing prison sentence, the difference being this time I have the key and can make some good decisions. The time here hasn't been that long but I still feel like I've got some sort of guard about telling staff that I'm coping or not because I feel my life is different without some medication in on or been on. I've taken drugs since I was 12 years old and I'm now 32. I'm trying to take on the big, wide world and it is scary.

The people in here, including the staff, are a good bunch. It is a bit like a bunch of friends helping each other the best they can. My plan is to take things slow and keep my chin up as each new thing comes at me.

The plan after here is to go onto another long term rehab. I want to do that so I've got help taking part in a happy new life, not too fast but not too slow.