

I met Roy for the first time about four years ago. Reluctantly I might add, I couldn't understand then why it was so important for me to come and see him and only after much persuasion from family members I agreed to come.

I had an image in my head of who I was coming to see and it was of some old man with a beard and white hair wearing some outlandish costume, but as I soon learned this was far from the truth. Roy was the same age as me and wearing a rugby top and jeans. I sat down with Roy and I felt safe for the first time in a very long time.

I was with someone who wasn't going to judge me, he was here to help, to listen and to guide and even though I didn't expect it I was able to blurt out all my troubles, everything that had brought me to this point in my life which was like standing on a cliff edge waiting to jump. I had been to counsellors and therapists, but none of it felt as safe as this did. I was under so much pressure, I found myself crying and releasing everything that I had bottled up inside of me for years. Which was abuse, confusion, anger, guilt, stress, bullying, sadness, pain; I could go on and I could elaborate, but it's funny I now know there is no need to go on and elaborate on any of this stuff, I can just acknowledge it and accept it, but I don't need to keep living it.

Through Roy's help and guidance I have been able to make shifts in my life that I wouldn't have dreamt possible before I met him. And when it was the right time, Roy pointed me in the direction I needed to go to find more healing. But even now I still go back to Roy every six weeks to keep my body in check and have a laugh with someone who I now consider to be like a brother to me. There is nothing like a good laugh to heal the mind, body and spirit.

Thanks Roy.

Alan.