**Name of Project: Specialist Refuge Network**

**Lead partner: Ashiana**

**Delivery partner: The Nia Project**

**Borough: Ealing**

Before I came to Daria House, I was in a really bad place. I was moving around different AirBnBs, sometimes staying in a different place every few days. I was scared my ex would find me. I’d been trying to get away for a long time. He used to keep me in his flat and not let me go and I would have to do things with other people that I really didn’t want to do. He’d give me drugs and alcohol and I took them because it helped me not think about it.

I got in touch with Nia and started working with a key worker in the Anita Project. She helped me get a place in Daria House. At first, I was really scared and didn’t trust anyone. But slowly, I began to feel like it was my home. I started to trust my key worker. She always listened to me, explained things I didn’t understand, and she always did the things she said she was going to do. For the first time in my life, I started to feel safe and like someone understood me. Sometimes I felt really anxious and frightened but the staff always listened to me and reassured me.

My key worker helped me get a place on a university course studying health and nutrition. I really thought I wasn’t clever but I got an A on my first two assignments!

I didn’t want to leave Daria House at first, but I knew it was time for me to be a bit more independent and apply for my own place. My key worker helped me do all the forms, and she wrote a letter for the housing team so they knew about all my needs and my past.

I now have my own little flat and it’s close to all my support networks. I’m still doing my degree, and I’m working part time. I feel like I’m more able to say no when I don’t want to do things. I don’t need to take drugs or alcohol any more either.

I don’t know what would have happened to me if I didn’t get to stay at Daria House. I was really sad to leave but also really happy to know that another woman like me would be able to get a place there