

2019
Social Care Council
Gerard Forrestal's
Presentation

‘Track’ list

- Why am I here? Breathing out, headspace, talk
- My story of homelessness; hostel and housing
- What I learned being homeless; in the hostel, in my home ?
- What helped
- What hindered
- Core messages I want you ALL to take away from my presentation today!

Why am I here?

- ❑ I wouldn't be here if it wasn't for :

- ❑ The Social care council.

- Gerry and myself;

Evolution, God, Excitable parents ?

I was asked..

My story

- 2013 moved into a hostel;
- Moved out;
- Moved back in!
- Attitudes;
- 2014 working;
- 2015 house; struggles with it
- It is an experience;
- It is humbling;
- It is not what you think!

What have I learned?

- **Nothing is what it seems;** Subjective
- **Time is not an enemy;** it just is.
- **Collective mindset;** everything is connected
- **Systemic problem;** it is bigger than all of us, but
- **No excuses** from me, from you.
- **Acceptable?** What is and what is not
- **The blame game!** Not just a terrible local comedy show., responsibility.

What helped me?

Music; writing songs, singing, listening,

Support network; friends, family etc

Stubbornness; Refusal to give up the ghost, Fuck it.

Willingness; accept, adjust, compromise, be at peace and forgive

Me;

Other forces! Meditation/prayer, Gerry, we are all connected, Love.

What hindered me?

- **The system!** Where was social work?
- **It is a social issue,** a fools errand is mistaking truth for facts.
- **Understanding;** it isn't needed in my view.
- **Ignorance;** it's dangerous not blissful
- **Me** taking ownership, mental health, subjective unbalanced view, nothing.
- **The 'blame game'** woe is me is as popular to sing as wonderwall
- **Preconceptions!** How could we not have any.

Core messages:

Recognise each persons humanity

The **PERSON** first

Awareness; challenge your truth,

? {perceptions: yours and others!};

You have the voice, advocate, it helps.

This 'struggle'...is worth it! ...

We are all in this together.

To finish:

- ❑ Always the person first.
- ❑ Be beautiful it's you
- ❑ Be kind to yourself
- ❑ Thank YOU for listening to ME
- ❑ Thank YOU Social care council
- ❑ Thank YOU Gerry

