

Meet Sam!

We are taking this opportunity to introduce you to Sam, who has been with **scosa** for the past year after leaving school. Sam is a very social person and has brought with her a big smile and a warmth that is infectious. We asked Sam to tell us in her own words about the past couple of years in her life and some of the challenges that she has had to overcome.

Hi, my name is Sam and I am 19 years old. I have a great dad, Greg, who we call Greg the Bear and I also have a brother, Max, who is a policeman at Port Pirie.

I used to go to Modbury High School but about the time when I left school my mum died of cancer. It was very hard for us and dad wasn't sure where I would be going next. I was very upset at this time because I was close to my mum. I know it was hard for dad too, and we were both confused about what would happen next.

I don't know how we found out about **scosa**, but after having a look I started coming to **scosa** last year at the Gilles Plains Hub which is not far from home. At first it was very difficult. I was still feeling upset, and also it was a very big change leaving school where I had friends and teachers who knew me well and were there for me.



We need you to help support people living with disabilities, like Sam

It was hard to talk to people at first at scosa, because there were all new faces and I had no friends. But it wasn't too long before the nice staff at the Gilles Plains Hub started to understand me and they were really good at helping me to talk about things and I started feeling better. It's not always easy to communicate and it takes time to understand each other, but now the staff know the things I really like doing and even the things that I don't like to do.

What was really nice is I started to make friends and now I have some great friends, especially Assunta, Joanna and Nico. We hang out a lot together and do really fun things like bocce, the BeActive Program and we just started Restless Dancing classes which is so much fun. We do that at Woodville so it's also great fun to see the staff at Woodville because they are also now my friends.

Two weeks ago a group of us went to the Museum. It was really fun to see all those animals and other things and we went as a big **scosa** group.

I come to **scosa** from Monday to Friday and I love it. Thank you for reading my story and I hope you liked it. It would be nice if you can help **scosa** because then all the clients like me will have even more great things to do!

Sam