



# Stepping Stones fulfils dreams



Emma Parker has found comfort and enjoyment in her favourite past time thanks to Housing Support Workers at L&H Homes Stepping Stones project.

After not being able to return to work, Emma contacted her Housing Support worker about gaining confidence by volunteering within the community.

*"I wanted to put something back into the community and remain, healthy, fit and active whilst not being at work. We spoke about my aspirations and my love of horses from an early age so they got in touch with Weelsby Riding School in Grimsby."*



Emma has now been volunteering at Weelsby Riding School for the past 3 weeks and her confidence has gone from strength to strength. She takes part in tasks such as cleaning out the stables, tacks the horses prior to lessons and assists both the beginner and disabled riders.

*"I want to say a huge thank you to the Stepping Stones team for making this possible, I am thoroughly enjoying it."*

