

I'm Liam, I'm 22, and I've been with the Green Team for 1 year now, and I have to say, my time with the Team has been absolutely brilliant. When I first found out about the Green Team, I wanted to help out in the office 1 day a week whilst I was working. But when I left that job due to difficult circumstances, I wondered what I was going to do with all my spare time whilst I look for a new job.

So I decided to give the gardening a go, and it was the best decision of my life, because I feel so much more relaxed and my mind is clearer. The people here have made me feel welcome, considering my difficult childhood. I've made great friends with them, we all get along, have a laugh, and they don't judge me because they understand my problems, and they have unleashed the real potential in me with their wisdom and support. I've learnt so much, and I wouldn't be the stronger, wiser person I am now if it wasn't for the Team. I know it's all great stuff to add to my CV. No matter how difficult my life might get, if anything happened, this would always keep me going. I feel that for the first time, I'm actually showing myself to the community, getting my face out there, and not just in publicity, but to people who see the hard work we put in. I know that we're all very proud of the work we do, and more importantly, we all do it together as a team, with trust, loyalty and respect.

Dave and Warren: Want to say huge thanks to Dave and Warren, the Team's gardening staff for their training, and it's given me another and a greater sense of responsibility of how to take care of myself.

Andy: I'd like to say a big thanks to Andy Barrett, who did his 100 mile Santa lawnmower push last Christmas around Goole in 5 days. Me and Will said a few words about what we thought about it, "We feel proud of Andy for what's he done, and we believe it will certainly inspire others to achieve something equally as outstanding." Well I took inspiration from that and decided to do a 125 mile cycle challenge back in June.

I cycled 125 miles in 5 days and raised a massive total of £375.50. I've chosen to donate half the money to the Green Team for one big reason; for what they've done for me, so they deserve that in return, as well as the hard work we put in every day. It wasn't luck that brought me to the Team, it was something that I had finally learnt; control. I could never do it when my life was hell at school, with all the bullying. But after that, I've just grown stronger and stronger every year since. I've known more and more of what I needed and that is why. It was control that helped me leave that job. I made the decision not to put up with it all over again. All of them judged me far too easily and quickly, and that just tore me apart. But it's the Green Team that have done the complete opposite; understood, respected, accepted what there is about me, and they've made me stronger and who I am right now.

As for the other half going to Castaways, I understand that it's a theatre group for people like me. And to all of them, I know how it feels to go through every day and struggle with things. But in theirs and everyone's minds, it's a way to overcome and deal with these problems. And that's what the Green Team have done and are doing for me, destroying all my weaknesses. And that's what those at Castaways, who do struggle, should see it as; every new experience makes you more powerful, feel pride, dignity, self-respect and control over your own lives that others can never do. Every new experience is a new door, new path, new opportunity, and a new destiny. So thanks to all of you who sponsored me. Thanks a lot.