



Leo the Eagle

Spreading my large, feathered wings wide I flew the nest of home from young. But Mother Eagle was never far away just to make sure I was ok and always well fed. Being her only child, our bond has always been super strong with large waves of love filling our bodies when we were close. Even bigger than the large bodies of water that we fly over to catch fish for our supper. My friends always said I was a bit of a Mummy's boy! But I didn't listen to what they said because deep down family always comes first.

One day I was flying home from seeing my friends when I was knocked from the sky, and I fell straight to the ground. My life stopped for a long time, and it's been a full-scale battle to get myself back to a level where I can look after myself. With hard work, perseverance, and the resilience to never give up, I've come back stronger than ever and ready to fly high in the sky like I once did before.

The journey of recovery is a long road, but you can do it and, in the process, you may actually find your true purpose. So let this be a lesson from someone who has gone the distance and lived to tell the tale.

Never give up hope!!! You are not alone!!! Never suffer in silence!!! Always reach out!!! A problem shared is a problem halved!!!