

Jaqui's Story



My husband had been diagnosed with terminal cancer during lockdown and I was diagnosed with myeloma in 2014 (currently in remission).

Due to these events, I was unable to control my drinking.

After Dave's diagnosis I was drinking alcoholically (I couldn't face his illness, my illness, and life without him)

I was going to bed every evening hoping that I didn't wake up in the morning.



I have been an active, sober member of AA for almost 5 years.

When Dave died in Nov 2022, I was sure I would relapse and would be dead myself in a few months. However, someone mentioned the AA meetings at Carmel House to me.

I managed to attend just a few days after Dave's death. The lovely Sister Maire, Janet and the volunteer staff provide home cooked, nutritious lunches with delicious puddings for AA members twice a week, followed by an AA meeting.

Carmel has been a lifeline to me, both keeping me sober, and helping me during the grieving process.

There are always smiles, chats, a warm meal and friendly service.

When they extended one of the rooms, I was delighted to be asked to help out with cleaning and was invited to the opening of the new space with the Bishop.

Over the last two years Carmel has become invaluable to me and I'm hoping to volunteer to help with lunches at some point to try to pay back for at least some of their amazing hospitality and kindness.