



My name is Neil Hobby, You may have seen me working in Kingston Sainsbury's.

I was frightened of needles so I couldn't have a blood test.

I started going to the needle phobia group.

I was worried before I went, but the group was good fun. We played games and I made new friends at the needle phobia group.

The friends I made are, Rhian, Charlie, Ben, Thomas, John, Alan and Shavon.

Everyone encouraged me, nobody made me do anything until I was ready.

I had my blood test in the end. I was happy.

If you want to know more about the needle phobia group Please contact Rhian Malik on 02085476529 or Charlie Clarke on 02082747601.