

Best Bites Case Study – Working Together to Reach for Goals

The Challenge

Why was the support needed? - Brief Outline

- ✓ During a recent care and support plan meeting A said that she would like to take part in the Open Awards scheme and gain a qualification. A needed support with her communication skills and confidence. She can often experience high levels of anxiety and was struggling with her self-esteem.
- ✓ In T's recent care and support plan meeting he advised that he would like to become a mentor and work to help others.

Our Role

What actions did we take? – Brief bullet points

- ✓ Staff gave support and guidance to A to assist her to complete her course and supported her to answer knowledge questions for units.
- ✓ Staff talked to A and T to see if they would both be happy to work together, and T was given the role to mentor A as he had previously completed the course.
- ✓ Staff allocated time for A and T to work together to help A complete her coursework, and a computer was set up for them to work through questions A needed to complete as part of the course.

The Difference We Made

Outcomes achieved for people we support – Brief bullet points

- ✓ A was able to complete her Skills for Further Learning and Employment Level 1
- ✓ T was able to gain experience as a mentor and support others with knowledge he had gained from the Open Awards scheme
- ✓ A has been able to build her confidence while being supported by T
- ✓ T is happy that he has been able to mentor a fellow student
- ✓ Staff have been able to support both A and T to work towards the goals they expressed they wanted to achieve during their care and support plan meetings

Quote

Quote from person supported, family or worker that sums up the experience

A and T are both happy, A is enjoying being mentored and getting help from T and T is happy that he can mentor A and help her get her Open Awards qualification – Best Bites Staff Member