

GB – ‘Wellbeing Enhanced Through Innovative Activities’

The Challenge

Why was the support needed?

- GB has a learning disability which affects her ability to communicate effectively, and her understanding of behaviours and her emotions.
- GB struggled with her confidence and self-esteem. She found it difficult to talk to others and maintain contact.
- GB had an initial work placement which didn't work out and this has impacted GB's confidence.

Our Role

What actions did we take?

- Staff supported GB to work on her communication skills and help build her confidence.
- Staff helped and encouraged GB to complete tasks that she previously felt anxious about.
- Staff have built trust and strong relationships with GB which has led to GB feeling more comfortable discussing her needs.
- GB was supported to complete an Open Awards diploma – Skills for Further Learning and Employment Level 1.
- Following difficulties in the initial work placement, staff worked closely with GB and her parent to find another suitable placement where GB would feel comfortable.

The Difference We Made

Outcomes achieved for people we support

- GB has completed taster sessions at her new placement and staff continue to communicate with the placement to ensure that any issues are dealt with.
- Outreach support staff have noted an improvement in GB's confidence – she is engaging more with others, initiating conversation, following instructions well and is completing tasks independently.
- Following the taster sessions, GB appears to be relaxed in her new placement and the owner of the café is pleased with her progress.
- The café has since offered GB some paid employment with the possibility of increased hours in the future.

Quote

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

'I am very happy with my new job, and I enjoy chatting to the staff and working with my new friends.

I am happy with L.P supporting me even though I don't need help it makes me feel better and confident knowing she is there if I need her.' - GB