



# STRONGER FAMILIES

Building a future together

## CASE STUDY: HEALTH AND WELL-BEING

# Building up my Confidence



- Confidence Building
- Key-Worker Support
- Mental Health Support
- Home Routines



## Sarah, Bradford



**Before I started working with Stronger Families, I was very low in confidence, my youngest was in and out of hospital for all his medical appointments and my oldest was getting excluded from school. My children were also dealing with "Bed poverty" affecting their sleep and attendance at school.**

All the appointments with school and hospital got in the way and stopped me taking care of myself. I had no routines, when the children were at school; all I would do was eat junk food and sleep.

The situation was becoming very difficult to manage and it had begun to affect my mental health.

I had no confidence and felt worthless. The difficulties at home and my mental health were stopping me getting out of the house and into work. I really wanted to work within a school but I didn't have the qualifications to do this and just felt stuck.

Stronger Families listened to me and helped me put some routines in place for myself and my children. It felt good to know I had someone on my side. Along with helping with home routines, my Key-Worker arranged for my family to go on some trips with Stronger Families. The first trip was to a farm. On the day of the trip I was refusing to go, the boys were playing up and I felt rubbish.

My Key-Worker was like superwoman, she was calm and positive, she would not take no for an answer, but not in a pushy way. She knew that I could do it and that I would have a good time and she was right. We had a great family day out, the boys loved it. My Key-Worker could see all along what I was capable of and helped to pull it out of me.





# STRONGER FAMILIES

Building a future together

## CASE STUDY: HEALTH AND WELL- BEING

- Confidence Building
- Key-Worker Support
- Mental Health Support
- Home Routines



My Key-Worker gave me information for Forster College as I needed my higher level English and Maths to become a Teaching Assistant. I'm currently attending these courses and as soon as I've completed and passed I'll start the Teaching Assistant course.

The trips that Stronger Families arranged gave me opportunities to increase my confidence; I was having positive days out with my children. As I was feeling more confident, I attended the Parent Participation Forum and made suggestions about the type of celebration event families would want to attend.

I attended the celebration event with my family. I agreed to support the Stronger Families stall and be available to chat with other parents and potential participants about the service. I spoke with a few parents on the day. Everyone looked like they were having fun.

My Key-Worker had given me opportunities to build up my confidence whilst we worked together. I was really

pleased to be involved and we all had a lovely day out.

**The increase in my confidence has benefited both myself and my two boys and has given us the chance to do activities as part of a family, as I was nervous to go to events like this in the past. I have also seen an improvement in my boys behaviour at school and at home.**

My Key-Worker had also supported me with an application to Buttle UK for beds for my children. The application was successful and my children now have a good night's sleep in their own beds. Their attendance and attentiveness at school has improved too.

I am now part of the parent forums and share my ideas about how the service can help more families like mine.

### Contact Stronger Families

**Leeds hub:**

**0113 386 9900**

**[strongerfamilies@barca-leeds.org](mailto:strongerfamilies@barca-leeds.org)**

**Bradford hub:**

**01274 513 300**

**[strongerfamiliesbradford@barnardos.org.uk](mailto:strongerfamiliesbradford@barnardos.org.uk)**



**[facebook.com/strongerfamiliesLB](https://facebook.com/strongerfamiliesLB)**