



STRONGER FAMILIES

Building a future together

CASE STUDY: A REFERRAL FROM THE CHARITY SECTOR

Managing my Well-Being



- Mental Health Support
- CV Writing
- Job Application Guidance
- Family Support
- Debt and Financial advice
- Permanent Employment



Gary, Leeds



Stronger Families started to support Gary in October 2017. His mental health was a clear barrier for this family and declining rapidly. Gary was also facing a mountain of debt and felt like employment was impossible at this point in his life.

Gary was suffering with depression and anxiety which began to impact his son and prevent him from gaining his own independence.

Gary's Stronger Families Key-Worker encouraged Gary to loosen boundaries which led to Gary allowing his son to walk to and from school with friends.

When Gary's mental health declined Stronger Families liaised with Social Care and school to effectively safeguard the family. From this multi agency work, a Child In Need plan was opened and dad felt like he had much more support from these regular meetings for himself and his son.

Gary also completed a course in anger management which has made his relationship with his son a lot stronger. Further support was also offered to Gary's son within school to support his own mental health and 1-2-1 work with a professional began.

Gary felt really isolated and didn't have a strong support network where he could ask for help. His Key-Worker supported Gary to organise a "Family Group Conference" which enabled him to reconnect with family members. Gary's son now spends time with his Auntie and another brother to give Gary a break.





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Stronger families offered Gary some family activities to reduce Gary's social isolation and so he and his son could begin to rebuild the bond that was being challenged through the violent outbursts from both parties. This really helped to improve Gary's and his son's mental health.

In addition to this, Gary had various debts and was visited by bailiffs - this was having a considerable impact on his mental health and made Gary anxious even in his own home. Stronger Families supported Gary to work with Better Leeds Communities, a debt advisory service, which resulted in no bailiff or court action for his outstanding debts.

Gary was now in a much better mental health and financial space so began volunteering with the "Street Angels" in Leeds with the support of his key-worker.

Stronger families supported him in building on his skills and knowledge to

become a volunteer and update his CV, apply for jobs and prepare for interviews.

Gary wanted to become a security guard however he was struggling to pay for the security badge. Stronger Families paid for the security badge plus the training, and from this Gary secured a job and he was thrilled!

Gary is still really involved with Stronger Families as he regularly attends the Parent Forums in Leeds and contributes ideas to how Stronger Families could adapt its support for parents. He's always willing to support family events organised by Stronger Families and brings his son to help out.

Contact Stronger Families

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