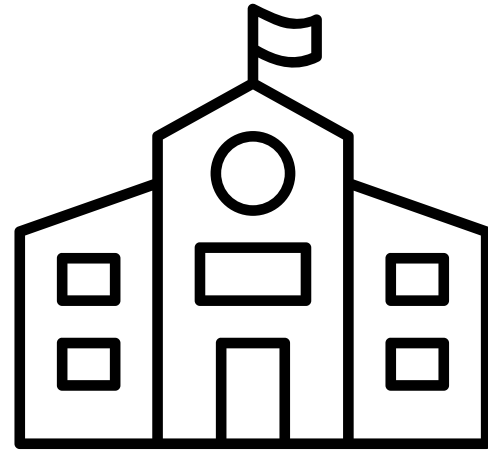


# Moving Forward + with CashBack for Communities



National  
Autistic  
Society  
Scotland



James is 17 years old and lives in the east end of Glasgow. When he was first referred, James was still at school but he had been struggling to attend.

The pandemic had taken its toll on James, physically and emotionally. He had become reclusive, gained weight and his moods were low.

James was referred to Moving Forward+ with CashBack by his Learning Support teacher.



Picking up on James' passion for languages and his ambition is to learn Japanese and travel the world, Teri matched James with volunteer mentor Silvia, who also has a passion for languages. Silvia and James have been meeting online each week, discussing topics such as: travelling, television programmes, world events, family life and goals for the future. Each session focusses on building James' confidence with the aim being for James to start meeting with Silvia in person. Additionally, James has been receiving 1-1 support to identify suitable college courses and prepare for interviews.

As James' confidence has grown through all of these activities, he has become more open to trying new things. James decided to join our online, young person led 'Theme of the Week' group. He has brought an amazing energy to the group, and now actively leads the conversation, always suggesting new topics for the group to discuss. One-week James suggested time travel, which started a lengthy debate! Last month, James even said he felt ready to join the face to face group we will be running from April. These sessions will help James to further develop his confidence and coping skills while making connections with other autistic young people.



James was successful in his application to college! The plan for the next few months is to minimize James' anxiety for this transition by providing travel training to college and giving him opportunities to enhance his social skills.



“I’m not going to lie it was uncomfortable to begin with, but I think I’ve learned to be comfortable being uncomfortable and I have managed to try new things. I meet with my mentor online once a week. I like it being online as I feel more relaxed chatting about things as I am at home. I still feel I am learning about myself just because I am growing up as I am only 17. I feel a bit incomplete, but as I am learning more about my autism and how it is a part of me, it is helping me with my confidence.” - James

“Moving Forward+ with CashBack has completely transformed James for the better, my son has become more mature, he’s so calm and his anxieties have eased tremendously. Just knowing James has an outlook each week, a purpose, something he can engage in and feel comfortable, has made him all the more confident within himself. To see my son in a better place mentally has made all the difference to his self-esteem. I feel so grateful that James has this and I just want to say a huge thank you to everyone.”  
- Deborah (parent)

