

DM was firstly referred to Barnardos by his school. He he had been remote learning for over a year due to being badly bullied which made a huge impact on his mental health.

When DM began working with us, he worked on a one-to-one basis with a project worker where DM disclosed that due to the bullying he suffered at school, his anxieties had stopped him from wanting to interact with other young people his age.

DM, alongside the project worker, began to identify which barriers were stopping him transitioning into college which is his goal. Together they worked on DM's sleeping pattern, learning how to start and keep a conversation, how to revise a study plan and work on building up his confidence. DM's biggest barrier was his fear of interacting with others his age, which he would need to overcome for starting his college course.



After working one to one with the project worker, DM felt ready to transition onto the Fit for Work programme where he would be in a group with 7 other young people his age. DM was anxious for the first group meeting, however, he came to session eager to put his anxieties to one side. DM so far has got involved in the group activities and found things in common with the other members in his group. Since the Fit for Work group began, DM has been slowly coming out of his shell again.

DM can get the bus himself to the group twice a week where he is always on time. Each week he is able to overcome his anxieties in a group setting by engaging in the programme. DM is working hard to gain his SQV2 Personal Development Award, where he is learning about different things such as budgeting, independent living, and his community, which are helping him prepare for his college course.

Before joining the Fit for Work programme DM would have anxiety about being around other young people his own age and being in an educational environment again at college.

The Fit for Work programme has helped DM to realise that learning and interacting with other young people can hold many benefits such as making new friends, and building life skills.

The programme is helping DM manage his anxieties, allowing him to see the positives in life.