

IMPROVING HEALTH AND WELLBEING



Case study 1: K (Starcatchers)

K first attended a session with her baby H in late 2023. K was experiencing barriers to accessing local activities, severe anxiety and a feeling of being “out of place.”

At first, her mood was low, and she struggled with settling into the routine of attending every week. With regular, one-to-one support, since the new year K has been attending regularly.



Starcatchers

“I’ve got anxiety, it’s quite hard for me to come in the first place. But when I started coming I seen how much H enjoyed it, and I quite enjoyed it too! [...] **I like seeing my wee one having a good time, it makes me feel good.** I feel like my anxiety has calmed down. I couldn't talk to someone without turning bright red. I can talk to someone right away now.”

Case study 2: D (The National Autistic Society)

D is 10 years old, and has been out of education since Primary 3. He experienced significant trauma during his early years, which led to him being placed in kinship care with his grandparents.

Support from staff gave D the confidence he needed to engage with more opportunities and widen his social circles. To support his journey back into structured education, D has been awarded a place at the local Forest School, where he can learn new skills and meet other young people. **“I have enjoyed the meetings and we have learnt and done a lot. Getting my award and seeing people is good.”**