

## CASE STUDY

# KURT'S STORY

## NOW I HAVE A SENSE OF PURPOSE

Kurt was referred by a social prescriber at his GP practice. He had been home alone on his computer for a while after a lack of reasonable adjustments at his workplace gave him no other option but to leave.

The person-centred plan Kurt and his connector Bev developed together described Kurt as “cheerful, hardworking, caring and a bit shy” with dreams of travelling, friendship and securing paid employment topping his list of immediate goals.

First they developed Kurt’s new CV from which he could work with a job coach at The Job Shop in Coventry city centre. Then onto a weekly programme of Help and Connect group sessions to develop his skills and resilience. Known as ‘Top 2 Toe’, the sessions are linked to a friendly WhatsApp chat group where Kurt could slowly get to know others on the project.

***“It gave me a sense of purpose and a reason to go out,” said Kurt.***

With his sense of belonging and self-confidence growing, Bev connected Kurt to Grapevine’s Health Team — a group of people with learning disabilities bringing education and awareness to peers and health professionals on living longer, healthier lives.

Kurt is now a valued member of this team — joining in with campaigns and playing roles, on and off camera, that help dispel common myths around disabled people’s prospects of a healthy, happy life.

He also brought his own experiences to share on the Help and Connect project, returning most recently to co-deliver a workshop he himself had previously attended on digital skills.

Kurt’s passion for technology is a part of his story and he has successfully used this passion to move from using his computer alone at home to enabling others to use technology to become better connected themselves.