

RUTH'S STORY

CONNECTING WITH COMMUNITY

When we met Ruth, an isolated young woman from Coventry referred to Help and Connect, she wanted to get out in the world but didn't know where to start.

She met her connector Michelle and the person-centred plan they made together became:

- One-to-one support on positive friendships and relationships
- Planning time for short trips using public transport in her home city
- Ruth's first visit to the cinema to watch Zootropolis 2 (10/10, would recommend) and supermarket snack run beforehand to save some money
- Learning how free loyalty programmes can save money and earn rewards
- Introductions to community groups and friendly local organisations that can support Ruth's creative side, such as Crow Recycling Scrapstore and Creative Kindness
- Accessing her own bicycle through a local scheme
- Meeting her peers on Grapevine's Health Team who advocate for better health through greater understanding of the barriers faced by people with learning disabilities
- Finding safe spaces in Coventry city centre that Ruth can visit if she's worried
- Regular 'Top 2 Toe' group sessions on topics to keep people safe, healthy and connected.

So what's next for Ruth? She and the rest of the group completing six months with us on Help and Connect planned a group trip to the cinema, travelling together from a meeting point in the city centre.

And thanks to Ruth's idea to create a book of her family's favourite recipes, the group also received free training on using the online graphic design platform Canva from Cov Connects — the same Coventry City Council team behind their free, repurposed laptops.