

## CASE STUDY

# KATY'S STORY

## LIFE IS GETTING BETTER FOR ME

*"I'm feeling so much better and me and Clare from the group are still chatting and meeting up. I even went swimming and to the gym." (Katy)*

Katy lives with her grandmother and was referred to us by Age UK. She was very isolated, rarely leaving home and keeping to herself in her local area through fear of violence from ex partners.

Katy has a learning disability, mental health issues and social anxiety, surviving abuse in her younger years and also her daughter being taken into care. Compounded by losses of her father and grandfather, Katy was at breaking point when we met.



We built Katy's self-esteem through one-on-one support, initially nurturing her confidence in staff at her local cafe. She's growing her connections to safe places and people who know her, joining yoga groups and slowly opening up by chatting to older people on her walks.

Our encouragement and support has helped Katy begin counselling sessions with CRASAC.

She no longer wants to give up on life but rather make a difference by studying online mental health and caring courses that will one day help her help others.

We continue to journey with Katy, connecting with more positive people and experiences as we go.