

GOOD NEWS STORIES

Prevention and Promotion Fund for Better Mental Health – Rotherham

Back to employment

Ann has been part of the organisation for many years, she is a single mum of 2 amazing young people – one of whom has complexed needs and disabilities. Throughout covid Ann's care needs had increased as well as her young person needs, resulting in the family becoming extremely socially isolated affecting Ann's mental health and wellbeing. Ann has a complex history including domestic violence and her own mental health issues, Ann has many self-doubts and lack of confidence, but also has many skills, knowledge and life experiences.

When the project started we contacted Ann to ask if she would like to come along and have a chat, to explore how the new project could support her, but also how she could potentially be a valued volunteer as part of the project.

Ann was eager to help where possible, she helped to set up a weekly coffee morning, to provide a place for people to come along and have a space to support one another. She began to support people naturally and quickly started to realise she had something to give too. Her mental health improved she felt like she had a purpose, she was no longer "just a mom" through volunteering she made new friends and socialised with them too.

Whilst volunteering a job that interested Ann was advertised, Ann was a little unsure whether she should apply, her self-doubt set in and she started to question her knowledge and capabilities. Through the group as part of the project they supported her to apply, even if it were for experience! Ann applied and used her experience from volunteering for the project as well as previous knowledge, the team supported her to believe in herself as we believed in her. Ann was successful in her application and secured her first paid role in 12 years!

Ann still supports as and when she able to between work and life commitments, her confidence has grown, she no longer feels isolated and has a good support network around her. Ann's mental health as therefore improved and she is feeling positive about the future. Ann said "without the project I would never believed I could, the

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group has helped me so much, for the first time in a long time I am looking forward to the future!”

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