

GOOD NEWS STORIES

Prevention and Promotion Fund for Better Mental Health – Rotherham

Three generations of support

Jayne is a parent/carer for her daughter Rachel who is 22, Rachel is diagnosed with Asperger's (Autism). Rachel has an EHCP (Educational Health Care Plan) and attends a college in Doncaster. Jayne also supports Rachel to look after her daughter Emma who is 6 and is currently being assessed through the child development centre.

Jayne saw a poster for this project and was feeling run down and isolated she was struggling to cope with her care responsibilities as well as her own mental health needs, she contacted us to see what support we could offer. One of the project volunteers contacted her and had an initial conversation over the phone, from listening to Jayne they could hear the desperation in her voice, the sheer complexity of her life was weighing heavy on her shoulders. The volunteer invited her to come along to our coffee morning to chat with other parent carers and also have a 1:1 chat with them.

In between Jayne speaking with the team and attending the coffee morning a week later things has escalated and pressures on the family had increased – Rachel has found out she was 9 weeks pregnant. This had caused a huge divide in the wider family and left Jayne wondering how she would be able to support another baby in such a high pressured environment with no support!

Jayne arrived at the coffee morning and was very upset, the team supported her to talk through her situation, they helped to start to unpick what was happening and where support was needed. They helped locate support services which may be of benefit and arranged another meet up to continue to unpick and listen.

The volunteer met with Jayne in her local community where she felt comfortable, they explored different options and helped her to make contact with organisations we suggested and Jayne felt would be right for her. We also helped her to seek support from statutory services and an advocacy service for both her and her daughter Rachel as we felt the complexity of the families situation needed more than we was able to provide.

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Jayne continues to access regular face to face activities, helping her mental health and also giving her some much needed down time. Jayne said “Without the support of this group I don’t know where me and my family would have been, they are all angels! I know what I need to do now and where to go for support and I know I am not alone in this. The weekly chats have made me feel better. All of the team are so lovely and I look forward to our chats”.

We will continue to support Jayne at our weekly coffee mornings, and should she need further support in the future, we will be there to enable her to access support needed. We hope we have given Jayne the tools and knowledge but most importantly the confidence to approach the services she and her family needs. Rachel is being support through other support and advocacy services, Rachel has a better relationship with her mother, now that Jayne isn’t the one having to support with everything. Emma will continue with assessments through the child development centre, things are now calmer at home and support is in place this will have less impact on Emma too. Emma is also accessing our activities with her grandmother and having more social interaction.

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