



## Beth's Story

The Hopeful Families programme's aims are to work with pre-troubled families, with a specific focus on people most at risk of social exclusion, anti-social behaviour, academic potential, families affected by abuse and problems relating to not being in employment, education or training.

Beth was seeking help to gain access to opportunities to enhance her self-management skills due to her post natal depression, anxiety and memory related issues, and was referred to the Hopeful Families programme. The team sat down with Beth, who discussed her goals and objectives with the team and together they wrote up a plan of action.

Hopeful Families provided Beth with information, advice and guidance to explore motivational support via a life coach, with wellbeing and holistic support provided via the Well Woman project. Beth was also supported to have a health check and home visits by NHS Live Well, who provided links to community activities beneficial for her wellbeing. On top of all of this Beth accessed a money management and cash flow course, and with savings made from what she learned, Beth was able to and enjoy a holiday away!

Being on the Hopeful Families course means that the team are always looking at opportunities for participants to get into work, gain qualifications and get necessary work experience. Throughout her time on the programme, Beth was actively searching for job opportunities and was supported with writing her CV and sending out job application forms. She was also provided the opportunity to access a Level 1 qualification in Maths to improve her qualifications, which she went on to complete!

Beth's time on the Hopeful Families programme helped to lift her mood and enhance her mindfulness, coping techniques, stress management and communication, and is leaving feeling stronger, more resilient and with the skills she needs to meet her future aims.