



Case Study - Ewan

Ewan was referred to the Hopeful Families programme with the aim of increasing his work prospects and ultimately gaining employment. The warm and friendly Hopeful Families team immediately made Ewan feel welcome and went through his aims and objectives with him, as well as what he felt his barriers to employment were.

Ewan's goals were to get onto an English language course at a college, as he's a keen copy writer and one day wants to work in creative writing. The Hopeful Families team initially tailored Ewan's support to exploring jobs for roles that were of interest to him, and identified what the application requirements were for each post. Ewan was encouraged to attend job opportunity fairs and health & wellbeing events, along with sessions that looked at any potential triggers that negatively impacted on his day to day living.

The Hopeful Families team noticed that Ewan could be slightly anxious, had a quiet stance, and didn't adapt to too much change at once. It became apparent that one of his coping techniques was avoidance, and that he could become quiet and closed when he was feeling down.

It also became apparent that good quality sleep was an issue for Ewan, and so to help with his mental health and sleep issues, Hopeful Families provided him with information, advice and guidance through the NHS Live Well initiative, which proved to provide positive steps that helped improve his wellbeing, motivation, eating habits, and his search for work!



Hopeful Families offers opportunities to build hope, confidence and skills for people who are not in work. It is funded by the European Social Fund and the National Lottery Community Fund.



Following this, Ewan's confidence grew and grew, and we are delighted to say that through the support he received from the Hopeful Families programme on improving his job applications and blocking out any negative thoughts he had, he has now found employment and started a new job!

"I recently secured and started a job within a post office, which has further business training that will help with my future career progression. I have applied for varied jobs, some as a CAD technician, some in retail and some in business. I also considered opportunities such as the British Gas scheme for their 2 weeks work experience and skill uplift offer.

My aim when joining Hopeful Families was to look at creative writing jobs and while on the programme I completed a course in copy writing, which gave me extra skills that helped with my career progression. I was supported by Hopeful Families to look at services that could help me to build my resilience, as well as to go to job fairs, explore the City Connect bike service as I live in in a poor transport area, and look at digital marketing opportunities and apprenticeships."



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