**Minding The Gap case study: Saffy**

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|  | Saffy is diagnosed with Postural Tachycardia Syndrome and Chronic Fatigue Syndrome which led to her receiving home tuition a few years ago as she became medically unfit for secondary school. This in turn led to Saffy’s social isolation from her peers which caused anxiety and resulted in Saffy being largely house bound and heavily dependent on her family to access the community. Saffy needs support to complete everyday tasks within the home and will often remain in her bedroom.  Saffy had identified that she wanted to gain further qualifications to help her move forward in the future and hopefully acquire a part time job in an appropriately supportive environment. Saffy wanted to develop her independence as she felt she was too reliant on others. She really wanted to be able to access drama, music and creative writing.  Saffy engaged in a whole range of activities with Lapwing including: a monthly music participation workshop; volunteering at a local horse riding facility; joint sessions with other participants; visiting a local gym (where she is now a member); cooking healthy meals; arts and crafts sessions; a group textiles session; a photography exhibition; a theatre group at Red Rose Chain, and Jimmy’s Farm to research a possible volunteering opportunity.  As Saffy tried these new experiences, her confidence and motivation greatly developed. She is now studying for a psychology award through 1:1 tuition and has a set daily routine with time allocated to work towards a creative writing qualification as well!  **Saffy’s feedback on the project:**  *“It has definitely helped. It has given me something to look forward to and has provided the motivation to get out of bed. Most days before I started on ‘Minding The Gap’ I wouldn’t get dressed. It makes me feel more confident and makes me feel a lot happier.”* |
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