**Case Study 3**

The Childcare Team received a referral from the perinatal mental health nurse explaining mum had been under their service and was receiving support from ARC. Mum has a diagnosis of ADHD, Spina Bifada and Benign Tremors. Mum is a single mother, caring for her son and only family support is her mother who has been diagnosed with lung cancer.

Mum was required to support her mother and to attend hospital appointments leaving her without respite from her son. The added pressures lead, increasing her anxiety and panic attacks. Mum was a looked after child herself, along with her siblings so the situation had a potential to be even more triggering.

Although mum tried to attend groups, it became increasingly difficult for her to access and focus which meant her son was often around adults due to his grandmother’s diagnosis. Mum struggled to prioritise her son’s stimulation and socialisation as well as prioritising her own health appointments.

The Childcare Team allocated funding for the child to attend nursery two mornings a week. During this time, mum attended hospital appointments with her mother also allowing mum respite to relax and to attend appointments for herself, helping to reduce maternal anxiety. Unfortunately, mum’s mother passed away. The child received time away from the family upset, giving him the opportunity to socialise and receive appropriate stimulation whilst giving mum the opportunity to grieve. Mum’s anxiety reduced and positive feedback has been received following the support.