**Conwy case Studies - CCG**

**DASU Case Study**

**Before Intervention**

A referral was received for a young person aged 10 years. Her mother was receiving support from the community team due to domestic abuse with the alleged perpetrator (A/P), being the YP’s father. After the A/P left the family home, the young person disclosed to her mother that she too had often been physically assaulted by her father. The mother asked for support for her daughter to help her with the trauma and the conflicting feelings that the YP was having. The YP lacked confidence and self-esteem and felt that she was to blame for the situation.

**Intervention**

The YP is in primary school, and the sessions are arranged through school. Weekly sessions are delivered where the young person can offload to the FSW who helps her overcome her fears and help rebuild her confidence and self-esteem. The young person and FSW have completed the STAR Programme. During the sessions they work on emotions, feelings, and healthy relationships. The FSW has supported the young person with her worries about giving statements to the police and having appointments with CAFCASS. Recently, during the child - contact court case it was suggested by CAFCASS, that the young person make a memory box for her father to send her letters as no face-to-face contact was permitted. This will be completed with the FSW and the young person together on the next session. The family will continue to be supported through the court process as required.

**Outcomes**

* The young person understands what domestic abuse and coercive control is;
* The YP understands that none of what’s happened to her is her fault;
* The YP knows how to keep herself safe;
* The YP feels more in control and confident;
* The YP is settled living with mum and her siblings and feels relieved that she doesn’t have to see her father currently.

**Feedback from mum**

“I am so relieved that my daughter has had some help through the process. It gave her the confidence to express her concerns, feelings and wishes to CAFCASS”. "

**HOMESTART Case Study**

Family C was referred to our service by a Flying Start Midwife, as mum’s family all lived out of the area, she had two young children, and she was socially isolated and had no peer support network. In the referral, mum was identified as being a young mum suffering with social anxiety and struggling to access public transport to get to groups.

Following an initial assessment, we matched one of our new volunteers, who said she wanted to help young mums, as she herself had benefitted from women who had been there’s for her when her children were little. Since then, the volunteer has given both practical and emotional support to the family.

The volunteer has:

* Supported mum to organise her home so the children could have a room of their own, so that everyone could have a better night’s sleep;
* Encouraged the family to sit around the dining room with table with children at mealtimes, as well as promoting healthy eating by introducing different foods for them to try;
* Spent time reading with the children, which has inspired mum to do the same;
* Supervised the children whilst the family moved house;
* Accompanied the family to our ‘Play Through Sound Workshop’, ‘Wee Ones Meeting Wise Ones’ Session and our Walk & Talk group. This has given mum an opportunity to meet other mum’s and build up her confidence. It has also provided a safe space for C1 & C2 to interact with other children;
* Supported mum to enrol C1 at her local nursery in preparation for when he starts school.

The family have also been provided with children’s clothes from our Clothes Share, an Easter Hamper and Christmas Hamper and a Christmas meal through the FoodShare. We also acquired a pushchair for mum through The Hummingbird Project, so she could get out and about with her children.

Mum said of her volunteer and the Home-Start Team:

*‘It’s really nice when my volunteer comes round, and C1 loves her’.*

*‘My volunteer’s visits are something to look forward to, as I can have some adult conversation’.*

*‘They are really friendly and helpful’.*

*‘I am really grateful for their help’.*

**Dued’O Case Study**

Deud’O is a Spoken Word Creative writing group that helps young people aged 11 – 18 years gain confidence in creative writing, poetry and performing spoken word.

The session use various media (writing prompts, photos, video, music, nature walks) to encourage participants to improve self-expression in a way that promotes greater feelings of well-being and confidence.

Young people who attend these sessions tend to be shy, introverts, or have social, cultural barriers, disabilities, or challenging personal circumstances that hinder them joining in other community activities.

Deud’O sessions are a safe space to: share inner feelings that are difficult to express at home; unburden their frustrations about difficulties at school or home; join in discussions or writing about subjects that might get skipped in the school curriculum.

Previous participant questionnaires repeatedly show attendees leave feeling happier, more positive and more confident. Attendees continue to report this at sessions.

Child X is one such participant, who exemplifies the ethos of how Deud’O brings confidence through creativity and expression. Child X joined the sessions as a quiet, thoughtful person, with a keen interest in writing, and since becoming a long-standing participant has become more confident poet and has engaged more fully with the community:

* producing and self-published a complete pamphlet collection of poems and sharing them with friends, family, and the Young Creative’s group
* fundraising (via self-promotion/copies of the pamphlet)
* performing poetry on stage at a Bangor University fundraiser festival (Draig Beats)
* accepting a paid slot at the local spoken word night alongside seasoned spoken word performers

These successes and hurdles overcome by Child X have also inspired other members of the group to think more seriously about their writing, editing and entering work into competitions and applying for mentoring and funding to be more creative on a longer-term basis. It bring cycles of positivity and increases confidence of newer or younger members of the group.

**Outcomes**

* greater confidence and self-expression
* better expression (in both English and Welsh)
* more fluent writing and more fluid thoughts
* bringing new creative work to other audiences and other parts of the community
* the sharing of personal experiences that increases community empathy and understanding of life experiences of others
* the opportunity to work with other poets in the community / shared creative outputs