**Community Grants Individual Case Study Guidance**

Please provide details of a participant/group’s story including background and major achievements in relation to their starting point. Examples are helpful, if the participant has overcome a barrier, how is this evidenced? Where possible, please use quotes from the person to make it human - it’s important that you tell the story, not just report the facts.

If you can please include pictures and videos, if you want to, you can deliver the whole case study on video.

You will need to complete the attached consent form, have the participant sign it and send it with the case study.

Some notes to help you write the case study. These are not exhaustive, please use them as a guide.

**Who the person is and their situation on joining the project?**

* Mary, 50, single mother, wanted to return to work after bringing up children
* Jim, 26, Homeless lived on street for 6 months after leaving army
* Dom, 38, had a traumatic childhood and is now in recovery from addiction
* Louise, 20, suffered traumatic brain injury in car accident, now recovering and looking to continue her education
* Gavin 35, made redundant, lost confidence, long term unemployed, looking for work, stuck at home

**Barriers faced?**

For example Mary children left home and she was socially isolated, lacking confidence, her skills were out if date and she was anxious about the future.

**Why they took part (what is their motivation?)**

* Get out of the house and meet people, develop/refresh skills, build confidence, get a job, get into education.

**What they did on project**

* Training - developed job hunting skills, learnt how to use a computer, learnt horticulture skills, developed independent living skills.
* Work experience – worked with local employer, helped host project by working in greenhouses growing seedlings for sale, worked in project café.

**What they got from their involvement in the project**

* Gained confidence (spoke in front of group, led a team who refurbished project café)
* Reduced anxiety
* Wrote CV/applied for work
* Developed skills
* Became less isolated

**What they are doing now**

* Got a job (now working for M&S as a Sales Assistant)
* Started as course (training to become a plumber, enrolled in social care course)
* Started own business (has a market stall, opened a nursery)
* Volunteering (peer mentor in recovery group, working in local charity shop)

**What difference it has made to them**

This could be a quote or a statement or both.

* “*Before I started on the project I had no confidence. I was very shy and didn’t like speaking to new people. I was happy to let other people speak for me. Now I interact with customers and feel comfortable answering their questions, or going to find out the answers if I don’t know. It has always been my dream to work in M&S and I really enjoy it.”*
* Jim is now living independently and managing well. He is working as a porter in the Queen Elizabeth hospital and his confidence and self-esteem have grown to the point where he plans to apply to train as a mental health nurse.
* Louise has refreshed her skills, developed a supportive social network and enrolled for a level 3 course in interior design at Mid-Kent College.