

Case Study 5

Caty was unsure that Working Matters would meet her needs when she first met her adviser in August 2016. But she later asked to be referred to, and then join the programme in November 2017.

Caty had problems with health, anxiety, depression and suffered from a lack of confidence, sadness and bereavement.

Whilst working with her adviser Caty attended a condition management course which included hypnotherapy and a relaxation through mindfulness course. She also was referred to *Money Matters* to get help and support with money and debt issues. Caty felt their debt issues stopped her from moving forward. This continues to be ongoing but resolution is now in sight much to her relief.

Caty's deep depression was supported through the hypnotherapy and mindfulness courses. She has taken up a further opportunity of a pass to the local gym and swimming pool which she is enjoying and which is helping her to get fitter. Caty's adviser also supported her to create a C.V. and gave help with interview techniques.

Caty felt ready to move into permitted work and undertook additional training with the aim of moving into full time employment.

Caty has been accepted on to a contact centre training course and will, with support from their adviser, move into full time employment.