

new futures – Superact - accepting support

Phoebe has remained motivated and stuck to her goals



Phoebe had a long history of alcohol related offending and had been through numerous programmes and supervision orders, but had always been reluctant to accept help and support, which contributed to a lack of progress. A recent diagnosis of bi-polar finally helped her to understand her moods and behaviour and she had begun to manage her alcohol use, medication and mental health. She also recognised the benefit of having more support so was referred to **new futures**.

One of Phoebe's main issues was lack of confidence and although she had aspirations to go to college she felt that her background and mental health issues held her back.

Phoebe's **new futures** case manager referred her to the SEPE programme (a personal development and employability skills course) delivered by Superact to help build her confidence, team work and group skills.

Phoebe attended the three taster days and went on to complete the course. The feedback from her **new futures** case manager and Superact tutor was very enthusiastic, and at the end of the course she gave a presentation to a group, something she said at the start of the course she could not do. Phoebe also produced a fantastic piece of artwork which did much to boost her confidence and self-esteem.

Phoebe's new futures case manager helped her to realise her college aspiration, by supporting her with her written application for a course in hairdressing at a local college, and was able to obtain funding for fees and equipment. Phoebe was successful in her college interview and even managed to save money to purchase her own books and uniform.

Phoebe has remained motivated and stuck to her goals, and will benefit from the support she received from **new futures** via Superact and apply what she has gained to her hairdressing course and what lies beyond.