

## Case Study



James is a middle aged man who currently lives in a supported living setting. James attends the Bowersdale Centre on a regular basis, usually early mornings when his anxiety is at a high. James finds it beneficial to chat to staff during this time when the centre is quiet, he says it relaxes him and gives him relief from his attacks. James leaves the centre once his anxiety has passed so would usually only stay around half an hour.

This has now changed James still attends the centre early mornings to chat to staff as this has now become part of his every day routine to relieve his anxiety, now once James feels this has passed he joins in with other service users, playing pool, chatting and socialising with others often talking about football family and music.

James has also developed a strong friendship with another service user who attends the centre and they regularly go together to watch the local team play football and the ground. They have a coffee before the game and a good old catch up afterwards.

James's confidence has increased to such a degree that he has recently found himself a girlfriend which he travels independently by bus and train to see her once a week. They enjoy going to the bingo and going to local cafes for a coffee. James has met her family and is pleased to say they gave him the thumbs up!

James brought his girlfriend to our most recent Hawaii Summer Party at the centre where he proudly introduced her to all his friends and staff.

Staffs at our centre creating a safe environment and a listening ear, James feels comfortable to talk and work through his anxiety, enabling him to grow and become confident within his own skin.

The staff and the Centre have become a major part of James's every day life.