



Case Study

Bethany Ward



My name is Beth I am 22. When I started at the project I had been stuck at home since leaving college in July 2015. It was boring being at home and I had lost touch with my friends. I didn't feel good about myself, low and trapped. I have never had a job and only done a two-week work placement in a charity shop. I found it hard especially the staff, I felt like I was unwanted and a nuisance.

I have some qualifications including a level 2 in IT and a level 1 in horse.

- I helped to pay bills
- I do the housework
- I do the cooking
- I do talk to the utilities people with my Dads permission
- I have become my Dad carer



Lots has changed since coming on the course I feel more confident. I have surprised myself loads of times with what I can do. I have taken on a lot more responsibility at home as my dad has health problems.

I came on the project to get out of the house ,to make friends, to build my confidence. It has really worked out for me.



Any future plans

I would like to try finding a work placement next. I need it to be part time. I think this would be the best next move as I don't have any work experience. I need to be in chatters or march. The kind of thing I want is Aldi near me would be great Tesco or being a receptionist. I have managed to get a temporary job at Tesco and am leaving the course. I am really enjoying work, far more than I ever thought I would.