



Fife-etc good news story

Madeline was introduced to Fife - etc in her local job centre in early January 2016. She had a one to one discussion which identified that she would like support to return to employment. However she has had problems with her mental health alongside recently moving into the local area with her dad combined with not knowing any people her own age (She is 26 years of age).

After discussing Fife - etc provision it was agreed an initial referral to The Gilven Project would be her first step toward employability as they offer one to one support. Madeline was concerned about being in groups and it was felt group support would increase her stress and anxiety levels, so we hoped that one to one support from the Gilven project would lead to her being able to move through Fife – etc and eventually be able to take part in group work. It was therefore discussed that there would then be the opportunity through Fife – etc to progress through partnership working to move on to the BRAG Sportworks course as this could introduce her to people in her own area, help with her confidence, motivation and self-esteem as this had affected her mental health due to not going out and having no circle of friends in the local area.

The referral was made and Madeline was referred to The Gilven Project in the first instance and she completed a course which included self-development and Goals. Through discussion with The Gilven Project Madeline then progressed onto BRAG's Sportworks course. This involved job seeking skills coupled with a range of sporting activities. This course also included team work and communication. Madeline completed this course successfully and from this she gained a First aid Certificate, up to date CV and 'sportleader' certificate.

During the course she was introduced to Fife - etc partners and through this she has now started a programme with FEAT to continue to support her mental health which is hoped will lead her to further partnership working to reach her goal of employability.