



Brag Good News Story

Michelle attended the Sportworks Open Day in Cowdenbeath in November 2015. She suffered from anxiety and anger issues and was concerned about her ability to interact in a group. Michelle's work coach from JCP also attended the Open Day and the agreement at the outset was that Michelle could attend one day at a time. By week two Michelle was participating in group work and by week four, had established friendships both within and out with the group setting. Michelle then voiced an interest in volunteering as a stepping stone to employment and agreed with Brag staff to be referred to Fife Voluntary Action. Michelle met with FVA and discussed her various options and decided to participate in a volunteering placement in an Admin role. As she has been out of work for more than 8 years, we all agreed this was a positive first step back into the workplace for Michelle. Michelle is now volunteering 3 days a week in an Admin role for British Heart Foundation and this is proving very successful in increasing her positive mental attitude.