

Appendix 3

DurhamEnable

Case Study: DB – Trainee Community Navigator

DB initially went to work on a brick laying apprenticeship believing that it would allow him to work while trying to manage his anxiety and depression. However, this did not provide to be the opportunity for which he had hoped. After six months in employment, he was out of work and visiting the job centre looking for employment.

At this stage DB acknowledges he was struggling with his self-confidence, he felt worthless, and the future felt daunting for him.

DB found out about DurhamEnable when they were suggested to him by the job centre. He was advised that they support people with disabilities, neurodiversities, and long-term health conditions. Initially DB believed that DurhamEnable was another support service and didn't hold out much hope.

However, the support that DurhamEnable offered helped DB re-build his confidence brick by brick and to believe he was good enough to succeed. He realised that he wanted to work to support people who were in similar situations to his. DurhamEnable supported him to apply for and was successful in gaining employment with Horden Together who work to support people with mental health problems, substance abuse, one to one support or signposting to other organisations. DB accepts that this is hugely different work to bricklaying, but he feels that thanks to the support of his manager Ali Turner at Horden Together, and DurhamEnable he has fitted right in. He believes he is in the right work environment for him. He considers the people he is working with to be supportive, and despite the challenging nature of the work he never feels alone and finds value in helping and supporting people who are experiencing the same challenges that he did in the past. DB also believes that if he is struggling in his job, he has people he can ask for help and support. Thanks to his restored confidence he also feels that there are more opportunities in his life now. DB now believes he can aspire to develop in his work and career, which is something that he did not feel possible for "the old me."

James Dowson who is DB's DurhamEnable job coach reflects, "When I met DB he seemed at a loss and was undermined by his doubt and anxiety, but I had a positive impression of him. I am sure initially DB felt that DurhamEnable was just another service, but he was quickly able to see beyond that to understand how the service could support him and help him see past the traumatic events in his past, which made him feel that he could not trust the world."

"Once DB had regained his confidence and self-worth, he did not require a lot of support through the job application process and into work. I know that since he has started this job he has had fantastic reviews from his manager, and we all feel that this job is a match made in heaven!"

"DB could not have been a better DurhamEnable client. He listened and did everything we asked of him. We are delighted that he is so successful in his job."

"The difference in DB is like night and day, he is so confident and assured now."

DB feels that he wouldn't have achieved what he has without the support of DurhamEnable and recommends that anyone in a similar position to him should give DurhamEnable a try as it could change their life too.

DB adds "I feel like I have come out of my shell, and now feel like I am living the best version of me I can be. Through the support of James and DurhamEnable I have grown back to being myself."

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