

Better Start Winsford case study – March 2025

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Cara's Story

Cara joined the Better Start group later than some of the other young people as she had originally started studying at Cheshire College South and West. Unfortunately, Cara had been suffering with mental ill health for a while and her severe anxiety meant that she found it incredibly difficult to engage in college full time and commit to the hours of learning. As a result of her low attendance record, Cara lost her place at college.

Cara's friend was already attending the better start project and suggested that she join us since she is no longer attending college. Cara's parent reached out to me and asked if I could help her daughter, so we arranged a visit at home and talked about goals and actions moving forward.

Cara attended every session that was left of the Better Start cohort, she slowly came out of her shell working alongside her friends and meeting others in the group. Her confidence grew and once we had finished the Better Start sessions, Cara felt she was ready to apply for a job. I supported her with CV writing and interview skills on a 1:1 basis and she has now confirmed a part-time role in a play café in Winsford. Cara has also decided to go back to college in September and now has a place confirmed to study childcare.

Cara keeps in contact with me, she is really enjoying her job and looking forward to starting college later this year.

John's Story

For the purpose of this case study, the name of the young person has been changed.

John was referred to me by the project manager for a housing association who assist young people aged 16-24 with housing support and homeless accommodation. We spoke over the phone initially and John joined the group in August. John arrives every week on time and has never missed a session despite the fact that he provides end of life care for a grandparent. He is engaging with every session and so happy to learn and be part of the team, he is supportive with other members of the team and always offers help to staff at the end of sessions.

John has expressed an interest in training to become a counsellor, he has a passion for helping people and already has great communication skills. John and I booked an appointment with the local college and discussed the possible study options. John has now applied for a Level 2 certificate in counselling skills and is looking forward to starting in the new year.

John has also taken the lead in planning and supporting with a local social action project in the area. He had some great ideas for what he thinks the local community should have access to and how we can create a free event for children and parents in the area. The event will be running next week, and John has volunteered his time to help set up and help run the event. John has taken many steps to improve his life through and is so thankful for every opportunity I have offered him through the better start project.
