

Case study R



Participant R grew up in Keighley, the local area where KAWACC is based. She went to high school here where she achieved good GCSE grades and A-levels, but did not go to University since she got married at the age of 21. She had always prioritised her family over herself. Due to predominantly focusing on her family R has had little social interaction with her peers and feels intimidated in new social environments, a barrier which is holding her back from pursuing her dream career. R was struggling with confidence and had a lack of direction in her life. Her children are now in full time education meaning she has less to focus on, R feels lost and unable to move forward. R was introduced to KAWACC by a close friend who had recommended it to her having used the service herself.

R felt welcomed, and after attending sessions in henna and through the E5 Women's Leadership program, felt confident enough to socialise and engage with the community and other service users. Through the E5 program R was able to explore the meaning of her name, how to recognise the value of oneself, and how to meet personal goals. She gained valuable life skills, making R feel empowered. R learnt how to give presentations and this was demonstrated by her talking about herself in front of 10 other people, all of whom enjoyed her work. In particular, this course made R recognise and identify barriers which were preventing her from achieving her personal goals, one of which was having a career in teaching. Her experience with KAWACC has built R's self-esteem and boosted her confidence resulting in her applying for more courses and to step outside her comfort zone. As well as gaining new life skills R was able to meet new people and develop friendships giving her a valuable support network. With her new found confidence and help from the staff at KAWACC R was able to make a formal choice in the direction of her career, and with support applied for a teaching assistant role at a local school, and was successful in gaining employment. At 37 years, this is her first job since being married.

R has been attending KAWACC for over a year and has gained her independence back. It is a place where she comes to see new faces and make new friends. She said the support she received was invaluable.