



## Client Case Study

### C's Story

C was in a very abusive relationship, consisting of control and humiliation. C was unable to keep her child safe, as they also witnessed and were subjected to the ongoing abuse. This resulted in her child being removed from her care and placed with maternal grandparents. The child will live with them until they are 18yrs old. The child has been left traumatised due to the level of abuse they witnessed.

C entered into another relationship and became pregnant again. The unborn child was automatically placed on a Child Protection Plan due to previous concerns that C would be unable to care for the child and prioritise their needs. Social Care felt C was unable to care for the baby due to mental health difficulties. The baby was born needing additional medical care. Decisions were made to place the baby with a family member who would be able to provide stability for the child.

Due to the level of abuse, C's self-worth and self-esteem were greatly affected. C had little to no confidence in herself which impacted on her mental health and overall wellbeing. This made her extremely vulnerable and has affected her decision making. C does not always understand when she is being taken advantage of e.g. relationships - it can be difficult for her to understand when a relationship is becoming unhealthy.

C began to have support from Motherwell through the Believe Programme. C had a bespoke support plan which identified the areas in which the support was needed. C fully engaged with the support. Through regular sessions, C began to grow in confidence, she was able to recognise when people were beginning to take advantage of her, and with this new confidence she had the resilience to make a stand. This was achieved through question-and-answer sessions and scenarios being given for her to read. C would complete the scenario, which would reflect her understanding. Over the coming months, C began to feel better about herself, and began to make positive changes. This consisted of having a better understanding of relationships, to be able to recognise the "signs" if becoming controlling or toxic.

After completing the Believe Programme, C has grown and developed into a confident person. C is now a much-valued member of our Volunteer Team, and works in the Motherwell Hub, weekly. This is something C would never have been able to do before, as she would not have had the confidence to try. She now works alongside a dedicated team of volunteers, this has increased her social skills and abilities, something she had struggled with in the past.

C is now making new and positive relationships, which will enable her to build on in the future.