

## Callan's Journey with Sport Works

Callan started with Sport Works on the 16<sup>th</sup> of October 2017 at Misty Blue Farm in Middlestone Moor on the Nu Futures Study Programme, referred by Durham Works.

### One to one support

He came to Sport Works with very low confidence and suffered with social anxiety. Callan found it difficult to communicate with any of the staff or other learners on the programme. He would ignore staff when they tried to communicate and use inappropriate language and/or behaviour. Callan wouldn't sit in a room with any other learners and found it difficult to communicate in social situations. He would become angry and stressed in social situations and made himself think he couldn't achieve. Callan would become frustrated and stressed when another person tried to communicate with him, and he would react with inappropriate language and anger.

Due to Callan suffering with social anxiety this meant he couldn't get on a bus on his own so Callan got a taxi to Sport Works. However, Callan's confidence started to grow with the help of Demileigh who was another learner on study programme and a student mentor. This mentorship started on November 2017 when Sport Works moved to AYCC in Bishop Auckland.

### AYCC

When Demileigh started with Sport Works we realised she had the ability to motivate other learners and we had also noticed that the other learners looked up to her. Demileigh was made the team leader and whatever Demileigh did the other learners seemed to follow her steps. Sarra, one of the Sport Works management team, had a chat with Demileigh about this and explained she had noticed this within the past few weeks and asked Demileigh if she was willing to try and support Callan. Demileigh had the role of being a class mentor for Callan and slowly, step by step, helped Callan become more confident and sociable. Callan accepted Demileigh's help and we saw a big difference in him. He started to communicate with the other learners on the programme and the staff within the programme and started to do his work, allowing us to help him. Demileigh helped him throughout the rest of the programme and helped Callan to achieve something that nobody else could. Callan had made that connection with Demileigh where he knew he could trust her and count on her.



### Callan's Confidence and Achievements

Callan's confidence grew rapidly and he became a lot more sociable within the programme and achieved a lot, including things he never thought he would. You don't always need a certificate to show you have achieved something however it makes a difference to be recognised for your achievements, so we made sure Callan knew he had achieved something and that we were overwhelmed with the difference he had made in himself from starting the programme in October 2017 to finishing the programme in July 2018. Callan achieved confidence in himself and around others. Callan also gained Functional Skills Qualifications in maths and English and also a Level 1 Sport Leaders qualification.

## Progression



Callan progressed onto the Princes Trust Team Programme, however Sport Works were still supporting Callan in his journey. Demileigh went to Princes Trust in Bishop Auckland to support Callan and to make sure he was getting on okay. Callan surprised us as his confidence had grown even further. Callan had been making his own way to Princes Trust by getting two buses every day and that was a massive step towards his independence. He also went on an outdoor residential for four days and really enjoyed it. Callan said that he was proud of himself for going as at first he did not feel confident to go, but he did! That was another big step for Callan!



## Presentation



Callan's time with Princes Trust ended on the 4<sup>th</sup> of December 2018 and to conclude his time he took part in a presentation with the other learners from the programme, showcasing their 12-week journey. Mark from Princes Trust invited us to the presentation, so Sport Works sent Demileigh along to watch it. Demileigh said she was so proud of Callan and the struggles he had overcome and how much more confident he had become. Callan also received a certificate for his achievements with Princes Trust.

## Next steps

Our next steps for Callan are to support him into mainstream college where Sport Works have enrolled him onto a Choices Plus programme at New College Durham. The Sport Works team will be supporting him throughout and making sure Callan achieves his potential, stays confident within himself and continues his positive journey. We are proud of you Callan, well done!



*Written by Demileigh Collier, Sport Works apprentice and former student*