



My story

By Alec Roberts

When my social worker first came to see me I was not going anywhere, just staying in my room.

We sat and talked about what I would like to do. She informed both my mum and me of different things that I could access. I told her that I would like to work in a kitchen, so she got me a placement in the café at the Cunliffe Centre.

Unfortunately this did not work out, as I found it hard to concentrate on their instructions. Rather than me finish there or be supplied with a one-to-one worker, my social worker arranged for Chris the

enablement worker to come along and work with me, helping me to understand what was expected of me and teaching me new skills.

We worked together for 6 weeks. Chris made me a rota so that I knew what I should be doing. I learned many new kitchen skills but most off all she explained to me why I needed to concentrate on my tasks in a way that I understood.

After the six weeks I had improved so much that the café let me stay on without support. Chris also introduced me to Pedal Power and the walking group to help me with my social skills and improve my fitness. At first I could only cycle once around the track but now I can complete five and have started work on my award scheme.

I have made several new friends through the walking group which has taught me how to communicate with others, taking it in turns to talk and listening to other people. With my increased confidence I asked if I could also work at Alyn Waters café, where we have lunch on a Friday. Because they had got to know me over the weeks they said yes, so I am on my taster there.

I enjoy meeting new people and put my new learnt skills into practice when talking to them. It was hard at first, as it was a long day and you don't stop, plus I am not used to working but I love it.

I also attend a music group on a Wednesday, which my mum now lets me walk from on my own. Mum said that I have really surprised her: she did not think that I was so talented and now lets me go to the shop on my own.

I have come a long way since my first meeting with the social worker, when she asked me what I wanted to do with my life and gave me all the information on different services that I could access.

Neither my mum nor I ever dreamed that I could be so independent.
Thank you for listening.