

## Case Study – Richard, Lowestoft.

Richard attends the Hub, BC4 and football

While at the hub Richard is able to take part in many different activities and enjoys trying anything new. A photographic session sparked an interest which Richard was able to follow with a short course. He has developed an understanding of the ways friendships work and how others feel.

Richard lives at home with his parents who are very supportive of him and understandably protective. BC4 provides the opportunity for Richard to socialise in a pub situation while his parents can relax knowing Richard is in a safe environment where he will receive the help and support he requires.

While at football training Richard enjoys the opportunity to exercise where now one will judge him and where his team mates will offer encourage. The football provides the opportunity for Richard to travel outside of Lowestoft which is rarely available to him. Playing the matches with the other teams is very important to Richard it provides the opportunity to be part of a team and build on friendships. It also provides a topic for conversation at the Befriending Scheme and elsewhere

Overall Richard gains in many ways being part of the Befriending Scheme his parents will pop into the Hub when they need information or sign posting to other services for Richard.