

CASE HISTORY GRAHAM

CASE HISTORY

Graham came to us having spent a long time battling Alcohol addiction. He was in a poor state of mental health and had suffered badly with lack of self esteem and depression. Graham joined our team to develop new skills and improve his own self worth and value. initially to work with us one day a week, in order to try and build his confidence

He eventually went on to present his own weekly Radio show and underwent placements with the BBC where he completed a production training and experienced work with BBC Radio 5 live.

Graham is still on air with a weekly radio show and has been alcohol free for three and a half years. He is also working as a freelance producer and obtaining regular pieces of work and commissions from Media City.

GRAHAM

“If I hadn’t gone down this path I’m not sure where I’d be. It was the kick start I needed “

I hadn’t worked for eight years but before that I’d been in employment all my life. I was working in a garage, got made redundant and started working for myself as a mobile mechanic. It became too much pressure financially and although I used to thrive on pressure, it was too much. My brother died and there were a lot of things going on. I started self-medicating with alcohol. It was part of my social life and I used it to get over the depression. I had a nervous breakdown and was taken to hospital. I just lay in bed, couldn’t get up. It was like being buried alive. I attempted suicide. I was a full blown alcoholic. I tried to keep on working but my life was a mess.

The turning point was asking for help. I went into a treatment centre for seven months. I came out and they suggested I find something to do. I was referred to the radio who offered work placements and that’s where it started. If I hadn’t gone down this path I’m not sure where I’d be. It was the kick start I needed.

For me work means being useful, being part of something. I’ve always had the ability to do things but being given the courage to use it was important – I couldn’t do it on my own then but I can now. Csin gave me a



Community Social Inclusion Network

manageable amount of responsibility and this gave me self worth.

There's nothing like this. – it's not a therapeutic environment, it's a work environment. It was put to me on the first day, if you want to get back to work and get some self-discipline this is the place to be. There's no treatment here apart from integration. The pressure has been good because that's real life.