

## **CASE HISTORY HAYLEY**

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Hayley came to us having spent a long time battling Mental Health issues she had suffered a long period of domestic abuse and was suffering with depression and low self esteem. Hayley had become isolated insofar as she rarely left home and never went anywhere.

Hayley eventually went on to present her own weekly Radio show and underwent work placements which eventually led to a full time job offer.

Hayley is now in full time employment as a medical admin assistant within the NHS

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**“Dealing with people would have been frightening two years ago. I couldn’t face anyone. But it’s part of the job and I love it now “**

The skills you get from working at Csin are totally transferable. I like the complicated jobs. When I worked before I had a niche market – it was electronic diagnostics. I’ve had to cram so much knowledge to catch up because things in this industry move at such a pace.

Dealing with people would have been frightening two years ago. I couldn’t face anyone. But it’s part of the job and I love it now. I’ve never spoken so much in my life. Sometimes I ask another member of the team to ring someone for a news event and I can see the fear, and that fear was in me before so its important for people to be given the opportunity, because if I’d not been pushed I’d be still laying in bed