

## **CASE HISTORY LIZZIE**

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Lizzie was referred to us having been through a long illness her confidence was very low and she was very quiet around people. She had dropped out of college and was not integrating socially to the point of almost becoming a recluse.

She had very few friends and was staying in bed most days and not taking care of herself. When she joined us she worked on a life skills program and well being before integrating into one of the Radio Teams.

She is now travelling independently and attending regularly and has also returned to college and is rebuilding her social circle

### **LIZZIE**

**“Before I came to CSIN I didn’t have anything to do. I used to be scared to go out on my own”**

I became ill when I was in sixth form. I was in hospital for eight months then I came out and went to college but it happened again. I hadn’t worked for eight years. My care coordinator told me about Csin because I needed to do something. I came down for an interview and got a placement.

Sometimes I don’t feel well but I try to stick it out. Before I came here I used to wake up late and didn’t have anything to do. I used to be scared to go out on my own. I’m a lot more confident than I used to be, now I go out all the time. I come to radio on my own, I don’t need anyone to bring me or take me home. I’ve got a routine – I go to college and when I’m not at college I come to radio and if I’ve got free time I go out. I don’t think I would have gone back to college if I hadn’t come to Radio first.