



Activity Agreements Opportunities for All



Intensive one-to-one support

Tamara's home life was chaotic. Her parents' drug abuse often left her caring for her younger siblings, resulting in broken periods of school attendance. She spent some time living with grandparents to find stability but this wasn't a long term option. This chaotic life had a major impact on her education and personal development, leaving her socially isolated, lacking in confidence, motivation or aspirations for the future and with few qualifications.

Tamara was receiving support from social work services, who contributed to 16+ transition planning for her, where it was agreed that an Activity Agreement would give her the most appropriate support to continue engaging with learning.

Due to concerns around Tamara's likelihood of disengagement, one of Fife Council's 16+ Learning Choices key workers, who would undertake the crucial role of Trusted Professional for Tamara's Activity Agreement, made contact with Tamara while she was still at school. This ensured continuity of support between school and Activity Agreement.

Tamara began her Activity Agreement straight from school. Unfortunately, at the same time, relationships at home broke down and Tamara found herself homeless. Because of the trust that had already been established with her key worker, Tamara was able to go to her for help during this traumatic experience. Her Trusted Professional registered her with local homelessness services, supporting her to attend appointments and complete paperwork to quickly secure her a place at a hostel.

Their one-to-one meetings were the key to helping Tamara focus on herself and give her the motivation to move forward in a positive direction. Tamara's key worker also worked closely with social services to ensure she maintained contact with her younger siblings.

Tamara needed a high level of time and support from both her key worker and housing services to settle into the hostel and the flexibility of the Activity Agreement allowed her to do this without pressure. Once she was ready, Tamara identified that she wanted to gain the skills, confidence and experience to seek employment. With this in mind, she took part in the Activity Agreement 'One Life' programme offered by Rathbone. Although initially nervous she settled quickly with support from her Trusted Professional.

Tamara participated in a range of activities over two days a week, covering issues such as health, decision making and independent living. She developed her literacy and numeracy

and ICT skills, enhanced her interpersonal skills and made friends. Support from both her Trusted Professional and staff at Rathbone helped her to believe in her own abilities and she gained qualifications in literacy, numeracy and first aid. Tamara found the sessions on healthy lifestyle particularly relevant as she learned to live independently.

Tamara progressed from her Activity Agreement onto a full-time Employability Fund programme to gain further experience and skills before pursuing her goal of securing employment. She has since secured full-time employment in the retail sector, has a new group of friends and continues to receive support from her 16+ key worker to secure her own tenancy. She has maintained contact with her siblings and has started to rebuild her relationship with both parents.