

Wellbeing

Welcome To Bradford Case Study...

A 33 year old married mother of two young children, from Malawi, was referred by her health visitor due to concerns about her low mood. Following a failed asylum claim, the family were arrested by the Border Agency in March 2012. Events during this experience caused the mum to have a breakdown and she spent 10 days in hospital. The family were allowed to return to Bradford but mum was left traumatised by the experience.

The family's benefits were reduced and they were struggling to feed the children. We were able to obtain three food bank vouchers and two day rover bus tickets provided to assist the family to access the food bank. In addition, our Networker wrote a supporting letter for the family to apply for a Passport to Leisure so that they could take the children swimming during the summer holidays. Our Networker also signposted them to other free family activities taking place locally.

The Networker met the family for lunch at the food bank on three occasions, where a supportive environment is provided and a safe space for the children to play. We also signposted, and met with them at a regular family activity group facilitated by Bradford Action For Refugees.

The family fully engaged with all offers of support and Mums mood seemed to improve.