

Joseph and his family

Joseph wasn't getting on well at school and in general didn't seem very happy. He was becoming disconnected from his family who were also experiencing stress due to a bereavement. In Josephs mums' words:

*I first contacted Muirhead because of a recommendation from a friend. I didn't know what I was expecting from Muirhead, or what they expected from us. I just knew we, as a family needed help. We struggled with the loss of my dad for almost 2 years before I made contact, our relationships had broken down, we didn't talk anymore and when we did it ended in pointless heated arguments that were skipped over and never resolved. When we started our journey with Muirhead it wasn't easy, letting strangers into your home, talking about how we go to this point and where we go from here. How do you get out of this after what felt like so long?*

Joseph's family were allocated a support worker who got to know them and worked through the Foundation Work with them. This was on pause at times due to a house move and a health scare in the family. Their support worker maintained contact throughout these periods but knew it was not the best time for them to be able to process new information.

*With Muirheads support, they are helping us as a family understand our emotions, we are communicating more now than we ever did, building up our confidence to deal with anything (okay I'm still working on the confidence thing) but the changes to our family over the last year are just amazing. They are happy again; WE are happy again. We have been doing so much more as a family, back into a routine and watching the confidence from the kids grow all because of the support from Muirhead team! My only regret is that we had not contacted them sooner! I can definitely say Muirhead saved our family and we couldn't be more thankful!*

The families support worker, having completed the foundation work with them is now working on building contacts with Josephs school in preparation for a smooth transition post lockdown. They are a loving family who have worked hard.