



How activ8 helped change Nathan's life

Nathan, aged 19, from Stafford has ADHD and Aspergers Syndrome. He had lots of difficulties at school including low self esteem and anger management issues. He also had difficulties communicating with other pupils and teachers.

Nathan left school with no qualifications and no idea of what he wanted to do with his life. Believing he had nothing to lose, he agreed to sign up to the activ8 programme with Peopleserve, a training provider based in Stafford.

He found that the staff and tutors were friendly, which helped him settle in, and the work was set at the right level for him. He soon started to regain his confidence.

Whilst on the programme he completed a Level 1 in Key Skills, Employability Skills, Communication and ICT.

Nathan's achievements have also been recognised by City & Guilds, and in November he won the Medal of Excellence Award for outstanding performance in the general learning sector.

Margaret Hill, Nathan's tutor at Peopleserve said: "When Nathan first came to us he was quiet, shy and wore a baseball cap which he never took off. I have seen a huge improvement to Nathan's self esteem and confidence whilst he has been on the activ8 programme. This is reflected in the pride he takes in his work, his developed social skills and willingness to listen to others.

"His behaviour and attendance has been excellent. He has used strategies such as 'time out' when he has become frustrated.



"Nathan's mum has also told me that he's a different boy nowadays. He is much calmer and less aggressive at home. We're all very proud of him, especially his mum."

Nathan said: "I used to get angry a lot but now I can control it better. I never used to talk to people but now I'm much more confident. I'm glad that I joined the activ8 programme, I've learnt so much and it's also turned me into a much better person. It's great for young people like me, who didn't get on very well at school."

Nathan's future looks much brighter now. He is working with his Disability Employment Adviser with Jobcentre Plus to try and find a job, possibly doing something practical or working in the care sector.

For more information on **activ8**, please contact Karen Ashby on 01543 512163 or karen.ashby@cxstaffs.co.uk. You can also visit www.cxstaffs.co.uk/activ8 to find out more.

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