

Case Studies

Anna* is a single parent of 2 and primary carer to her 20-year-old daughter who has high functioning autism and epilepsy.

Anna's 16-year-old son shares the caring with her; **helping to lift/carry his sister when she suffers seizures; sacrificing a lot of his own social time with his friends by watching/supervising/socialising/accompanying his sister** to appointments, events, family and social occasions.

The family's lives revolve around the daughter's care needs. Anna's son has had his moments where he has struggled with feelings of resentment and guilt where **he feels he should be the strong one of the family as his father passed away 4 ½ years ago.** Her son has always said he wanted a bike but Anna is not in a financial position to afford to buy him one. It'll be a lovely surprise as this bike will be given as a gift to him.

John is 16 and currently studying for his GCSEs. He lives in the countryside and finds it difficult to see friends due to poor transport links. **He cares for both his Mum and Step-dad whom have physical and mental health issues.** A bike would have a significant impact on **reducing his isolation and enabling him to have a life of his own.** It will also benefit his wellbeing through exercise and stress relief. With GCSEs ahead, alongside his caring role, he will need all the relaxation he can get!

Young adult carer Mathew is 18 and has his own learning disability needs. He cares for his mum who has mental health and learning disabilities. Mathew's family is very low income and he is often **supported financially by his local carers centre** to attend Young Adult Carer Evening Hubs as his family don't have enough money to top up his oyster card.

Mathew used to travel to most places on his bike, including collecting shopping for his Mum, but the bike is now broken and his family don't have enough money to get it fixed. Since this happened, he's struggled to attend Hub meetings. A new bike would solve many problems for this family and put a huge smile on Mathew's face.

Jackie* is a single working mum with two children, a boy aged 10 and a girl aged 15. Her son has a **diagnosis of Cerebral Palsy, Global Developmental Delay and severe learning disabilities.**

Both children have bikes of their own, however the mum currently does not have the funds to purchase a bike for herself. Therefore, the older sibling, who is registered as a young Carer, takes her brother out to the park on their bikes to aid his mobility and keep his limbs flexible. A donation of a bike for this family would make a great difference as they **could all go out as a family and enjoy quality time together.**

David is 24 and **has Asperger's, Dyspraxia and OCD and weighed 22 Stone.**

Two years ago, David moved out into an independent living Autism complex where he has been supported with his health and wellbeing. Over the past 2 years David has lost around 6 stone in weight. This has helped with his **confidence** but more importantly his **health and motor skills being clumsy due to his Dyspraxia.**

David would **benefit immensely from having a bike. This would take his balance that one step further and promote exercise.**

(Some of our network partners also support people with special needs who live independently)

Alex is a Young Adult Carer who is **caring for his Mother whom has been diagnosed with onset Dementia.** Alex engages extremely well both within the Young Adult Carer Project and Enfield Carer Centre services.

Being awarded a bike via the scheme will enable Alex to **get around with ease, and continue attending Activities/Workshops & Events** organised via the Young Adult Carer Project at Enfield Carers Centre.

Neil cares for his younger sibling who has learning disabilities. Due to the complex needs of his brother, Neil's interests and free time have had to come second. Neil is a keen mountain biker and enjoys the freedom and fun he gets from off road biking. It allows him to have **time for himself and get a break from his caring role.** Biking enables him to meet up with friends and be a young person and not just a carer. However, his bike has broken and there were not sufficient funds within the family to purchase another one. This bike will make all the difference to him.

Matt cares for his mother with mental ill health issues. His mother is often unable to take him places due to her own health needs and the bike will allow him to **get places without the worry of bothering his mother or relying on public transport.** Matt will use his mountain bike to get to college, socialising and interviews for future work opportunities.