



## KEY IMPACT AREA

# Community Engagement and Building Confidence

## Case Study

### Creating a Safe Space

A parent shared their experience of how their child, who had been struggling with severe social anxiety, began to find confidence through attending our activity days. In group settings their child would often withdraw finding it difficult to speak or engage with others. Over time this led to low confidence and increasing isolation.

Through the safe, supportive and welcoming environment created at the activity days things began to change. The structured activities offered gentle opportunities to take part, allowing the child to engage at their own pace, without pressure. Over time at the school holiday sessions their confidence started to grow.

A significant moment came when they began speaking to another child during one of the sessions. What started as a small interaction developed into a genuine friendship something their parent had not expected to happen so soon.

Now the child not only looks forward to attending sessions but has also built lasting friendship that continues outside of the activities.

### Impact and Learning

This experience highlights the importance of creating consistent inclusive spaces where children feel safe to engage at their own pace. For children experiencing anxiety, low-pressure environments and trusted relationships are key to building confidence and reducing isolation.

It also reinforces the value of regular community based activity in supporting children's social development not through formal intervention but through connection familiarity and belonging.

With the right environment and support children can move from isolation to participation, and from participation to meaningful relationships.