

*The young person's name has been changed to preserve anonymity and is referred to as Nadia throughout.*

At the time of referral to the IV service, Nadia had limited English and was incredibly shy and untrusting of others. Through close partnership working, the Coordinator and Social Worker arranged a time to meet with the IV and arrange a cooking session to help Nadia feel relaxed and comfortable doing something she was familiar with. Over the first few months the IV and Nadia got to know one another and managed to communicate through broken English and trial and error. Nadia's Social Worker left and then experienced a number of Social Workers and having an IV has given Nadia the consistency and independent relationship with someone outside her foster carers that she has really needed.

Nadia's IV has gone on to build a fantastic relationship up with her over the last 10 months and supported her to develop her English through reading, practicing conversational English and taking her to places to build her confidence in the spoken word. The IV has supported and encouraged Nadia to volunteer in a local cafe and shop where she has been able to practice English in a safe, non-threatening environment. Nadia's IV has been to support her to try things she had never experienced, such as going to a library, a pantomime and the theatre - all great ways to help Nadia with her English and build up her vocabulary.

Nadia lacks confidence in speaking English to her peers and whilst she goes to Bolton College to study ESOL she has little opportunity to socialise with friends outside of class due to the way the course is ran. Nadia's IV researched small group activities and supported her to go to an all-girls group at Zak's Youth Club, which she participated in for a few months.

Nadia's IV has also encouraged her to take up new activities to keep her active and fit, like badminton. She has organised swimming lessons for her as she is not able to swim and took her out to buy a swim suit in readiness for these lessons.

Through a lot of encouragement and a great deal of confidence building, the IV has supported Nadia to take part in the National Citizen Service (NCS) over the summer. Nadia went away on a residential trip with a group of 15-17 years olds that she had never met and got involved in a week's worth of team building and physical activities, making several new friends in the process. In week two Nadia stayed at the Halls of Residence in Salford and gained some independence skills and then in the final two weeks she worked with a small group of other young people on a social action project about looking after the elderly in care homes.

Nadia's IV has supported her at her Looked After Child Reviews and has been key in helping others understand her needs and views. They have worked on a scrap book together to create a book of memories together which is a really important way of helping Nadia to remember all of the new experiences she has had during her IV relationship to date.