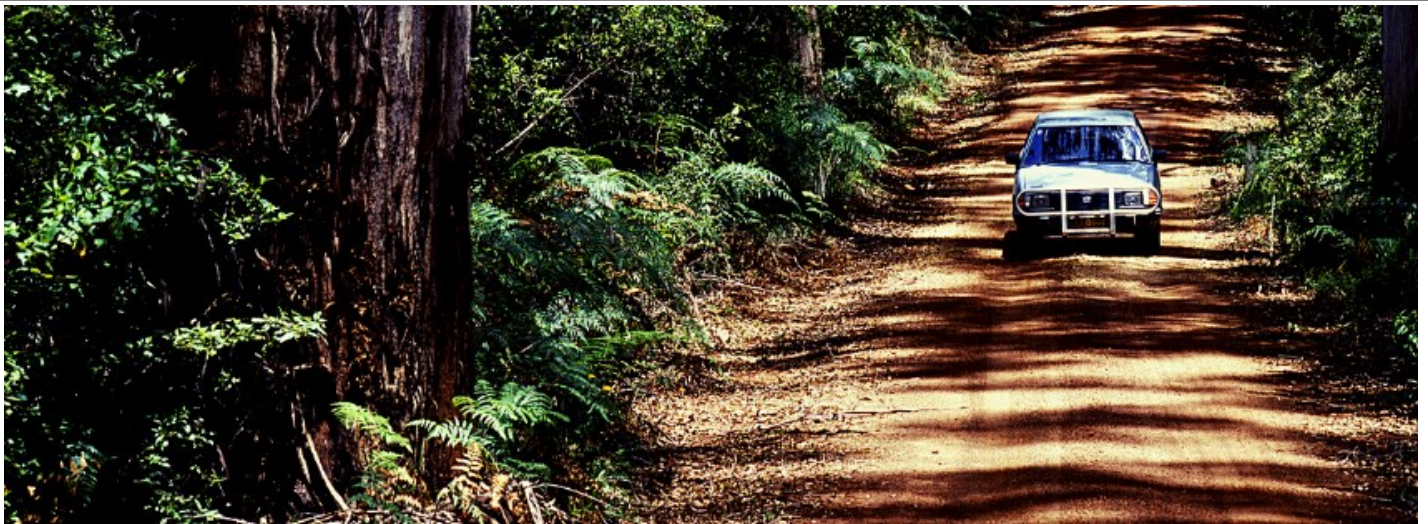


A drive for independence



Sophie is a young adult carer who has provided both practical and emotional support for her mum for the past few years. With her mum's encouragement, she has been keen to start carving out more of a life of her own.

As her mother doesn't drive, it has been difficult sometimes to organise regular activities like shopping or attending doctor's appointments, never mind getting away from it all. Sophie's time and support has been very much needed.

When her Quarriers Family Wellbeing Worker encouraged Sophie to apply for a Creative Break, she immediately thought of putting her award towards driving lessons.

Apart from making everyday life much easier, being able to drive and independent would allow her some much needed respite from her caring role.

To that end, Quarriers helped her find a suitable instructor and arranged some lessons on her behalf.

Understandably a bit apprehensive at first, Sophie found her break allowed her to do things she never thought she would be able to do by herself. Her confidence increased. The instruction gave her a boost and made her realise that she could do more than she thought she could – a useful lesson to learn for life.

Her general wellbeing improved, her motivation to do things increased, she felt better about herself and had some fun in the process.

Going forward, in addition to being practically advantageous being able to drive will give Sophie much needed independence and the chance to have more of a life of her own - all that from one Creative Break.

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