



# MARK.

## AMY JOHNSON HOUSE

“Staff at Amy Johnson have helped me develop my confidence.”

### IN THE EARLY DAYS

Mark joined Amy Johnson House in January 2021, referred by his local authority, Hull City Council. At the time, he presented with a complex history and several diagnoses, including Reactive Attachment Disorder (RAD), Attention Deficit Hyperactivity Disorder (ADHD), and associated Depression and Anxiety.

When Mark first arrived, he found social interactions and trust challenging. He often felt awkward, uncertain about his future, and lacked confidence. Mark genuinely believed he would never be able to secure paid employment or live independently.

### SUPPORT AND PROGRESS

From the outset, the team at Amy Johnson House worked closely with Mark to develop a tailored Care and Support Plan focused on stability, confidence-building, and gradual community engagement.

Initially quiet and hesitant, Mark slowly began to open up, forming positive relationships with both staff and peers. Over time, he became one of the most sociable people in the service, known for his sharp wit, sense of humour, and ability to lift everyone's spirits!

With structured, consistent support from our Support Workers, Team Leaders, and the Service Manager, Mark built trust and developed a strong sense of belonging. His confidence grew significantly, and he began to take an active role in shaping his recovery.

Together with the team, Mark identified several personal goals to help him build independence and self-esteem:

- ✓ Develop confidence to access the community independently on a regular basis
- ✓ Obtain meaningful paid employment
- ✓ Build the skills and stability needed to live independently
- ✓ Work towards becoming financially independent and managing personal debt

## CELEBRATING EACH STEP

Mark volunteered at the local Scope charity shop, which gave him valuable retail experience, a sense of responsibility, and an opportunity to give back to the community. He later built on this experience by securing paid employment at The Food Warehouse, a major milestone he once thought impossible. Through his work, Mark has continued to strengthen his confidence, develop new skills, and take pride in his achievements.

While he is still working towards becoming fully financially independent, Mark has made significant progress in budgeting and managing his expenses, demonstrating the same determination and resilience that has defined his journey.

Alongside his work achievements, Mark also continued to enjoy a fulfilling social life and pursue his personal interests. A keen gamer and passionate Formula 1 fan, he had the chance to attend Silverstone, which was a dream come true. As a lifelong admirer of The Beatles, Mark also joined a memorable Beatles trip to Liverpool, which he described as one of his favourite experiences during his time at Amy Johnson House.

## LOOKING TOWARDS THE FUTURE

Since leaving the service, Mark has taken a significant step forward by moving to Leicester, where he now lives with his partner - a major milestone in his journey towards independent living.

This move represents not only his growing confidence but also his ability to sustain the progress he made while at Amy Johnson House.

Mark continues to build on the life skills, routines, and self-belief he developed during his time at the service. He is maintaining his employment, managing his household responsibilities, and continuing to work towards complete financial independence.

The team at Amy Johnson House are immensely proud of Mark's achievements and transformation. They describe his journey as an inspiring example of what can be accomplished through consistent, person-centred support, and a positive, recovery-focused environment.

Mark's story highlights that with encouragement, structure, and belief in one's own potential, lasting independence and a fulfilling life are within reach.



For more information regarding our referral process or to discuss life at Amy Johnson House:

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