

Direction received a referral from the Learning Disability Team with regard to Tim who has a learning disability and was alcohol dependent.

Tim was self-neglecting, his alcohol dependency resulted in him often not eating as he was prioritising the purchase of alcohol. Tim was also putting himself at risk by associating with others who were financially exploiting him while he was drinking, leading to a safeguarding referral.

Direction worked with Tim and identified the need for and him to have further support with his alcohol dependency. He also needed more positive social outlets to engage with a different pro social network. Tim very much enjoyed arts and crafts and loved working in a group being able to chat to everyone.

Direction provided support and advocacy referring Tim to 'Walk to Freedom' which built on the alcohol treatment support he was receiving from statutory services. This is a peer-led support programme which would support Tim to ask the tough questions of why he continues to use alcohol when he says he doesn't want to and explore the issues underpinning his dependency.

Direction also referred Tim to a number of different community groups to make positive use of his time and avoid risky situation. This included The Enable Project that run inclusion programmes for individuals with learning difficulties, an art class at the Luton Irish Forum, and art therapy groups at the Disability Recourse Centre building his resilience and confidence.