

C O N F I D E N C E

STACEY'S STORY

Building confidence through The Ripple Pond: A Member's Journey

Stacey initially contacted The Ripple Pond in 2020. She had taken on the role of carer for her partner who was an Army veteran living with PTSD and struggling with addiction. Stacey and her partner were raising two young children while navigating these significant challenges. Stacey faced considerable anxiety, low confidence, and an overwhelming fear of social situations, which left her feeling isolated. Simple tasks like leaving the house or speaking to others became daunting.

Stacey's struggles were compounded by the stigma she felt when discussing her partner's addiction issues. However, she bravely reached out for support, and we worked together to integrate her into The Ripple Pond's peer support network and create a pathway toward greater confidence and independence.

Part of this support was a referral to The Poppy Factory's Employment Service. The Ripple Pond and The Poppy Factory worked collaboratively to address Stacey's needs. Together, we provided emotional and practical support to help her build confidence and regain independence. The Poppy Factory's Employment Service became a cornerstone of her journey, offering practical courses aimed at managing anxiety and building skills for the future.



At the start, Stacey was hesitant to engage and found even contacting the job centre to be a source of panic. The Ripple Pond's peer support network provided a safe, judgment-free space where Stacey could share her struggles and feel understood.

One of the early challenges was helping her feel comfortable in a virtual environment. Having never used Zoom or Teams before, she worked with us gradually and at her own pace, eventually gaining the confidence to participate in online meetings.

Through patient, non judgmental support, Stacey achieved significant milestones:

- **Regaining Independence:** She no longer relies on others for basic tasks like booking a taxi or running errands.
- **Building Confidence:** Stacey began venturing out on her own, even if just to the local shop, something that was once unthinkable.
- **Gaining Experience:** With her newfound confidence, Stacey successfully took on a volunteer role, giving her a sense of purpose and an opportunity to contribute to her community.
- **Expanding Comfort Zones:** With encouragement, she started engaging in conversations and forming connections outside her immediate family.

At every stage, we prioritised her well-being, ensuring she never felt pressured or judged.

WITH GRATEFUL THANKS
To our funders

