**SOCIAL SERVICES AND WELL-BEING (WALES) ACT**

**CASE STUDY**

**Nathan**

1. Tell me a bit about yourself? What do you like doing? What are your favourite things?

I like football and skateboarding. I like being outside doing stuff. I also like animals especially my dog Benji. I am 10 years old and I live with my Mum, Dad and two sisters. Our house is on a main road and we don’t have a garden but it’s opposite a park which Mum lets me play in sometimes. My sisters like to try and boss me around but I always ignore them.

Tell me a bit about what’s been happening?

Mum and Dad have been shouting a lot. Dad lost his job and hasn’t been able to find a new one yet. Mum is angry with Dad and she wants him to get a new job. I think Dad is trying to find one but he can’t which makes him sad. Dad drinks a lot to cheer himself up but I don’t think it works.

What happens when you have a bad day? How do other people know it is a bad day?

I have a bad day when Mum and Dad start shouting at each other. Sometimes it can go on all night and I get frightened and don’t sleep which makes me really tired. I have a bad day when the teachers at school are really bossy. Sometimes they tell me off for not listening. I don’t mean to not listen but sometimes I’m really tired and it’s really boring. People know I am having a bad day because I shout at them.

Imagine a time machine that can take you into the future. When you step out of it you find that things are exactly how you would like them to be. What would you be doing? What would your day be like? How would you feel? What would have changed? What else could be different?

Dad would have a new job and Mum wouldn’t shout at Dad any more. Dad wouldn’t need to drink to cheer himself up. I would be playing football in the park with Dad. My sisters and my Mum would be getting the picnic ready. I would be really happy and excited because my friend Danny from school would come too. It would be sunny and we would all be having fun.

I want you to imagine a scale from 0 to 10. 10 is the future you’ve just imagined and 0 is as bad as things get. What point would you say you’re at now? What is it you are already doing that means you have not scored the situation lower? What would one number higher than your score look and feel like?

I am a 3 now. A 4 would mean that Mum and Dad wouldn’t shout as much and I would be able to invite Danny home after school sometimes. I am able to go to Danny’s house now and again and it’s summer which means Mum lets me play in the park when her and Dad start shouting.

If 10 couldn’t happen all the time, what number on the scale represents where you would be happy to be?

I think I would be happy with 6.

What are you good at? What does it take to be good at that? What positive words do people use to describe you?

I am funny. I am good at Maths. I am good at football. My sisters say I am cute but I would rather be cool.

Who do you like being with?

My friend Danny. Benji my dog. My cousin Aaron. My Dad when he is not cross. Nanny and Grandad.

Who helps you already? What do they do?

Nanny and Grandad sometimes pick me up from school and give me tea which I like because it’s nice and quiet there. My sisters sometimes help me with my homework. My football coach is helping me to get better at my skills because I want to get onto the football team. Danny and I play together all the time at school.