



2014

IMPACT REPORT

This year we supported 56 families:

87%

87 percent of families we supported felt better able to cope with their circumstances (e.g. balancing caring and life).

96%

96 percent of families we supported felt they had the chance to broaden their horizons, experience new places and meet new people.

96%

96 percent of families we supported gained a sense of optimism for the future.

100%

All of the families we supported had the chance to spend quality time together as a family.

89%

89 percent of families we supported have raised aspirations as a result of their holiday.

98%

98 percent of families we supported had fun and happy memories.

This year we supported 56 families:

72%

72 percent participated in new activities they wouldn't normally participate in at home.

40%

40 percent participated in sports and physical activities

87%

87 percent participated in activities that developed new skills/ or teach new things.

50%

50 percent visited an educational attraction

Case Study

Pat had been referred to The Caravan Project (TCP) by Glasgow Association for Mental Health (GAMH). Pat has two children and since the break up of her relationship with her children's father three years ago she has been suffering from ongoing mental health and anxiety issues.

"I never thought I would ever be able to take the kids on holiday. I don't have much money and making sure they have stuff for school and things that other kids play with is hard enough. When I was told about the project, I thought 'this'll be the only time I'll get to take the kids away.

"Everyone was really helpful. I got help to fill out my form, and my key worker reminded me that I had to save as well. There are some days I can never leave the house, but for some reason I was always out on a Tuesday to pay-up my holiday and to put some money away. It was strange because I never had to think about it – it was what I did.

"The kids loved the holiday. So did I. It changed my life, I feel like a new person. I've never felt so happy for so long. When I got home the first thing I did was go down to the Caravan Project's office to say thanks. The fact I did that was amazing. I'm leaving the house more, I still overthink things a lot, but not as much – I just seem to just do more things these days.

"Being on holiday also made me realize that when I'm not well it does impact on the kids. They might not know what is going on but I think they do know I'm different. When we were on holiday we spent a lot more time together – it was good just sitting down with them for breakfast rather than thinking about what was going on that day. I do feel guilty about that, but I've not to think about that. It's not me it's my illness and the best thing I can do for me and my kids is just to be better."

If you would like more information on our work, please contact 0141 944 4383 or e-mail jamie@familyholiday.coop.