

CASE STUDY -

The Junction



Andrew*, 18

Andrew has ADHD, struggles with anger management and forming friendships. Andrew has a long history with children's social care and been in various placements since he was 6. Now 18 years old, Andrew lives in a semi-independent residential unit. His recent move from Milton Keynes to High Wycombe exacerbated his difficulties in making new friends and finding meaningful activities to engage in during the summer holidays.

Andrew explains The Junction has played a crucial role in his life. Most importantly he felt it was a safe and supportive environment to openly discuss his feelings and receive emotional guidance. But second on this list is a free hot meal.

Paul, the Junction's Manager, describes one standout experience being the boat trip on Aylesbury's canal. Andrew, along with other young people, was given the opportunity to participate in a unique adventure. The boat trip not only offered a great day out during the often-long summer holidays, but also provided a platform for skill development and personal growth.

During the boat trip, Andrew and his peers learned to drive the boat, navigate locks, and work as a team. Engaging in these activities required them to communicate effectively, solve problems collaboratively, and manage their emotions. For Andrew, these experiences went beyond mere recreation; they presented real-world challenges that required him to harness his potential and overcome obstacles.

The boat trip also contributed to Andrew's self-esteem and sense of empowerment. By mastering new skills and contributing to the functioning of the boat, he gained a sense of accomplishment and pride, bolstering his confidence in social interactions and his ability to manage his anger.

Andrew's journey illustrates the impact of The Junction on a young person's life. By providing safe spaces, emotional guidance, and engaging experiences like the boat trip, these initiatives have helped Andrew navigate the challenges he faces and develop valuable life skills. Andrew's story demonstrates the importance of creating opportunities for young people to explore, learn, and grow, ultimately empowering them to overcome obstacles and build a brighter future.

**For further information on The Junction visit
www.action4youth.org/the-junction**



*Name changed to protect identity