



# CLUB ISLINGTON

CASE STUDY

## MOTHER OF PARTICIPANT

### Club Member Profile

- 11 Years Old
- Male
- Lives in Islington
- Special Needs: Autism
- Member since September 2021



"Thank you, Disability Sports. My son has come on leaps and bounds since joining in September 2021, he has made loads of new friends, which has helped with his anxiety issues his communication, listening and social interactions have improved and he has learned new skills, all of this has been done by him, whilst he has been having fun, getting fitter and healthier and has gained a lot more confidence in the process. Thank you, Coach Marlon, you have been a fantastic role model and a super star".

**Mother**  
July 2022

## CHALLENGES

Socialising, understanding language, day to day living, he needs someone to help guide him, anxiety, social skills, health and safety awareness is lacking, following instructions, making friends.

## NEXT STEPS & FUTURE ASPIRATIONS?

To be happy, more engaged, not so anxious around his peers and to be more independent, and more confident.

## ADDITIONAL INFORMATION

My son, did not attend school during the lockdowns / Covid due to a family member being very vulnerable. He missed over a year of school and outside activities. This has had a very negative impact on him, his mental health and his anxiety levels got worse. He became a lot more nervous around his peers and his social skills got worse due to a lack of engagement with his peers, this impacted on his communication and his overall growth was severely impacted upon.

These sessions have really helped him, in so many different ways. He loves his sports session and has a really good relationship with Coach Marlon, these sessions have helped him in improving his fitness, health, listening, communication and social skills, and has helped lower his anxiety levels. He is a happier boy and is growing more with confidence. He has made loads of new friends and it is lovely to see my son happy and engaged with his peers.

