



## **Case Study: Lewis - Transforming Mental Health & Entrepreneurship**

 Pictured: Lewis putting up the Community Red Social Supermarket sign.

This case study presents real outcomes from community-based delivery by Vocal Rogue® CIC. Participant details and images are used with informed consent.

Vocal Rogue® CIC empowers individuals of all ages (11+) to overcome challenges, develop skills, and thrive in their communities. Our holistic support includes wellbeing sessions, coaching & mentoring, and practical opportunities that foster confidence, resilience, and independence.

This case study highlights Lewis' journey, demonstrating how tailored support can transform lives while creating positive impact in the community.

### **The Challenge**

Lewis faced persistent mental health challenges, ADHD, and physical health issues that limited his ability to pursue self-employment. Though talented in carpentry, he struggled with low confidence, anxiety, and practical barriers, including marketing his skills and developing a viable business plan.

Woodworking remained a passion, but he needed guidance, structured support, and opportunities to realise his potential.

### **The Solution**

#### **1. Wellbeing Check-In Sessions**

- Provided a safe, non-judgmental space to discuss mental health concerns, including ADHD.
- Developed coping strategies to manage stress and channel energy positively.

#### **2. Coaching & Mentoring**

- Built confidence through achievable goal-setting.
- Created a structured plan for self-employment.
- Leveraged creative thinking associated with ADHD to solve practical challenges.

### 3. Networking & Opportunity Matching

- Connected Lewis with practical work opportunities, including Tracey's Juice Bar.
- Provided motivation, accountability, and visibility within the woodworking and local business community.

#### **Real-World Impact:**

Lewis renovated an unused upstairs space at Tracey's Juice Bar, adding 17 seats area, and increasing the venue's capacity and customer engagement.

#### **Results**

##### **Professional Growth**

- Launched Carpentry Business: Preparing to become self-employed.
- Skills & Confidence: Gained practical experience, problem-solving skills, and business acumen.
- Entrepreneurial Initiative: Successfully completed client projects, demonstrating resourcefulness and independence.
- Expanded Network: Successful collaborations opened doors for future opportunities.

##### **Improved Wellbeing**

- Increased confidence, resilience, and mental health stability.
- Enrolled in a Mental Health First Aid course and dedicates time to mentor others through Wellbeing Check-Ins.

##### **Community Impact**

- Tracey's Juice Bar: Seating capacity increased by 212.5%, boosting footfall and customer satisfaction.
- Sweda Services: Renovated workspace and custom-built tables, enhancing operational efficiency.

#### **Conclusion**

Lewis' journey exemplifies the core mission of Vocal Rogue® CIC: personalised support, mentoring, and real-world opportunities can transform lives and empower individuals to achieve their potential.

Vocal Rogue® CIC remains committed to expanding these initiatives for young people, adults, and seniors, creating inclusive pathways to wellbeing, skills development, and community impact.

#### **Testimonial**

"Before joining Vocal Rogue CIC, starting my own business felt impossible. The comprehensive support I received gave me the confidence to take the leap. I am incredibly grateful for the opportunity and the unwavering belief they had in me." - Lewis

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