



## Case Story

Daniel is a 45 year-old Dad who has two young sons with learning disabilities and complex additional needs. His youngest John requires support with his learning, mobility and eating. Daniel is separated from the boys Mum, but as their carer sees them every day.



Daniel is a parent under pressure. His own childhood experiences left him with scars, and difficulties in forming relationships. Other losses and life events took a further toll on his mental health. Daniel was isolated and lacked support. He knew that he sometimes had a tendency to get frustrated with John and did not fully understand his behaviour. His relationship with his ex-partner was also complex and strained at times.

In 2018 Daniel got the opportunity to take part in a Mellow Ability Dad's group. The group brought together Dads who were also isolated and experiencing challenging circumstances caring for young children with a variety of different needs. Daniel was able to share with the Dads and this enabled him to understand and build on his parent-child and family relationships. When the group ended the Dads kept meeting. They are planning to help other parents in a similar situation to themselves and want to help mentor other parents through Mellow Ability.

*The friendship and bonds with the other Dads have been great. The information we received was fantastic. I now have a closer relationship with my son and his behaviour has improved.*

Daniel - Mellow Ability Dad