

CASE STUDY: GET INTO HEALTHCARE, NAVIGO AND TUKES

Introducing Dominic Davis-Eaton's own story of his personal experiences as he came through the Get into Healthcare programme in Grimsby with NAViGO and Tukes.

Reading the account of his journey is inspiring and demonstrates a positive turnaround in a young person's life.

How he battled against his mental health issues at a young age and came through the other side is a shining example of determination and self-belief.



Dominic Davis-Eaton – Case Study – Get into Healthcare – April 2014

The following case study is adapted from Dominic Davis-Eaton's Young Ambassador application:

At school I was bullied a lot due to my health condition. Towards the end of school I attempted suicide. I eventually went to college but my nerves would often trigger panic attacks. I spent 4 years at college, got a D, retook it and ended up with another D. Since college I have had clinical depression and rarely went out of the house apart from to go to Job Centre and to take pictures.

Get into Healthcare with The Princes Trust and NAViGO.

It was when attending Job Centre that I heard about Get into Healthcare with The Princes Trust and NAViGO.

The programme has really made me understand that I want to work in a career where I can help people with mental health problems.

I have gained lots self esteem from the programme. After failing at college it was really hard to get back up again but it has made me stronger. I have made new friends and discovered I could enjoy public speaking which felt like a real achievement. This gave me a path and I want to show other people they can do it too.

Placement in the Community

During my placement I worked in the community and did one to ones with service users and read through their care plans with them.

We had long talks and I could see that they felt better for opening up, I found it really rewarding. This is probably because a lot of my family members have also suffered with mental health problems.





Rewarding Experience

I didn't realise until the last day of our programme that I would enjoy public speaking and I found it massively rewarding.

The future looks bright

I am waiting for my care job at NAViGO to start and have applied to be a volunteer with YMCA and the Salvation Army to work in outreach and support.

Hopefully I will attend University at some point. I really want to work in support work, counselling and mental health services and understand why I got ill.

I am going to apply to become a Young Ambassador for The Prince's Trust as I would like to be a role model, especially as I have never had a father figure. When I was younger I was bullied and had some counselling and since college finished I had just been stuck in a rut, the Princes Trust helped me and showed me how motivate myself and I want to give something back.

For more information contact:

Lucy Porter
 Public Sector Partnerships Manager
The Prince's Trust Northern Region
 Mobile: 07788 256173
Porter@princes-trust.org.uk

