

“Counting Down the Days”

Chris is 30 and has a learning disability and a challenging condition of Nocturnal Epilepsy. Chris Lives with his single mum. Chris and mum support each other in everyday tasks.

Chris attends Interest Links local teenage group in Hawick and has done since the age of 19 years. Chris also attends a Day Service part time, but has no other social outlet other than accompanying his mum along the street for shopping purposes. Chris is a Satellite member of the group which means that he is part of a small number of service users that are over 25 years but young in spirit and mind.

Chris lives for his group and always texts regularly to ask when the next group meeting will be. He participates in all activities especially drama where he steps up to the plate and is always keen to play a character. Character roles to date have been Grandpa Broon in “The Broons” production and Grandad in Mrs. Browns Boys. Chris takes his roles very seriously and he can’t wait to get into costume to play the character that he has been assigned.

Social contact for Chris is imperative and the group has connected him with many friends. He is a very popular member and always is able to chat to people when he is worried or concerned about anything. As a Satellite member this gives him the opportunity to liaise with people of similar age and also a chance to talk to younger teenagers allaying their fears and welcoming them to the group.

Chris’s love for Drama keeps him motivated and he can’t wait to be part of a Drama Production in the new year which supports people with learning disabilities to run on their own reenactment of The Hawick Common Riding. The festival in June in his town is something that is very close to his heart and to be able to be given the opportunity to put himself forward for the acting role of the Cornet would be his dream come true.

Chris’s mum has had a great relationship with Interest Link Roxburgh over the years and has confidence in us. She knows that Chris loves to come to the group and knows that this is very important for his mental health and wellbeing allowing him the opportunity to continue to meet up with long standing friends that he has grown to trust and enjoy being with.

If Chris could put into words his experience it would be C for Contentment, in that he is not alone, there are other people out there who he can share special times with. C for Confidence, Chris has loads of confidence and inspires others to get involved. E is for Excitement of being part of a group more powerful than operating alone. The power of collective activities, as he gets excited about what the group achieves together.

Chris gets excited when the a drama production is screened at a premiere evening, but from a Co-ordinators point of view it is the journey to get there that is most valuable of all.

“Good times, crazy friends, amazing memories”