

# How Goddard Park Community Primary School helped Kerry to cope with being a single parent



GODDARD PARK  
COMMUNITY PRIMARY SCHOOL  
AN INTEGRATED CHILDREN'S CENTRE

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Kerry Lewis is 25 and lives in Walcot with her two children, Emily, five, and two-year-old Ryan

## TRYING TO DO THE BEST AS A SINGLE MUM

Kerry was divorced from her husband two years ago while she was pregnant with Ryan, and has found coping alone difficult...and she became depressed "I felt that I was looked down on by people because I was a young, single mum, even though I had been married and had been with my children's father for a long time.

## HARD TO COPE

Through a contact at Emily's school, Kerry heard about a counselling service available at Goddard Park Community Primary School, an integrated Children's Centre in Swindon.

## COUNSELLING

"The counsellor was so good, so supportive, and helped to rebuild my self-confidence. It wasn't just that I was depressed; there were a lot of practical issues to address. In a tiny flat the children were running wild because they had so much pent-up energy and I didn't have the strength to cope.

"After counselling, I found ways of getting round it, like involving Emily and Ryan in household jobs, contacting the council to arrange better accommodation, and in dealing with some of the family problems I had to face. I'm coping much better than I did before."