



Lynne

‘After my son was born 11 years ago, I had to spend a couple of months in a hospital for the mentally ill. Fortunately, my son David was able to come with me too. After I came out, my social worker suggested the Action for Children Clooney Family Centre. They have really helped us.

‘My son was quite difficult when he was younger, partly because I wasn’t setting any boundaries. He could have been swinging off the lights and I would not have been bothered. For a time, he also used to cry a lot and thought he was going to lose his daddy, who has had multiple sclerosis for the past four years. It has been rapid MS and he has been in a wheelchair for the past two years. David thought his daddy was going to die and that I was going to die, but the fears David had about the future of his daddy and me are not there any more.

‘We have had family therapy, where we talked about ourselves, what we would like to happen in the family, and it has really helped us to sort it out. We are able to see each other’s problems in a better light. For two years, when my husband got MS, he wouldn’t come out of his bedroom – he just lived in there. We wanted him

to come out and join us. He is now involved and can talk and take part properly. The family therapy helped us to talk about our feelings.

‘I also went to meetings for families about handling children’s behaviour. They helped us to look at our child in a different light. I began to see how much discipline he needed.

‘Action for Children brought me to a level to cope with my child. I had this child and this child was my responsibility. And it taught me that there’s more to life than being depressed. Before I didn’t really care about my family but they gave me the heart to care about them, which is the greatest thing I could have. They gave me hope when there wasn’t any.

‘David is a good boy now and very settled. He is a happier boy than I would ever have imagined and very open about talking about his problems. He has just got an Action for Children mentor, who we hope will be his friend.’

Lynne, mother of David, 11, at Action for Children Clooney Family Centre, Northern Ireland

as long as it takes