



Tamara in the spotlight!

The Sandwell Shared Lives Team attended Just Straight Talk's '**Bright Minds, Unboxed!**' event. The event was an opportunity to showcase talents and share stories of a group of neurodivergent adults.

Tamara's story:

One of the stories shared was that of Tamara. Tamara is in a long term placement within the Sandwell Shared Lives scheme. Tamara had the opportunity to share her story and reflect on how she has grown in the past 12 months.

Tamara was a reserved and shy individual, rarely engaging in conversation or social interactions. Tamara had big dreams of writing her own music and singing on stage. Tamara took part in a pilot of a 12-week pathway service, where she developed essential skills for independence, gained confidence, and discovered new social groups, including Just Straight Talk.



Tamara's confidence continues to soar as she is composing her own music, performing at public events. During this event, she took to the stage to share her inspiring story.

As part of her story interview, Tamara was asked what message she had for others. Tamara shared:

'Be brave, be confident, be strong.'