



**THE
SELBY
TRUST**

IDRIS (7YRS)

Idris came to the holiday clubs and weekly basketball sessions, after being stuck at home with no interaction apart from with his brother during lockdown.

He knew how to communicate but he wasn't able to start conversations, when he gets used to places, especially at Selby his confidence started to grow.

It took him a while to go, he needed Dad with him at first but now he is asking to go back regularly, asking when is the next holiday club or basketball session. Importantly, we can now leave him on his own and be confident he is enjoying himself.

He has made friends, knows he can enjoy basketball and singing the coaches songs. The coach sits them down at the beginning of session and gets everyone (coaches and kids) to join in before sessions. Even this improved his confidence, he sees others taking part and they laugh together and sing, he also gets a lot of encouragement from coaches. This has brought him out of his shell.

Coaches say he has so much energy needs to be patient but encourage him to keep that energy. He has discovered a sport he is passionate about. At the last holiday club he was chosen to help welcome and look after new, shy children.

(Idris's Dad. Idris has been attending Selby since 2021)

CHALLENGES

- Confidence
- Social Interaction
- Communication

BENEFITS

- Socialising and new friends
- Independence
- New interests