



**TwoRidings**

Community Foundation

Giving across North & East Yorkshire

#iwill – Case Studies

## **Futureworks NY**

Futureworks NY were awarded a grant of £30,000 to support them with a 2 year programme of activity. It was recognised that not everyone is 'social action ready', some people may need support prior to moving on to campaigning, fundraising or volunteering within their community. The project developed by Futureworks was to support those; developing their skills and increasing their confidence before encouraging them on to bigger and better things.

In the first 12 months the organisation has worked with 16 young people with varying abilities, once a week. Skills development was at the heart of every session, even if not the main focus, the organisation recognised the need provide something fun for the young people in order to keep them engaged. For example when it came to budgeting the 16 young people were split in to 2 teams and tasked with going to the supermarket to buy fruit they had not tasted, this promoted team work, communication as well as budgeting.

The impact of the sustained engagement has been significant: 1 person completed NCS, 1 person completed a 12-week construction course and 10 have been encouraged to return to education taking college course from Level 1 Computing to Level 3 Health & Social Care.

## **Individual Story of Change**

Jack\* has Autism, Attention Deficit Hyperactivity Disorder & Oppositional Defiant Disorder, joining Feel-Good Fridays at Futureworks NY was not an easy move for him to make.

Through attending the Feel-Good Fridays, it helped Jack to build his confidence and his ability to work with the leaders and others in the group. Jack worked through his Functional Skills gaining a level 2 English, level 1 Maths, he also learnt Employability & career planning skills.

During Jack's time with us he continued to develop his communication skills, confidence and desire to achieve. Jack volunteered at Futureworks using his computing skills to maintain and update the computers we have. He was also the official photographer for various events and helped with the organising of Futureworks 1920s themed ball for learners. Jack is such a fantastic example of how attending a provision like Feel Good Friday's can have such a positive impact and we are very proud of what he has achieved

\*Please note names have been changed to allow the young person to remain anonymous

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## **Two Ridings Community Foundation**

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## **Scarborough and Ryedale Carers Resource**

Scarborough and Ryedale Carers Resource were awarded a grant of £9,917 to allow them to further develop their Youth Council. The organisation recognised that the best people to support young people, were young people themselves and through #iwill were able to engage with 25 young people to develop a series of workshops that would support young carers.

The young carers were supported to host a conference in February this year, the theme was 'Love Yourself' recognising the tough challenges that many young carers face as they put their needs to one side. Workshops were held that focused on loneliness, mindfulness and self-care, all things that can lead to a negative impact on our mental health. They were produced and delivered by young carers, that lived experience making all the difference as they could speak about their experiences and fully understood what other young carers may be going through.

### **Individual Story of Change**

Sarah\* is a very mature 15-year-old, that has had a battle but is starting to come out of the other side. Sarah came into service in 2016 - prior to this she was under the support of Action for Children. To anyone on the outside Jade is a chatty, robust, confident girl, quite quirky in her ways and always trying to make you smile or have a conversation. But underneath there is a side of Sarah that has needed work.

Sarah always had a clear view on what a young carer was - she was proud and vocal about the role of a young carer; recognising and 'promoting' the additional challenges young carers may face. In some respects, being a young carer defined Sarah. The eldest sister of 4 other siblings, Sarah has supported Mum, Dad and Gran (under one roof) with both physical, medical and emotional challenges - this has had an impact on Sarah. She recognises and has sought support for her own low moods - and now has a regular mentoring support to ensure she keeps focused on her strengths.

Sarah has used her experience and influence to helicopter the work of the Young Carers Youth Council into the community - especially the school community, taking the brave step to speak at many school assemblies and to senior leadership teams in schools. Her conviction is to help others understand the potential challenges faced by young people and in particular young carers.

The Young Carers #1:4 campaign has been like a breath of fresh air for Jade - it has given her permission to talk about the positives; to bring a strength-based approach to spreading the word on the impact of poor mental health and to help other young people understand 'its ok not to be ok' (a regular manta from Sarah). She recently designed, planned and executed a very successful workshop on unlocking 'self-care'. We will continue to support and grow with Sarah for the benefit of her, her family and the other young carers she can empower.

\*Please note names have been changed to allow the young person to remain anonymous