

NEWSLETTER AUTUMN 2024



Yep! Interim Evaluation Report - University of Exeter

Key points from Executive Summary (October 2024)



- Yep! has supported 513 young people to date
- 28% moving into employment
- 8% into education
- Total of 36% against target of 26%
- Evidence of substantial progress towards getting young people closer to the labour market and into employment
- Take-up has been strong and there is positive feedback from the young people involved
- The bespoke approach has measurably increased collaboration among partners since Yep!'s conception
- Relationships with staff are being built, key for the success of young people and the tailoring of support
- Yep! has an integrated database, participants 'tell their story' once
- Yep! has a good profile and reputation locally and nationally: Winner of the Social Mobility of the Year category of the National Professional Quality Awards
- The social value calculated for Yep! has already surpassed £5 million by September 2024 and is estimated to be £7.5 million in total - thus showing a significant return to the investment of £2 million

This project is part-funded by the UK Government through the UK Shared Prosperity Fund. Cornwall Council has been chosen by Government as a Lead Authority for the fund and is responsible for monitoring the progress of projects funded through the UK Shared Prosperity Fund in Cornwall and the Isles of Scilly

Yep! Partners



In November we have welcomed BF Adventure and Konnect Communities to Yep! as specialist partners to pilot support for youth offenders including those at risk of offending



A young person, parent or professional supporting a young person can make a referral to Yep! via our website. (Please ensure you have the young person's permission before making a referral on their behalf.)

Find out more and make a referral at <https://cswgroup.co.uk/home/young-people/yeah/>



CSW Group manage Yep! on behalf of Cornwall Council who are the Lead Authority



Active Plus delivers a series of confidence, motivation and resilience courses for young people across Cornwall and Isles of Scilly. The courses are led by our experienced team of military veterans as they support the young people to overcome barriers, embrace change and develop self-belief.

Collaborating with partners on Yep! to deliver Confidence & Motivation Courses across the partnership gives young people a great start on the project



Collaboration with Newquay Orchard

In September/October we worked with Newquay Orchard to support 5 young people over 4 sessions. Each participant has been awarded their Certificate and, most importantly, has been able to grow in confidence and explore new ways of thinking that empower them to take control of their futures and reach out for new opportunities.

Newquay Orchard was, of course, the perfect setting to remember that growth does not always have to be linear... after all, organic is best! It also provided a fantastic backdrop to demonstrate how, when we remove ourselves from our comfort zone, inspiring things can spring up that have the potential to improve our quality of life.

Collaboration with Argyle Community Trust in Bude for 5 young people in Oct/Nov



How did you feel before coming to the course? Do you feel differently now?

“Anxious not knowing anyone, anxiety gone and feels like I know them a lot more”

“I felt anxious and unsure if I wanted to do it. I feel that the course is good and I’m a little less anxious”

“Felt exasperated because of mandatory nature of course. Now do not feel exasperated as course more engaging than expected”

“Felt uncomfortable and nervous, but after talking to people and laughing it got easier and got more confident”

Future Courses: In partnership with Pentreath & CSW we have a course scheduled for Nov/Dec in Redruth which is open to all Yep! Participants across the partnership

Feedback >>>

Unexpected

Interesting

Icebreaking

Insightful

Learning new things

Functional Skills with Argyle Community Trust (ACT)

Since August, ACT have been supporting 16 young people to gain their functional skills, Level 1 and 2 in Maths and English. ACT have held weekly group sessions located in North and East Cornwall where the young people complete their learning on an online platform with 1:1 support from a key worker. We have also offered bespoke 1:1 support sessions for those young people who struggle with big group settings.



Collaboration across the Yep! project

50% of the young people working towards their Functionals skills have been referrals from other partners on Yep! These referrals have come from Cornwall Educational Business Partnership, Educational Development Trust and CSW group.

On the 5th November, 13 young people sat their exams. We wish them Good Luck!



Next we are planning to deliver functional skills in West and Mid Cornwall starting mid-November with exams planned for the start of 2025

Argyle Community Trust - Employability course

In October, Argyle Community Trust (ACT) and Active Plus joined forces once again to provide an impactful 5- week employability programme in Bude. Feedback from previous sessions include:

“The course was insightful and useful, particularly as the instructors gave us everything we needed, but didn’t baby us and forced us to think thoroughly.”

“I felt a lot better coming to this course, I’m starting to get on the right path in life.”

Over the 5 weeks, each cohort meet twice a week and covered a range of different workshops and teamwork activities that will support them into education, employment or training . Active Plus delivered 4 workshops that focused on building self-confidence and resilience. This included teamwork activities and developing communication skills. Each week confidence grows and young people overcome personal challenges.

Through Yep! we are currently supporting a group of students with EHCPs at the Learn/Work your way post 16 programme. Every two weeks, one of our employability tutors delivers a range of different employability and teambuilding activities while also completing a Level 1 award in Behaviours, Attitudes and Attributes in Employment. We plan to work with the young people for the whole of the Autumn Term.

Good News Story

Kieran joined Yep! with Argyle Community Trust (ACT).

He was really struggling with his mental health and self-motivation. He was referred to ACT due to his interest in sport, he had a long term goal of becoming a physiotherapist, but struggled with his first steps towards this.

He was supported with 1:1 mentoring by an Employability Tutor. During the Spring/Summer Kieran and his tutor attending fitness sessions at a gym which he really enjoyed and he also had support with online learning to gain his functional skills qualification in Maths.

He was so motivated that he wanted to continue working with ACT - he started focusing all his energy on applying for the ACT Post 16 Football Programme!

We are very happy to say that Kieran is now a full-time student on the ACT Post 16 Football Programme. He is thriving in the setting and finally feels like he has his life back on track



“The 1:1 mentoring support with Morgan was the best thing that could have happened to me. He was very supportive and treated me like an adult. Morgan was a great mentor and provided empathy when needed. Very reliable and would be there not just to help solve problems, but give me the tools to solve my own problems independently.” Kieran

“Since the first initial meeting with Morgan and Caitlin, it has been like a weight of stress and worry has been lifted. Now seeing him thriving in a supportive setting makes me so proud. We would be lost without YEP! and ACT” Kieran’s mum

The summer has been an incredibly busy time for Carefree Yep! young people and they have taken part in a wide range of activities.



An incredible opportunity to meet the dedicated team from Cornwall's Air Ambulance and learn about their jobs and the vital work they do.

We were so lucky that the helicopter came into land as we arrived having just been on a call out. It was fascinating to hear about the various careers available, from paramedics and pilots to fundraising and support roles. The team's passion for their work and commitment to providing critical care was truly inspiring.

They explained how the charity operates, relying heavily on donations to fund lifesaving missions across Cornwall and the Isles of Scilly highlighting the importance of community support in keeping the service running. This trip was organised together with Care2Career, a project that aims to increase the number of young people with care experience into working in the NHS or care environment.

The young people are now considering ways that they could fundraise for this very worthwhile charity. Another young person had a passion for baking. He discussed this with the pilot, who explained they would love a café on site. Together they discussed what that could look like and how that would support the team but could also raise funds.

One young person said - 'I never would have thought of this as a career, but now I want to do more. How can I get some work experience? I don't like sitting down, I want to do things'.

Taking part in Connector training - This is a Carefree group aimed at equipping young people with the skills needed to volunteer and support other young people. This group offered a mixture of team building exercises, self-reflective practices and discussion sessions and a 3 day residential. Now this training is completed they are accompanying Youth Workers on befriending sessions with other young people.



A day volunteering at Goonown Growers where the young people took part in nature connection activities including gardening, weeding, watering and tree care activities.

Visiting Tehidy Woods for a spoken word poetry day exploring the meaning of home, personal space and belonging through spoken word poetry and other art forms

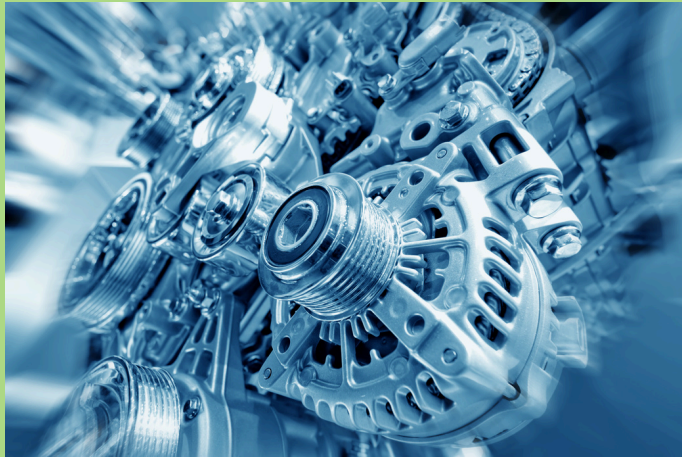


Taking part in a Taekwondo day where they were introduced to the basic techniques and practiced some self-defence moves.

This is to name but a few. Our autumn programme of group activities has just started and will culminate in our "It's Been Emotional" conference for care leavers and Christmas parties (all planned and delivered by the young people themselves).

This young person came into care in her mid-teens, she has been living in supported accommodation. She was due to start a mechanics apprenticeship in January 2024 which fell through due to the low numbers enrolled. She was feeling lost about what to do next with her education.

Her Keyworker helped to explore options, she really wanted to do something hands on and practical. A conversation with a friend sparked an interest in engineering. With her Keyworker they explored this further and she was supported to visit the STEM Centre at Callywith College to find out more.



Her goal was set she wanted to enrol on the Engineering BTEC at Truro College. However many challenges lay ahead, the course was full so she found herself on a waiting list, anxious. Her Keyworker continued to support persistently keeping in contact with admissions. She got her place, attended the induction day with her Keyworker who supported her to find her feet and apply for a bursary and bus pass at student services.

Her Keyworker liaised with her Social Worker so that all the equipment she needed for the course could be purchased from her Personal Education Plan payments. One final stumble on her 1st day due to anxiety but she made it on day 2 with the support of her Keyworker, Social Worker and the staff at her accommodation rallying around her.

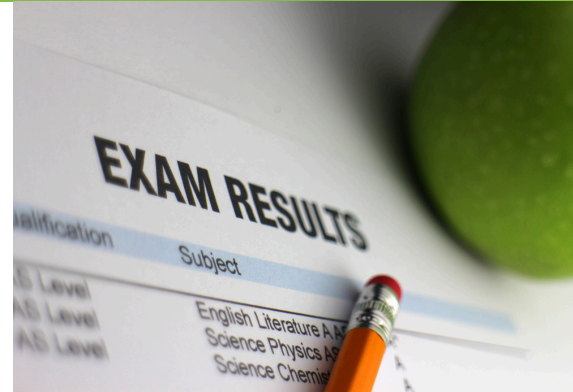
Alongside this she was attending “Connector” training at Carefree. This is a Carefree group aimed at equipping young people with the skills needed to volunteer and support other young people. This group offered a mixture of team building exercises, self-reflective practices and discussion sessions and a 3 day residential. She found this group a real challenge as she is anxious in groups but wanted to work at building confidence as this would be essential for sustaining a place at college. Although she did not attend all the weekly sessions she successfully completed the 3 day residential and accreditation.

She has now been attending college for 3 weeks and is enjoying the course and feels like her tutor really gets her. Although she still struggles with her anxiety she is taking one day at a time and is enjoying having a regular routine and working towards her goal of being an engineer. She has also completed a befriending as a ‘Connector’ alongside a Carefree Youth Worker and continues to attend Carefree groups.

“ Carefree have helped change my whole mindset. Even if things don’t go as expected I’ll get where I want to be, just taking one day at a time”

Cornwall Education Business Partnership (EBP) are a partner that bring employer connections to Yep! which benefit participants across the partnership. In addition to this Jane and Julie work on a 1:1 basis supporting individuals with bespoke employability support

The team all supported participants through results day which for many was an emotional rollercoaster. This resulted in many soft and hard outcomes with participants gaining clarity on what they want to do and where they are going. Many needed support navigating college websites and helpdesks, switching courses last minute or finding apprenticeship providers. It also resulted in many needing to retake exams so a few internal referrals were made to Argyle Community Trust for support.



Tim was busy supporting with mock interviews for participants across north and mid Cornwall in addition to supporting students at Treviglas and Tretherras in Newquay with mock interviews.

There has been lots of engagement with businesses at a variety of network events. Progress was made especially with businesses and collaborative groups in the tech sector and in hospitality. Tim also delivered a presentation to over 100 health professionals from Disabled Children and Therapy Services.



7 laptops were handed out to individuals thanks to Digital Inclusion



Jane - Youth Employment Officer

Said that she has felt overwhelmed at times by working with such a passionate team of people, enjoying the successes of young people who were struggling with their futures, gaining confidence and who are now in FE or employment. She has battled through a challenging but rewarding case load helping young people navigate the local job market and education system.

Julie - Youth Employment Officer

Supported 10 participants with their new paths into education, 2 of the young people she worked with started internships, 2 gained employment and another young person gained some work experience

What is planned for the coming months?

- Planned supported internship for individual with TLS solicitors
- EBP will be leading on a stand in collaboration with the Carbon Neutral team during Green careers week at Truro and Penwith College over two days at two different locations
- Tim presenting at a Hospitality Cornwall event in collaboration with Work Your Way
- WEX Conference (Work Experience)
- Doughnut Economics steering group and networking University of Exeter
- Hopefully setting up some supported internship placements at the Council

The whole team will be continuing to build relations with different businesses across core sectors through events and networking. We will also commit to helping more young people enter the job market or an education placement.



Yep! participants from across EBP benefited from the connections being made in digital/tech organisations Tim was targeting to build relationships with. He was promoting the benefits of employing young people on the project and young people with EHCP's looking for supported internships through Diversity to Thrive. Hertzian heard about this and got in touch. After discussing possible options it was decided they work together by inducting 3 young people who had basic skills and an interest in the industry.

After speaking to the team, there were many that fit that criteria. These were shortlisted and an Open Day at Hertzian was arranged. They were so impressed that they opened up 5 internship places instead of 3 for these participants. They started their internships at the end of September.

Many of these young people had basic experience in marketing and video making, coding, software design and computer programming. Some of them were actually very talented but lacking the social skills enabling them to apply the skills outside their bedrooms. With the help of EBP they have found an employer who is able to utilise this skill in a professional environment where they fit in.

Most of these young people were in the same situation and are diagnosed or undiagnosed with Autism Spectrum Disorder which had led to mental health issues and social isolation which prevented them entering employment without support. They did not know how to apply their skills, what employers are out there or how to approach them. With the support from EBP the young people were prepared for interviews and they passed a group interview scenario and digital assessment under test like conditions.

Prior to this wonderful opportunity these participants received 1:1 support from their case workers which empowered them to take these steps. Support continued after the Open Day in managing anxiety, travel concerns and employer expectations. EBP also linked with fellow Yep! partner Real Ideas on their Digital Natives project to help prepare them for the Open Day.

Jack & Ivan at Hertzian Open Day



The tech industry is naturally set up for remote working with MS Teams and Zoom and the fact that participants want to work in solitude and have the technical know how to work remotely was perfect. This model was ideal if the travel to and from Truro was an unreasonable distance. However, undertaking an internship from a participants bedroom is not healthy and encourages social isolation. It is also inappropriate for a job coach on a supported internship to work from a participants house. To overcome this issue and create a middle ground, Tim contacted another Yep! partner Newquay Orchard who provide job coaches themselves and run digital courses. They also have a co-work space and have an environment which supports those who may be neurodiverse. A perfect opportunity for collaboration where a job coach could support a participant who is unable to travel to Truro. The same model could also be applied at Real Ideas at Liskeard Library - another Yep! partner. Perfect for one participant, it has been agreed and a job coach will support them from there instead of the Hertzian office in Truro. This has planted a seed for expanding this model, the potential is huge!

"I am thrilled to have partnered with Cornwall Council on the Youth Employment Program (YEP!) initiative, which is making a significant impact on young people in Cornwall. Hertzian is providing privately funded training opportunities that align with our mission to support and nurture future talent in the tech industry. This collaboration helps signpost young people to our program of support, with 2 out of the 7 learners having already secured employment opportunities. We look forward to continuing our efforts to empower the next generation of industry professionals." Chris Hertzian, CEO



Timothy at Hertzian Open day



Our CSW Group, Yep! team have been busy during the last quarter, with lots of collaboration, networking, events attended and training completed

Our SEN Support Advisers attended the Parent Carer Cornwall SEND Information Event at Eden to network with providers and promote our Yep! partnership.



On World Mental Health Day, our delivery team completed First Aid for Mental Health Training, whilst our Team Leader attended an event organised by Pentreath and had the opportunity to hear inspiring life stories of individuals mental health journeys.



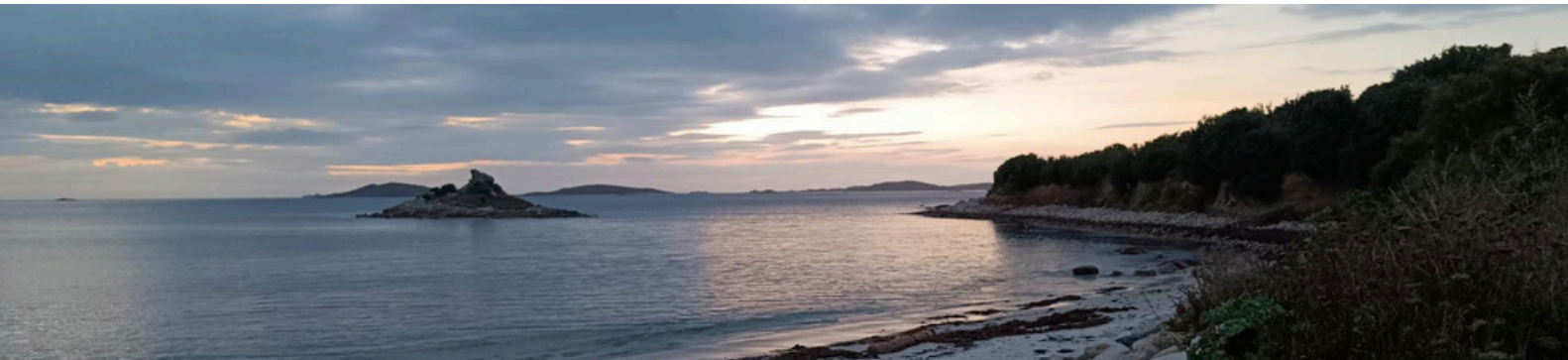
Student advice sessions at Truro College



Isles of Scilly

CSW Group and Cornwall EBP visited The Isles of Scilly in October for the Careers Convention and had an opportunity to collaborate while there.

A member of the CSW Group Yep! team will be visiting St Marys on a monthly basis to offer face to face support for participants.



«« Collaboration across the partnership for CSW Group Yep! Team »»

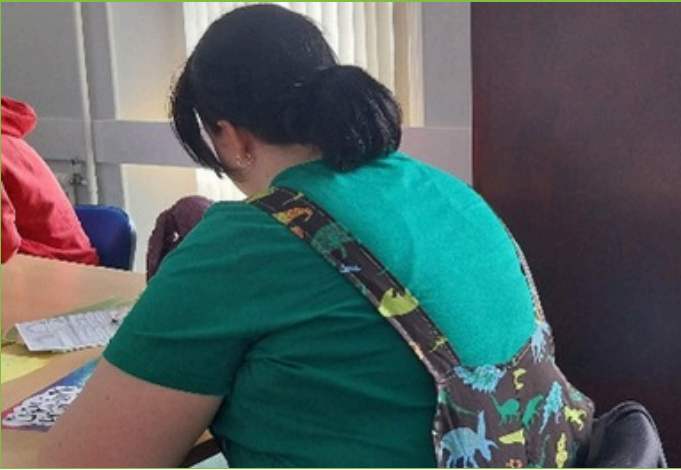
Young people benefiting from the 1:1 support of their CSW Adviser but also completing PLUSS ME online course with Pluss Young people talking to Exeter University to voice their thoughts on Yep! what works well and how to improve it



CSW Group and Pentreath working alongside Active Plus to plan an Active Plus Course in West Cornwall



**Launching the Yep! Innovation Fund - to help make dreams a reality
Yep! Team Day @Pentewan Sands
an opportunity to share ideas and build opportunities for collaboration**



♥ Giving education another shot ♥

Rae started on the Yep! project in January and during that time, she has been working 1:1 with her CSW Group Yep! Adviser, exploring options for returning to education. They have visited several local education providers, arranging a place to start in September.

Rae has also benefited from the collaborative delivery within the project, meaning that whilst she continued to gain 1:1 support from CSW Group, she has also attended the PLUSS ME course through Yep! partners PLUSS.

Rae tells us the difference working with CSW Group has made to her:

'You've finally found me an educational facility that makes me want to give education another shot and that's down to you.'

And the impact of being able to additionally link in with the PLUSS ME course:

'You've helped my confidence in leaving the home. I'm starting to learn to use public transport, which I've done on my own now, which is a giant improvement in me getting out of the house. It's something I couldn't see myself doing a couple of years ago.'

We are so proud of Rae and the steps she has taken forward since being on the project and we look forward to seeing her progress back into education.

♥ Yep! Meeting your needs ♥

Daisy left school in Year 8, unable to cope with social anxiety, she was diagnosed with autism shortly after this. She attempted college in year 12 but again found the social side of college too challenging. This knocked her confidence and self-esteem, as a result Daisy became more isolated as her anxiety became severe which meant that she barely left the house.

She was supported by her CSW Group Yep! Team Adviser, Jane whom she told that now she was 18 she wanted to have more independence and that she would like to gain some qualifications to enable her to find employment in the future. By building a relationship and trust they were able to consider Daisy's options.

Daisy is now in receipt of Personal Independence Payment (PIP), which has done just that - given her some financial independence. She is now enrolled with Adult Education to study Maths and English online (with some visits to the centre).

Daisy has purchased a laptop with her own money which she is very proud of.

She has built confidence with leaving the home and has developed more independence. She has started to use public transport with her sister which is something she wouldn't have considered a few months ago.

She said the biggest benefit of being on Yep! is having someone who has been able to give her time and patience to consider her options. Having someone come to the house, challenging her but not pushing her into things she didn't want to do.

A young person was referred over to me in late July, they were living in a secure psychiatric unit and had made progress that meant they were about to transition into living in supported housing in the community. After our initial call and sign up meeting the young person expressed to me that their goals were to investigate getting into work in the hospitality industry as they had previous experience of this and would also like to look into some kind of further education either University or equivalent as a long-term goal.

We began by discussing her employment needs including travel, preferred working hours and working environment. Once these were established I conducted a CV workshop with them and we compiled a good CV. Our next step and the usual step in my delivery process was to then conduct a 1:1 job searching session on teams. Using job boards and by adjusting the search filters to accommodate the needs of this young person we were able to find some potential job roles to apply for.



Together we were able to write a cover letter that could be used for multiple applications by changing some of the information (company names etc). The following week she had received invitations for interview that initially gave the young person some understandable anxiety. After a chat about what would be expected we covered some interview techniques together. This entailed discussing what questions are usually asked, how to respond and how to conduct yourself.

On completion of their interview, they were offered a part time role at a Café, a 20 minute walk from their new accommodation. In a matter of 7 weeks this young person went from being in a secure psychiatric unit to living independently and finding meaningful work part time that allowed them to still be able to take time to apply for university. This is a great example of the support offered on Yep! and the potential outcomes in less than two months; able to achieve their short-term goals and put them on right trajectory to also achieving their long term goals.

Max Eastham, Employment Advisor

We can help you to:

- Explore work and training options
- Build your confidence
- Develop your skills
- Find local work experience or volunteering opportunities
- Create a CV
- Apply for jobs
- Practice for interviews



Our appointments can be face to face or virtual, depending on your needs.

We also have a flexible fund that we can access to purchase things that could help you gain and keep employment, such as interview clothes or tools.



This project is part-funded by the UK Government through the UK Shared Prosperity Fund. Cornwall Council has been chosen by Government as a Lead Authority for the fund and is responsible for monitoring the progress of projects funded through the UK Shared Prosperity Fund in Cornwall and the Isles of Scilly

NEWQUAY ORCHARD **Yep!**

ARE YOU AGED 16-24?
ORCHARD WELLBEING SESSIONS

FREE ONLINE WELLBEING SESSIONS
Wednesday's at 11am



- A six week **online** programme designed to connect us with who we are and what we are here to do.
- How do we move forwards in our lives? Which way should we go?
- Discover paths towards your authentic, unique, wonderful self.
- Immerse in ancient wisdom, and the world around us through story and simple methods that will serve you for life.

To book your place or refer an individual or group then please contact:

- ✉ info@newquayorchard.co.uk
- ☎ 01637 877182
- 🌐 <https://newquayorchard.co.uk/join-us/>

Get in touch and come in for an informal chat, site visit or let us know if you'd like us to visit you.

Yep! #YouCan

Building confidence, resilience and competence of Young People



Newquay Orchard have been busy delivering Wellbeing Sessions which have been popular and have supported young people to take steps towards their goals. Young people were invited to take part in a series of workshops and activities that included making bug hotels, mindful photography, foraging and cooking ingredients found in our forest garden and market garden, cooking over a firepit, the importance of nature, biodiversity and healthy habitats and chats about emotions and five ways to wellbeing. We attended many events to promote the YEP! programme and built good relationships with other partners in the programme. Young people were encouraged to contribute their ideas for what they would like to get involved in, and some of these are carrying forward into the programme for the coming months.



WHAT'S ON

- Wellbeing programme which will run in 6 week blocks - Fridays! 10am - 12.30 (lunch included)
- Hoping to run beach cleans and learning about marine conservation
- Healthy eating and cooking in new training kitchen
- Free nourishing hot meals
- 6 week Remote Wellbeing sessions - making the Orchard Wellbeing magic available no matter where you live

Leighton joined Yep! with Newquay Orchard in February of this year having no previous employment but had done some horticulture volunteering and had L1 Maths and English. He is autistic and due to his cognitive disability he did not feel ready to look for work. He required 1:1 support and started attending with a personal assistant (PA) who transported him into sessions and supported him to engage in the group.

His short-term goals were to learn to use tools safely and to build the confidence and skills to become a gardener. He wanted to gain employability skills to prepare him for work in the future.

Leighton really wanted to learn to drive and develop his independence skills so he could get around on his own.

His ultimate long term goal is to live independently and find employment.

He was supported to complete an EL3 Learning Employability and Progression course over 16 weeks, which he thoroughly enjoyed. This course and achievement encouraged him to enrol on a L1 course which involves full days - he has now started this course!

He took part in Wellbeing Sessions from April which he reported helped him to understand healthy relationships, to make friendships in the group, and improve his self-esteem. He also took part in cooking challenges which have improved his independence and life skills, he really enjoyed learning about healthy eating and nutrition.

He transitioned from having a PA to being supported by his mum, but is now attending independently and travelling by train on his own - a huge step forward!

He has also passed his driving theory test and is starting driving lessons.

He continues to engage with the team at the Orchard and has signed up for some courses to develop his skills further including a lawn mower course and scything course.

He is getting work experience mowing people's lawns and feels really confident and happy about this.

Newquay Orchard will be looking into a Supported Internship for Leighton when he finishes his current studies. He loves being part of the local community and has engaged in horticulture volunteering at a local charity enabling him to branch out and develop further.

'Leighton told me that the Yep! project has improved his mental health and happiness and that he loves coming to Newquay Orchard and all the activities we offer' Ruth, Newquay Orchard





We have been working collaboratively recently by meeting with CSW Group to identify a group of young people who would like to access a confidence and motivation course with Active Plus. As a result of this there is now a group planned for November in Redruth



Mel Miles (Project Administrator, Erica Uren (Young Peoples Adviser), Jonathan Mutton (Project Manager 07738547088), Alannah Angilley (Young Peoples Adviser), Abi Carr (Young Peoples Adviser)

Welcome Abi

Abi joins us from One Eighty, which is a mental health charity based in Oxfordshire. In her previous role she worked with young people and their families to enable young people to progress into Education. Abi worked 1:1, delivering wellbeing support, supporting management of emotions and additional needs and taking a whole family approach. Abi worked at One Eighty for 2 years and prior to this she was a TA in a secondary school, where she supported a young person with autism. Penetreath would like to welcome Abi to the Yep! project where she will work alongside our existing team, she will be covering the North and East of the county.

This young person originally joined Yep! for support with employability skills with CSW, it was identified early on that their level of heightened anxiety needed some more specialist help so they were internally referred to Pentreath.

They then attended weekly 1:1 sessions in a location where they felt comfortable outside of their home. These were targeted around anxiety management, confidence building and how to keep a positive and healthy wellbeing, this included a number of topics and interventions.

The support had many benefits, the biggest for this young person was not only receiving advice around their anxiety and how to manage this better, but feeling listened to throughout their support which has enabled them to continue to move forward. They will be continuing support with CSW Group, they now have the confidence to put themselves back out into society and feel comfortable about doing this.

'A huge thank you for all the support you have given X over these past few months. The progress she has made is unbelievable and I honestly believe you have been pivotal in helping her get to where she is today. She continues to amaze me with her new found confidence!' Feedback from parent of this young person

This young person joined Yep! after leaving school. They had low self-esteem and very little confidence in communicating with others. They also experienced barriers with their poor mental health, including low mood, anxiety and not leaving the house regularly.

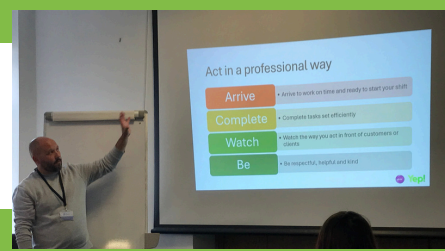
With their Adviser they wrote an action plan, focusing on improving mental health and wellbeing, worked on employability skills and confidence around communication. That 1:1 support meant they had a person to talk through things about every day life, enabling them to move forward.

With the support and intervention of Pentreath they have secured full-time employment, working as a support worker. A huge achievement and something they didn't think they could achieve at the start of the project. They feel the project challenged them to try new things and pushed them out of their comfort zone and supporting them to have some self-belief,





Pluss offer 1:1 support for young people who have a learning disability or difficulty moving forward into employment, education, or training



Pluss Me group sessions include

Healthy living

Interview presentation skills

Successful failing

Job, volunteering, and training searching

Workplace Expectations

Health & Safety

Transferable skills

Interview skills

Stress awareness

Numeracy upskilling

Pluss have also launched and continue to develop remote sessions, which is helping many young people

Online

Good News Stories

Alex found out about Yep! through his Social Prescriber and joined the project in August this year. He faced multiple barriers including transport and his mental health, suffering from depression and social anxiety.

His goals were to find employment (ideally an apprenticeship) and to develop his confidence and motivation.

Alex engaged in 1:1 support and some online group sessions, he built a great relationship with his mentor Jon and they explored opportunities, produced a good CV, covered interview preparation and employers expectations. They even supported Alex onto an online driving theory course.

His confidence developed well and he felt motivated. They are also hoping to secure Alex's CBT license so he can get a moped as he lives in a remote location and that is a significant barrier.

Alex has passed his driving theory test, developed in confidence and self-belief and has secured an administrator apprenticeship role!

#Apprenticeship #Confidence #Motivation # Driving Theory

'Hi, I'm Alex, and through the support of YEP! (Youth Engagement Project) I'm now employed and will be starting work soon. A Little about me & the struggles I had before I got involved with YEP!:

before I got referred to YEP! by my Social Prescriber, I had little to no faith in myself gaining employment in the current year, I had just finished College where I hated attending mindless lessons with monotonously boring 2 hour bus journeys.

And in the short 2 months of knowing Jon who helped me improve my confidence & CV. We would talk about Life, hobbies, and in my specific interest Politics and what's happening in the wider world outside of beautiful Kernow (Cornwall). During our fortnightly sessions, we would discuss my steps to gaining employment/job searching. Jon has helped me start to improve my transport issue, by passing my Driving theory after the 4th attempt & getting me involved with doing my CBT motorcycle licence.

Overall, meeting Jon & getting involved with YEP! was a great decision as when I first met Jon I used to be very negative & Self-defeative. Now I am more confident in myself and what I can do'.



'The difference is staggering'



'To start with I believe I heard about this through the GP maybe after I had been struggling a lot with my mental health. I left college around 2021 and wasn't in education for coming up to 3 years which truthfully took a bit of a toll on my overall confidence, especially in social situations which wasn't helped by my already diagnosed anxiety. With my mental health diagnoses (depression, social anxiety, ASD) it was very difficult for me to even think about socialising in any sort of professional way to attempt finding a job. Although it was really these sessions that helped me through most of it, it never felt like any forced employment situation instead we could sit at our meetings and I could just talk about the things affecting me and how my life was just generally going and that initially helped me a ton because it broke down that barrier of needing to be a certain person and just showing that I could be me for these meetings even before we actually worked on all the important things like building a new CV, job searching and just having those sensible discussions about my future plans.

And now 6 or so months on the difference is staggering. I've started a wonderful relationship, I'm much more up to socialising and breaking through my comfort zone (although it's still a big struggle) and I'm even now going to start work. Jon especially I think is amazing at his job, he was always incredibly helpful, patient and supportive in any choice I made or conversations we had. I'm glad I took these meetings because it really turned for the better'

RT

RT joined Yep! with Pluss in March of this year. He has Autistic Spectrum Disorder, is very high functioning and had gained multiple GCSE's and a Level 3 Personal & Professional Development qualification. However he needed to manage his social anxiety in certain situations. Prior to joining Yep! RT had been at home for over 12 months, struggling to find motivation and confidence to make any steps towards his goals. RT has also been diagnosed with diabetes, which meant he had to stop driving lessons which impacted on his mental health. He wanted to find some employment, develop his confidence and motivation. His long-term goal is to become an Estate Agent, these goals were discussed and broken down into small steps to move him in a positive direction. His 1:1 support with his Coach Jon worked well, they built trust and RT was open and honest. They worked on job search, producing a CV, employer expectations and interview preparation. RT's confidence developed quite quickly over the first two months and things started to improve, his mental health improved and there was less of a need to focus on supporting him with these things using external support. RT has loads more confidence in himself and now understands how he can be a valuable member of society. He still has the same barriers, but is managing them, it is a joy to see how happy he is. RT has gained a position at a Jewellers as a sales person, his social life has improved massively, he now has a girlfriend and is very happy. He frequently travels out of county to see her and is socialising with her friends as well. He has totally achieved and exceeded his short term goals and his new job in Sales is the 1st step towards his long term goals.

Feedback “The programme enabled students to gain valuable skills and was super beneficial for all involved”

This term we have enjoyed starting work with over 30 new young people through delivering our Restorative Engagement Programme at Bodmin College and Truro College. Lily Reece Fraser is new to our team in the role of East Cornwall Project Worker and she has this to say about her experience of working on the project so far:

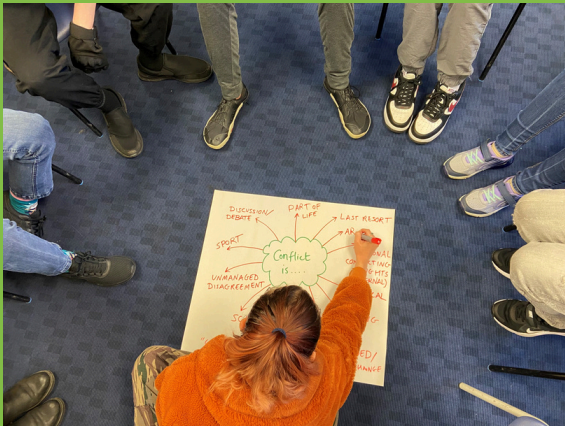
“My name is Lily and I've been working alongside my colleague Lucy to deliver the Restorative Engagement Programme (REP) at Bodmin and Truro College. The last month of sessions have been wonderful to carry out alongside the young people. I've noticed the difference these REP sessions have made for the amazing young people who attend. I can think of a handful who have gone from uncomfortably shy, unable to make eye-contact and reserved, to, 4 weeks on, being able to join in fully with fun games, and share opinions confidently during circle time,



Lily & Lucy

exercise their empathy and vulnerability during sessions, and really show who they are as individuals to us practitioners and their fellow classmates. It's been a pleasure to see the young people really start to feel comfortable sharing their opinions and thoughts.

When watching short films on themes such as assumptions, prejudice and workplace expectations they've been able to engage in a safe space we've all been able to create together.



Adopting a restorative lens to see other people's perspectives through, has been very beneficial to understanding and preparing for the tricky situations and relationships they may experience in further education or at a future job. Activities like badge making and dissecting the iceberg theory, exploring their personal future goals and aspirations, letting us know what they'd like to achieve and figuring out what extra steps and support they might need to achieve that, have been some of the processes we've used in allowing them to envision a future for themselves. Building resilience and confidence has been something the young people have really been working on, by slowly opening up, building trust as a group, and participating more and more each session”.

Some more positive feedback from the teachers of the young people we worked with last term:

“The most valuable thing about the programme was that it gave the students time to develop skills and be listened to. It improved group collaboration and teamwork. Students had the chance to discuss different situations and find solutions, by empathetically working through other people's perspectives”

Over the summer, Real Ideas continued to meet some really interesting young people and share some brilliant experiences and activities with them. Sadly, a couple of outdoor activities days, confidence building on the beach and a foraging day, were cancelled due to bad weather. Dan Reid started as our new Pathways Coordinator and is a great asset to the team.

Years of experience in support work, and a natural flair for anything techie and musical has added some much needed capacity to the team.

Driving theory sessions have continued to be popular with 6-week courses running in both Truro and Newquay – attendance for these was high and most of those young people have now either passed or booked in for their theory test.



The common feedback is that passing their theory and getting their provisional acts as a real motivator to finding work so that they can then afford to learn to drive, and for some, it might be the only positive test experience that they have had, so the sense of achievement is a great confidence boost.

»»» COLLABORATION «««

Active Plus ran one of their courses in the library and this was really great – the group were quite hard to engage beforehand but they all seemed to really enjoy and have continued to engage well with other opportunities since the course has finished. A great example of how partners on Yep! compliment each other and work together to make the young persons journey more successful

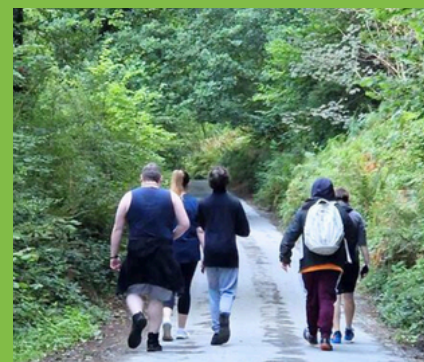


Staff and participants visited both the Headland Hotel for an industry exploration visit and Hugs foundation in Bodmin for a wellbeing activity. We have quite a few young people interested in



animal care as a career possibility so we are now looking at putting together an 'Animal Academy' to enable them to have experiences at a range of different animal settings and to speak to people in these roles to find out the best way to get into the industry.

There are also a number of Real Ideas participants who are looking to join the public services or military. It was obvious that there was a concern about fitness levels and the ability to pass the required tests, so as a starting point, the coordinator team have organised a group to do Couch to 5km at Cardinham woods. This has been going for just over a month now and whilst it did really highlight the low levels of general fitness to start with, the young people have stuck at it and are doing well. Aside from the physical health benefits, starting a day with some time outside, in the fresh air and a chance to chat to others has shown to have a positive impact on mental health and wellbeing.



The last few months has also seen participants moving on to a wide range of progression opportunities – employment at Liskeard Library, education courses with Adult Education, full-time college enrolments, hospitality jobs, construction apprenticeships, welding courses, retail work,

Drop-ins every Wednesday at Liskeard Library a chance to meet up and get involved in lots of activities - 10am- 1pm

WHAT'S ON

- Driving Theory Liskeard, Penryn
- Barista training and hospitality employability session - Penryn

Good News Story

Jacob joined Yep! at the start of the project having previously been supported on another project with Real Ideas. He gained 7 GCSE's at school but had no work experience. Jacob is a full-time carer for both of his parents and wanted to get out of the house, meet people his own age and do something for himself.

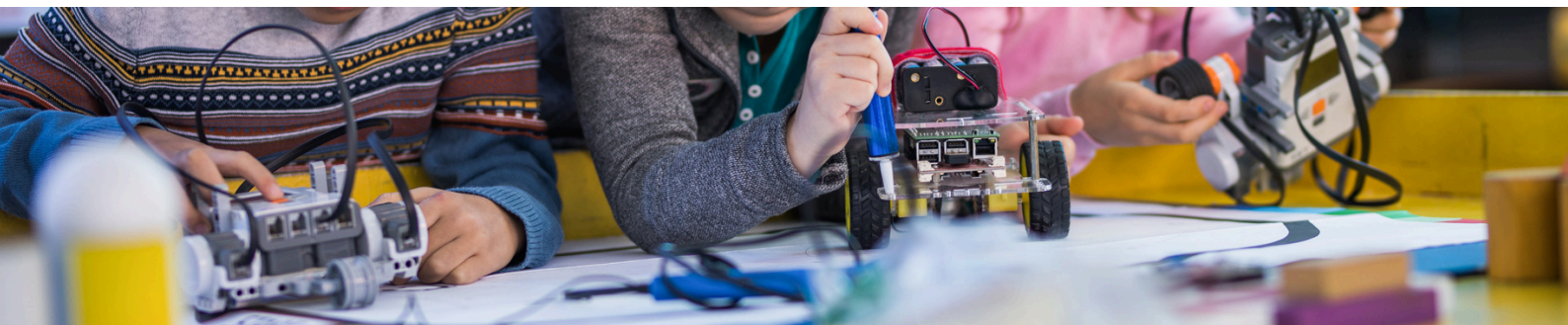
Jacob got involved in many activities Real Ideas had to offer both on Yep! and Digital natives; cooking, 360 film, content creation, Lego robotics (volunteer work) and a trial day as a Host at Liskeard Library where Real Ideas are based.

This all helped to build his confidence, resilience, teamwork, communication, digital skills, problem solving, customer service skills and helped him to overcome personal challenges.

Jacob started off very shy but has really come out of himself. He has volunteered in the library, supporting the Lego robotics workshop aimed at primary school children. He took the lead on certain aspects of the Digital Native Course. He has worked as a Host in the library for a day (voluntary work) Real Ideas have been so impressed with Jacob that they have offered him an interview for a host role.

Jacob has an interview for the position. We wish him luck but even if not successful, this will be great interview experience.

The activities have increased his confidence and he has learned lots along the way, this has also supported him with his mental health and wellbeing.



'I have gained a lot of skills, confidence, made good connections and everyone I have worked with on Yep! has been exceptional. I have really enjoyed my time working with you all and would recommend the Yep! Programme to anyone who is wanting to take their next steps'. Jacob

We can support you with employment, education, or training!

- ✓ Age 16-24
- ✓ Live in Cornwall or Isles of Scilly
- ✓ Unemployed



www.cswwgroup.co.uk/yep or
freephone 0800 975 5111



This project is aimed at disadvantaged young people who are not in education, employment, or training (NEET) or are at risk of NEET



Yep! #YouCan

Building confidence, resilience and competence of Young People together



This project is part-funded by the UK Government through the UK Shared Prosperity Fund. Cornwall Council has been chosen by Government as a Lead Authority for the fund and is responsible for monitoring the progress of projects funded through the UK Shared Prosperity Fund in Cornwall and the Isles of Scilly