



Building Futures

Take a look at our success stories!

This is what young people are saying...

“It’s been so helpful coming here, I wouldn’t have done anything without this help...”

Young person

“I don’t think I would have done any Maths and English courses if I hadn’t been on this project, I now have more self-esteem”

Young person

“If I hadn’t had you here I wouldn’t be where I am now, it’s absolutely changed my life... this project has given me the opportunity to try things but know I’ve got support behind me”

Young person

“After years of struggling, I can finally say ‘YES I’m working’. Everything has exploded for me now, I have a purpose and I can do what I want to do...”

Young person

“This project has given me my confidence back, and has enabled me to socialise better and work with others”

Young person

“I am really motivated to find work and feel I am getting closer to my goals by engaging in support...”

Young person

Read our detailed case studies...

Callum's story

“My name is Callum and I am 19 years old. Before I joined this project, I stayed in my room constantly, 24 hours a day. All I did was play games on my Xbox, and I was using cannabis very heavily.

I worked with my Dad for about a month, which gave me a few skills... I stocked rooms and loaded vans. I felt very down and depressed. I was motivated to work, but I did not know how to go about finding it. Cannabis and lack of confidence were the two main factors which stopped me leaving the house and looking for work.

Since attending this project I have been supported to go on a Dame Kelly Holmes Trust programme, and I have also started the Work-Based Learning course with Young Devon. These courses have helped me, by being able to socialise more and improve my confidence... I feel there is a huge difference in myself. This project has helped me reduce my cannabis use and be more social. My life, I feel, is getting a lot better. I do not sit in my room all the time smoking or just playing videos. I am socialising more with people I would not normally speak to, and I feel so much more supported. I am really motivated to find work and feel I am getting closer to my goals by engaging in support...”

Amy's story

Amy joined the project following a referral from the Jobcentre. She struggled with crippling anxiety and had not been able to find an opportunity since leaving college. Amy found herself becoming very isolated; she spent all of her time with her Mum, and felt it was too difficult to reconnect with old friends...

After spending time thinking about bigger goals, and what she wanted for her future, Amy began practicing her mentor's recommended CBT strategies around thought challenging and building self-esteem. Following 2-3 sessions, Amy was ready to approach a charity shop about volunteering. They immediately offered her a taster session.

Amy also had difficulties when travelling on public transport locally. When she first started on our project, Amy had not travelled on a train, had never been on a bus unaccompanied and had only really gone anywhere if her Mum could give her a lift.

6 months on, Amy is managing her anxiety using CBT strategies, volunteering 3 days a week and is regularly using public transport unsupported. She has made huge leaps in becoming independent.

Adam's story

Adam was initially referred to Young Devon following difficulties with anxiety. After completing 2 years of construction courses at college with fantastic results, Adam was struggling to find an apprenticeship or employment to move him forward. The Jobcentre had recommended he try another local course, but a mix up with travel resulted in Adam having a panic attack and feeling unable to continue.

Adam became increasingly concerned when using transport, and a violent encounter left him feeling unsafe and unsure of where to go next; so he decided to join our mentoring project.

Passionate about a career in construction and decorating, Young Devon helped Adam to research his options, and come up with a plan that wasn't overwhelming. After discovering several Princes Trust courses that would help him reach his goals; Adam's mentor supported him in contacting The Princes Trust, and Adam decided to enroll in their 'Get Into Construction' course; equipping him with a CSCS card and extra qualifications, as well as offering real-life work experience in the construction industry.

Young Devon also helped Adam to conquer his anxieties; Adam and his mentor went on public transport practice runs to the 'Get Into Construction' course location, so Adam could familiarise himself with the route, times and location.

Adam has now completed The Princes Trust 'Get Into Construction' course, and has been offered full time employment through a contact he made during the experience. He has also overcome his travel difficulties, surpassing his own expectations.

Applying for Building Futures...

If you, or a young person you know, could benefit from our mentoring project offering FREE support and advice, please get in touch today...

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Applicants must be 16-24 years old, and not in education, employment or training.