



FOUNDATION

and Young People's Pathway Partners



Young People's Pathway Newsletter August 2020

Innovation and Creativity

through the COVID-19 Pandemic

Welcome to the Young People's Pathway Newsletter. This newsletter showcases the phenomenal work achieved by support workers and young people accessing the North Yorkshire Young People's Pathway, which provides housing and wellbeing support for young people across North Yorkshire.

The COVID-19 pandemic has been a challenging and disruptive experience for the whole world, and colleagues working to support young people on the Pathway knew that safety and wellbeing would be paramount from the beginning. It soon became clear that our young people would need additional support with their mental health and other needs, as we all adapted to cope with the new challenge.

We responded by following government guidance closely, bringing in strict cleaning regimes that have ensured the safety of the young people in our accommodation, and by going above and beyond to support their wellbeing. This newsletter highlights some of the wonderful and positive moments that have continued throughout this period thanks to the dedication of Pathway colleagues, and the resilience and spirit of our young people.

ACTIVITIES & HIGHLIGHTS



Easter Eggs for All Through Generosity of Pathway Colleagues and Local Businesses

Lockdown hit on the cusp of Easter, with many people set to miss out on an egg. Through the efforts of Pathway workers, young people resident in Foundation hostels in Scarborough and Selby each received an Easter egg and a bag of chocolates thanks to the generosity of local businesses, colleagues' contacts and the power of social media. In Selby, Aldi donated many Easter eggs through the Neighbourly scheme, which also awarded Foundation a £400 grant. This grant was used to put together activity packs for young people and provide more tailored support.

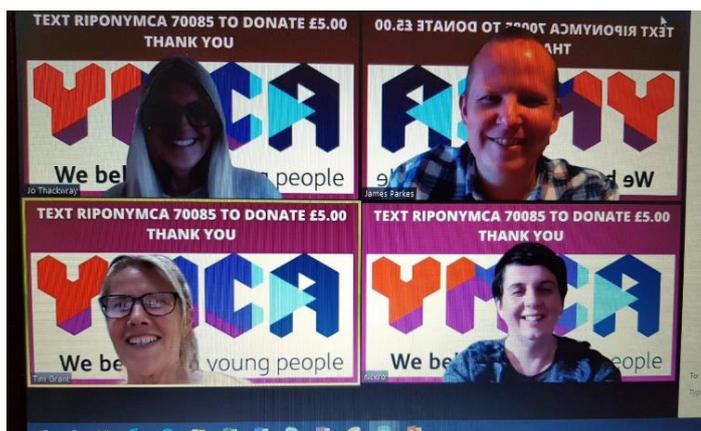
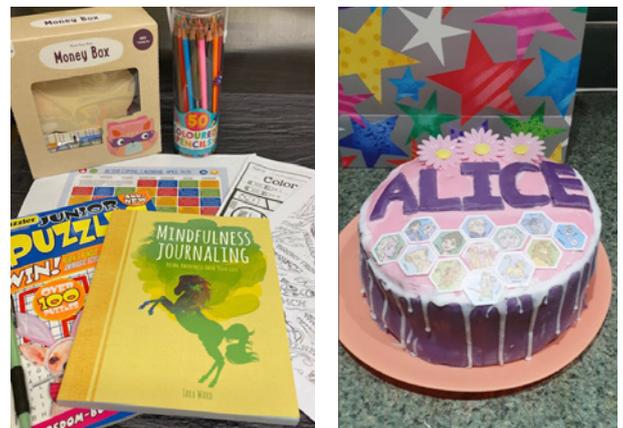


Activity Packs for Young People Result in Birthday Cakes, Tomatoes and Keeping Busy

Usually young people in our hostels and supported accommodation would have access to a range of activities, supported by the Activities Worker. With these cancelled and limited due to lockdown restrictions, we started to get innovative in how we support our young people. Aided by grants from Neighbourly and Two Ridings, across the Pathway we have been able to distribute activity packs. The packs included magazines and puzzle books, mindfulness books, vegetable kits to grow at home and chocolate mug cakes to make and enjoy.

We also gave children's activity packs out at our Mother and Baby Unit in Scarborough, with games and puzzles to enjoy. One mum said: "thanks so much, it's hard keeping a toddler entertained when we can't go out to the park, we need to keep busy through this unusual time where we don't usually spend this much time at home."

Another mum asked for a cake tin to try baking for her daughter's first birthday. We delivered and she went on to make a fantastic birthday cake (pictured).



Ripon YMCA in Green Space Grant and £200 Quiz Bonanza

Ripon YMCA successfully applied to the Two Ridings Community Foundation for a grant used to buy food and essentials for young people during lockdown. They also bought each young person a house plant, and some plants for communal areas to provide more greenery. The YMCA raised £200 in an online quiz where participants could donate £5 by text. The proceeds will also be used to support young people.

Making Progress with New Young People's Magazine

Recognising and championing the strengths and interests of our young people is at the centre of the Young

People's Pathway service. Foundation has an internal grants scheme, The Woodland Fund, which awards up to £300 to help young people realise their potential. During the height of the lockdown, young people in Harrogate and their support workers collaborated to produce a glossy magazine, Progress, using some grant money to print copies.



Progress includes tips for coping during lockdown, personal stories, recipes, activities and poetry, all created by young people. Our client 'A' contributed to the magazine and helped bring it together. 'A' said: "my involvement in the young person's magazine gave me something to do, a daily structure. I found it motivational. Lockdown has been difficult, and I am quite work focused, so contributing to the young person's magazine really helped.

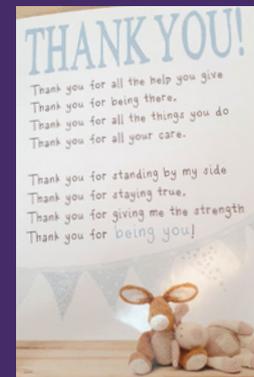
"I'm looking forward to adding further pages to the next issues of the magazine so I can contribute to help make a difference and share my pages with others. My pages in the young person's magazine are all about staying well and looking after your wellbeing, both physically and mentally. I like helping others and others have also helped me".

You can read the first edition of Progress here:

www.inspirenorth.co.uk/wp-content/uploads/2020/08/Progress_V2.pdf

'Thanks for Helping me Through Tough Times'

The Foundation Harrogate team received a thank you card from a young person who has overcome significant

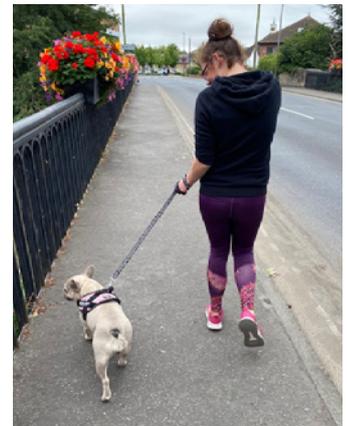


difficulties and moved on to their own home. The young person thanked the team for supporting them through tough times. We wish them lots of luck in their new place.

New Normal with Dog Walks at Malton and Ryedale

Things are getting closer to normal across the Pathway, with activities starting up again in Malton and Ryedale.

Young people met up with our Activities Worker for dog walks and socially distanced ice creams.



Success Stories



Across the Pathway there are young people supported by Foundation and our partners, who every day are moving on to their independent lives, their own homes and brighter futures. We are privileged to support them and pleased to share their successes. In the last few weeks alone we have had several young people move on after making phenomenal progress, or get back in touch to tell us how they are doing, including:

A young person who had previously suffered significant self-harm and alcohol dependency made huge steps and moved on to their own home. The Pathway team described the young person as an 'inspiration'.

A young person supported by Foundation Scarborough for the last year is now ready to move into their own home, start a job at a tattoo parlour and return to college in September to study Level 3 Art and Design.

A young person we supported some time ago got in touch to tell us about gaining their first-class degree and going on to study for their masters. They said:

"To have your support was so important, and I'll be forever grateful for that."

Our Pathway teams are always delighted to get great feedback when our young people have felt supported, safe and ready to move on to a better future. Here's just a sample:



"You've been extremely helpful during lockdown and supported me and done a lot for me I'm so thankful for all your help and it's a pleasure to be working with you!"

"E has helped me a lot during lockdown and has made me feel at ease about my circumstances. She has been really, really easy to talk to, and friendly. Really good at her job :)"

"[You] have helped me grow into the person I am today. You're all great in your own special ways."

"Thank you for keeping us safe. I can see you are cleaning the hostel all the time, taking our temperatures and looking out for us."

