

SAFE NEW FUTURES

Deciding a future that's right for you



November
2021



WHO ARE WE?

Established 30 years ago, Safe New Futures is a mental health intervention offering bespoke programmes that combine a cognitive behavioural therapy-based approach with vocational training to help individuals identify and overcome any barriers that may be preventing them from obtaining employment or engaging with their education.

WHAT WE DO

We run several employability courses using a CBT-based approach to empower people and help them decide a future that's right for them.



THE AIMS

Our courses are run 2-3 days a week, over a 10-day period online via Zoom.

Our courses aim to:

- Identify their passions, skills as well as strengths and home in on them
- Improve their confidence and self-esteem
- Tackle unhealthy thoughts and embed healthy thinking patterns
- Boost motivation to create positive change in their lives
- Help individuals progress into employment or training that is best for them.
- Give them the encouragement to believe in themselves.
- Allow individuals to feel validated and understood.
- Provide a safe, healthy, and non-judgmental environment for candidates to learn.

DELIVERY METHODS

Participants will take part in:

- A pre-course chat that aims to motivate them to go on the course.
- A 10-day course, spread over 2-3 days a week.
- Keeping track of their progress using a personalised, 120-page workbook that we provide to each of them.
- Individual 1:2:1 sessions with a facilitator.
- Group-based sessions that'll involve discussions, debates and games to break the ice.
- Three individual, course follow-ups to check in with how they're doing and if they need additional help.
- New Futures SSE-Exclusive – Additional employability 1:2:1 sessions on the 3rd day of each week, starting in week 2.

HOW WE ARE SUPPORTED

- We are funded by:
 - QUILTER
 - National Lottery
 - The Henry Smith Charity
 - European Social Fund
- We work with many job centres across the Hampshire county where we aim to get as many referrals as we can.
- We run a JustGiving page, where people can fundraise for and donate to us.
- Course facilitation is managed by our amazing training team, consisting of a number of freelance trainers spread out to each of our courses.
- Our office team maintains everything behind-the-scenes, making sure everything runs smoothly.
- We also are supported by volunteers, who help with administration and facilitation respectively.
- We've recently taken on two Kickstart apprentices to help us out in the office and planning to add more.



CRITERIA

To ensure everyone gets the relevant support they need, we have certain criteria for each of our courses.

- NEET or at risk of NEET (up to 19) or Unemployed for older.
- 16 years+
- Separate Teens New Futures Course (13-16yrs)



Our Results

At least **50%** move into **employment** following our programmes

More than **80%** of people improve in **confidence, self-esteem and motivation** as a result of our support

75% of candidates progress into **volunteering and/or training**

CANDIDATE STORIES

Chloe (19) | June 2021

"I feel I'm more confident since being on the course". Before the course, Claire rarely opened up and spoke about her feelings. By providing a safe space, the course allowed Claire to really open up to people. She particularly liked listening to what other people have been through as it reassured her that she is not the only one going through struggles in life.

Lauren (18) | January 2021

"I really loved this course. I've met some great people and that made it special". Having grown up in foster homes, Lauren found school life hard and repeatedly talked about her difficulties in trusting people. With the help of the facilitators, Lauren was able to work on her barriers and even learned new things about herself. Whilst she previously found it hard to think of goals for herself, by the end of the course, she developed a plan of working towards becoming a social worker having been inspired by the kindness of social workers she had interacted with in the past.

Megan (19) | July 2021

According to Megan, at the start of the course her confidence was 2/10. By the end of the course, she had reached 5/10 with a goal of achieving 9/10 or 10/10. Not only did the course enhance her confidence but it also provided her with the motivation to continue improving and growing as a person.

THANK YOU



Quilter



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