

ESF Community Grants case study: Nottinghamshire Clubs for Young People

Nottinghamshire Clubs for Young People (Notts CYP) successfully applied for an ESF Community Grant to deliver employability skills to young people through their Being Ready programme. The course included CV writing, time management, money management, confidence building and form filling. Participants also complete food hygiene and first aid training.

Kirsty has a visual impairment, ADHD and is autistic. She had particularly struggled with the national lockdown at the beginning of the coronavirus pandemic as she is a very sociable young lady and having such a long time away from any social contact had a very negative effect on her well being. She struggled with severe anxiety, anger issues, stress and attachment issues.

At the beginning of lockdown Kirsty was taking all 'memes' and 'jokes' on social media literally. She was washing her hands continuously, up of 50 times a day, and her hands were red and sore, causing pain. Initially Kirsty was resenting having to spend time at home and was arguing and fighting with her parents, but as the time went on she became more and more attached and dependent on her mum, not wanting to speak or leave the house without the validation from her mum.

Daily zooms and weekly individual catch ups with Notts CYP staff ensured Kirsty had daily interaction and challenges to complete. She engaged well and always completed the work set. She had sessions with Sally, the Maths tutor, completing 8 calls with the support of Notts CYP staff, and then completing the 'homework' set.



Throughout the course Kirsty interacted well and attended all sessions, particularly enjoying the team work and the interactive games that the course included.

During face to face sessions at the Monty Hind Youth Centre, Kirsty needed worksheets and slides reading to her because it was not achievable on the smart board and prescribed forms. Notts CYP staff supported this and scribed for her when needed. For instance, on the Food Safety course a staff member read the exam to her and scribed her answers on the exam paper.

Personal Protection Equipment was required at face to face meetings and Kirsty needed reassurance throughout the post lockdown sessions, regarding social distancing and reiterating procedures and policies. Kirsty regularly required one to one support when she was anxious and worried.

Kirsty gained confidence in explaining when she needed help, not just trying to cope on her own. She feels more able and comfortable to apply for jobs as her CV is now up to date and she has added the training she has completed on this course.

Kirsty completed interview skills and this is good practice for the future as it gave her more confidence to do interviews. Kirsty has had many bad experiences before and felt she would never be confident to attend an interview again. She has learnt how to manage her money and how to give change which she feels will help her at shops and if she were to get a job in a café.

Kirsty was appreciative of the teamwork and the face to face sessions as this is her preferred way of learning. The group work was very important to this cohort of young people, having interaction and learning from each other helped them to engage and learn.



For more information on the ESF Community Grants programme, visit the [Futures website](#).

For more information on the work of the Nottinghamshire Clubs for Young People, [visit their website](#).

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