

Leaving

ON A

Positive



SUPPORT FOR 17-26 YEAR OLDS

▶ **WHO IS THIS PROJECT FOR?** Young people with care experience, including those in Kinship Care, aged 17-26 years old.

▶ **WHAT IS LEAVING ON A POSITIVE?** A project that has been designed with and for our Sheffield care experienced young people. A wide range of providers are offering sessions with young people with care experience, allowing each young person to choose a project that suits their own support needs and work towards goals such as building up their confidence, resilience and emotional well-being. Young people will have access to 12 hours of support with their chosen provider in a format that works for them.

There are a wide range of exciting providers to choose from, to ensure there is something for everyone, including: DJ skills, art therapy, mentoring through football and boxing, confidence building through bushcraft and nature as well as a range of therapeutic interventions.

▶ **WHAT ARE THE AIMS OF THE PROJECT?** Leaving on a Positive is grounded in evidence from research which shows that many care-experienced young people experience loneliness, anxiety, and a sense of disconnection from community support. This project aims to meet these needs with a focus on emotional wellbeing. Helping young people to build their confidence and to support them to access employment and training. This will be done by linking young people with flexible, creative, and youth-centred services that promote emotional recovery and personal empowerment.

▶ **HOW TO REFER TO THE PROJECT?** for a referral form please email:

onapositive@sheffield.gov.uk

