

STRONGER, HAPPIER FUTURES 2024

Thrive



FOREWORD

THRIVE AND MANIFESTIVE IN PARTNERSHIP

We devised a youth led program to work with eight vulnerable young people who are not in education, employment, and training and who have already identified that poor wellbeing and mental health is their key barrier to work. Our primary focus lay with significantly improving young people's Health and Well-being, however also focus on outcomes leading to securing education, employment and in the long term, income stability. We worked intensively over a course of eight weeks to coach and remove financial barriers to wellbeing activities such as access to sport/exercise including being active in the community through existing local community projects that encourage social cohesion and creative sessions tailored to young people's passions. These activities were selected and suggested by our young people across three focus groups to ensure we were listening to young people experiencing poverty and actively removing their barriers to work and life. These focus groups were led by Manifestive CIC & Thrive CIC to ensure we are consistently responding to young people's needs.

"I enjoyed the variety quite immensely. It allowed me and the others to express our diverse interests and find subject that we unexpectedly enjoyed together."



OUR APPROACH

THRIVE AND MANIFESTIVE IN PARTNERSHIP

The real success of the programme, and this is evidenced by the feedback and testimonials, was down to the variety and creativity of the sessions. Our approach ensured that every participant experienced something new and varied, therefore stretching them out of their comfort zone. This enabled the highest levels of engagement and exposure to activities, communities and models that they would not previously have the opportunity to access. Utilising coaching techniques we carefully created questions and reflections, for the young people to focus on their intention for the program through robust goal setting. Whilst paying attention to what they are learning about themselves, in addition, gathering transferable skills to be able to apply in pursuit of their on-going future goals and ambitions. Due to Manifestive's network we were able to provide the highest quality knowledge, engagement and expertise for each session and therefore enhance the programme attendee experience.



“I found the different sessions fun, although not all the sessions were my thing, I still was able to finish the days in a positive mindset. The activities that were chosen were a good choice too because despite them not always being for certain people, they were still carried out to make sure everyone could get some use out of it.”

THRIVE

A coffee shop with a difference; Thrive is located in Liverpool City Centre and provides a safe space for care experienced/hard-to-reach young people from across the region.

Looking and feeling like a coffee shop, Thrive is a welcoming, stigma free environment where adults who are responsible for the well-being of some of our most vulnerable young people can meet, build rapport and connect the young people they care for to essential services.

Thrive believes that all young people have the right to live happy, safe and fulfilling lives. A crucial factor in helping young people to reach their full potential is supporting them to identify careers that matter most to them to help them become financially independent.



MANIFESTIVE

Manifestive CIC - Empowering young people to manifest their potential.

We work with what the person already has to foster the person they want to be.

We deliver training and facilitation, 1-1 & group coaching to young people across the North West.

Our aim is to offer expert development and support to young people, who primarily come from challenged backgrounds for example, care system, social economic challenges and mental health & well-being issues such as trauma. We utilise our expertise and experience in supporting and empowering young people on topics such as, but not exclusively; improving employability, building confidence, being more resilient, improving communication and in general helping to realise their potential.



STRONGER & HAPPIER

JUNE 2024 - AUGUST 2024

CHANGING LIVES



8 YOUNG PEOPLE

4 MALE

4 FEMALE

4 ETHNIC BACKGROUNDS

5 NEURODIVERGENCIES

3 listening sessions prior to
the project



8, 3-hour Practical Sessions

5 Physical, 3 Academic

“I LIKE THAT IT GAVE ME A REASON
TO GO OUTSIDE SINCE I DON'T
REALLY GO OUTSIDE TOO OFTEN.
SOMETHING I TOOK AWAY FROM IT
WAS THE UNDERSTANDING OF
WHAT'S GOING ON IN MY HEAD
WHEN THINGS LIKE ANXIETY
HAPPEN AND WHY IT HAPPENS.”

“THE DISC REPORT IS
SOMETHING THAT I
PERSONALLY TOOK FROM IT
AND WILL REALLY HELP ME
AND GIVE ME A BETTER
UNDERSTANDING ON HOW I
WORK AND WHAT'S BEST
FOR ME WHILE I WORK “

IMPROVING CONFIDENCE

JUNE 2024- AUGUST 2024

WELLBEING OF THE PARTICIPANTS PRIOR AND POST PROJECT WAS MEASURED USING A CUSTOMISED VERSION OF THE WARWICK-EDINBURGH MENTAL WELLBEING SCALE (WEMWBS)



EACH PARTICIPANTS SCORE COMBINED, REFLECTING FEELINGS BEFORE AND AFTER THE PROGRAMME

PARTICIPANTS RATED 10 POSITIVELY WORDED STATEMENTS ON A 5 POINT SCALE INDICATING HOW OFTEN THEY HAVE EXPERIENCED EACH STATEMENT

NEVER = 1

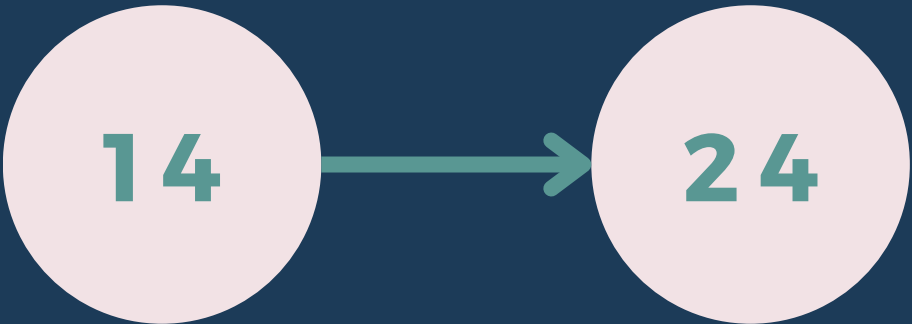
RARE = 2

SOME OF THE TIME = 3

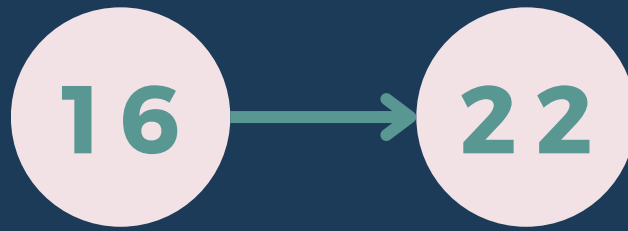
4 = OFTEN

5 = ALL OF THE TIME

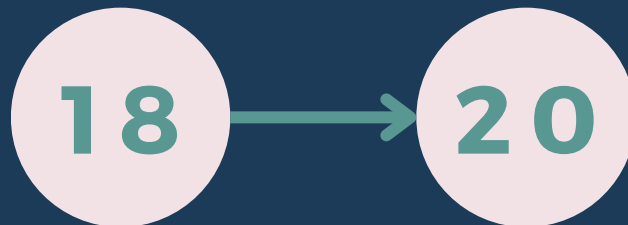
“I’VE BEEN FEELING OPTOMISITC ABOUT THE FUTURE”



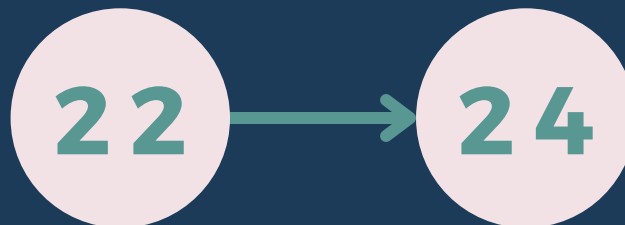
“FEELING USEFUL”



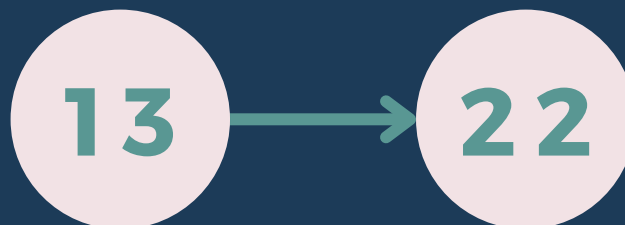
“FEELING RELAXED”



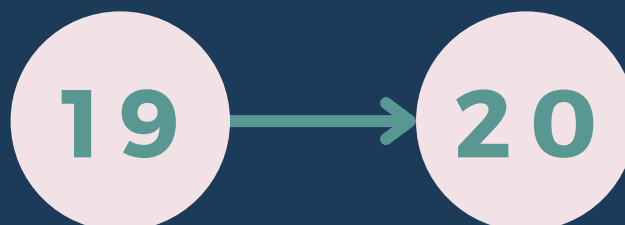
“INTERESTED IN OTHER PEOPLE”



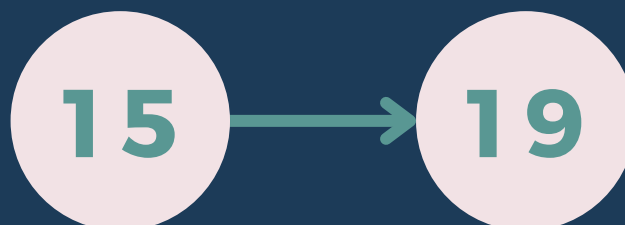
“I’VE BEEN DEALING WITH PROBLEMS WELL”



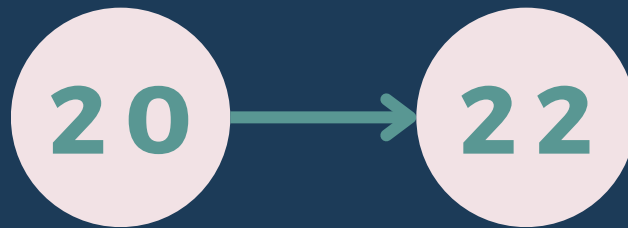
“BEEN THINKING CLEARLY”



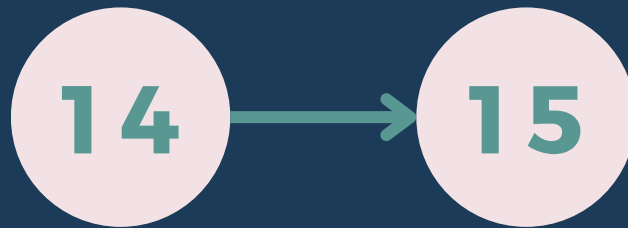
“FEELING GOOD ABOUT MYSELF”



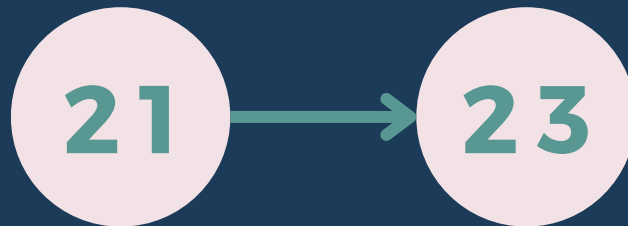
**“FEELING CLOSE TO OTHER
PEOPLE”**



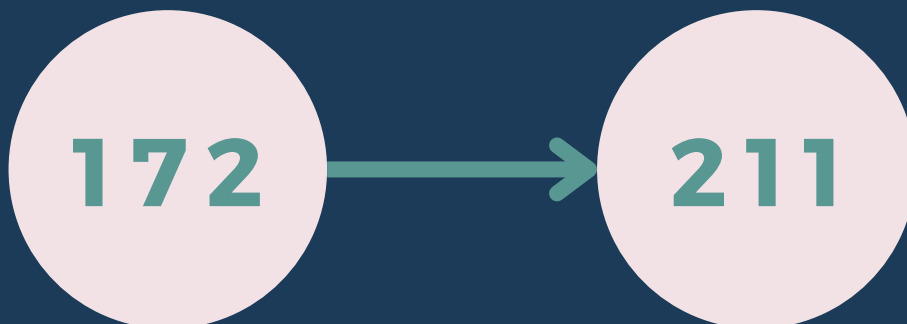
“FEELING CONFIDENT”



“I FEEL COMMITTED TO ACHIEVE MY GOALS”



OVERALL IMPROVEMENT



PROGRAMME BLOG

SESSION ONE:

SETTING GOALS AND INTENTIONS

THE FIRST STRONGER FUTURES PROGRAMME KICKED OFF WITH THE PROMPT: "YOUR GOALS SHOULD INCORPORATE YOUR PASSIONS AND WHAT MAKES YOU HAPPY. WHAT BRINGS YOU JOY? WHAT GIVES YOU CONFIDENCE? WHAT MOTIVATES YOU TO ACHIEVE?" THESE QUESTIONS WERE CRAFTED TO INSPIRE OUR YOUNG PEOPLE TO SET GOALS AND INTENTIONS FOR THE WEEK, AND FOR THE DURATION OF THE PROGRAMME. WHAT DID THEY WANT FROM THE PROGRAMME, AND WHAT DID THEY WANT FROM THEMSELVES?



SESSION TWO:

ACTIVE TENNIS COACHING WITH SAM P JALLOH

THE SESSION BEGAN AT SEFTON PARK TENNIS COURTS WITH SAM P JALLOH SHARING HIS UNBELIEVABLE AND INSPIRING STORY, THEN GOT EVERYBODY ACTIVE WITH SOME TENNIS COACHING. THE SESSION WAS USED TO FOCUS ON SELF-DOUBT AND GETTING OUT OF COMFORT ZONES AS TENNIS WAS SOMEWHAT NEW TO MOST ATTENDEES. THE THEME OF HAVING INTENTION IN OUR DAY TO DAY AND SETTING GOALS CONTINUED, COUPLED WITH COMMITMENT OVER MOTIVATION. FOR EVERYONE TO SHOW UP IN TORRENTIAL RAIN AND GIVE IT THEIR ALL IS TESTAMENT TO EACH YOUNG PERSON AND SAM'S ABILITY TO ENGAGE.



SESSION THREE:

SESSION THREE OF STRONGER FUTURES WITH MANIFESTIVE CIC HAS STARTED TO DELVE DEEP INTO 'THE CHIMP PARADOX' (WITH EXPERTLY CHOSEN PROPS). SITTING IN SUNNY CHAVASSE PARK, THE GROUP CHATTED ABOUT THEIR 'CHIMP', THE EMOTIONAL PART OF OUR BRAINS AND 'THE HUMAN', THE RATIONAL PLANNER IN ALL OF US, AND HOW WE CAN HARNESS THE POWER OF BOTH.

THE PROGRAM BEGAN DELVING DEEPER FROM THIS SESSION, FOCUSING ON INTENTIONS FOR EMPLOYMENT, EDUCATION, AND HAPPIER LIVES.



SESSION FOUR:

SESSION FOUR OF STRONGER FUTURES WAS ALL ABOUT BUILDING RESILIENCE. CHRIS EXPLAINED THE SCIENCE BEHIND UNDERSTANDING EACH PART OF OUR BRAIN AND HOW IT WORKS. THEY ALSO LOOKED AT CREATING AN INDIVIDUAL 'STONE OF LIFE' - A REFERENCE POINT THAT CONTAINS THEIR TRUTHS, VALUES, AND BELIEFS.

"IN THE CHIMP PARADOX, STEVE PETERS HAS CREATED THE ULTIMATE 'LIFE' REFERENCE POINT; A LIST WHICH CONTAINS OUR TRUTHS, VALUES AND BELIEFS CALLED THE STONE OF LIFE. THE STONE IS DIVIDED INTO THREE PARTS:

THE TRUTHS OF LIFE ARE STATEMENTS THAT YOU BELIEVE ARE TRUE FOR THE WAY THE WORLD WORKS.

THE VALUES ARE PRINCIPLES AND IDEALS YOU BELIEVE IN.

THE LIFE FORCE IS WHAT YOU BELIEVE LIFE IS ABOUT AND HOW IT SHOULD BE LIVED."



PROGRAMME BLOG

SESSION FIVE:

SESSION FIVE WAS A TAILORED PERSONAL TRAINING WITH THE FANTASTIC STE & CASSIE FROM THE RECOVERY GROUP. THEY CREATED AN INCLUSIVE SPACE SUPPORTING ALL YOUNG PEOPLE OF ALL ABILITIES. WITH CARE AND KINDNESS, THEY MANAGED TO GET EVERYONE INVOLVED AND NOTICED THE PERCEIVED LIMITATIONS OF THE GROUP. IT WAS EMOTIONAL TO SEE EVERYONE GIVE THEIR ALL AND TO SEE THE CONFIDENCE GROW.

THE SESSION WAS SOUNDTRACKED WITH THE STRONGER FUTURES PLAYLIST, WHICH EACH ATTENDEE CONTRIBUTED 3 TRACKS TOWARDS. IT WAS INCLUSIVE AND COVERED ALL ABILITIES, DOING LIGHT JOGS BETWEEN STATIONS THEN 10 REPS OF DIFFERENT EXERCISES, FOLLOWED BY A MINDFUL WALK, .



SESSION SIX:

STRONGER FUTURES SESSION SIX FEATURED A COLLABORATION WITH ZAP GRAFFITI. THE GROUP TOOK A WALK TOGETHER TO VISIT ZAP GRAFFITI TO CREATE A MURAL REPRESENTING A PHRASE/STATEMENT THAT RESONATED WITH THEM THROUGHOUT THE PROGRAMME. ONE PARTICIPANT SHARED THAT BEING ASSERTIVE WITH THEIR CHIMP AND BEING IN CONTROL AS A HUMAN WORKED FOR THEM. THIS RESONATED WITH THE GROUP WHO CHOSE TO CAPTURE THE PHRASE WITH THIS FANTASTIC AND CREATIVE PIECE OF ART.



SESSION SEVEN:

LIVERPOOL SCULPTURE TRAIL

THE PENULTIMATE STRONGER FUTURES SESSION'S AIM WAS TO REFLECT AND RECAP WHAT HAD BEEN COVERED THROUGHOUT THE PREVIOUS 6 SESSIONS IN A CREATIVE AND DIFFERENT WAY. UTILISING THE LIVERPOOL SCULPTURE TRAIL MAP KINDLY CHRIS CREATED A ROUTE FROM THEIR JOURNEY WITH PEACE KEYS. FIRSTLY, THE GROUP TOOK A MINDFUL WALK BETWEEN MONUMENTS, BEING ENCOURAGED TO BE IN THE PRESENT, TO BE IN TUNE WITH WHAT THEY NOTICED, CHRIS SPLIT THE GROUP IN TO 2 TEAMS AND AT EACH MONUMENT THEY WERE ASKED A QUESTION RELATING BACK TO TOPICS AND THEMES THAT HAD BEEN COVERED OFF THROUGH THE PREVIOUS 6 SESSIONS.

THERE WAS A £30 AMAZON VOUCHER FOR THE PRIZE FOR THE TEAM WITH THE MOST CORRECT ANSWERS, £15 DONATED BY THRIVE CAREERS HUB & LCVS AND MATCHED BY MANIFESTIVE CIC. HOWEVER, FURTHER EVIDENCE OF THE SPIRIT AND KINDNESS FROM THIS GROUP WAS SHOWN AS THEY AGREED TO SHARE THE VOUCHERS BETWEEN THE GROUP.



SESSION EIGHT:

DISC ASSESSMENT

THE GROUP MEMBERS EACH TOOK THE DISC TEST, AN ASSESSMENT USED BY MANY EMPLOYERS TO SCREEN CANDIDATES ON THEIR PERSONALITIES AND BEHAVIOURS. CHRIS DISCUSSED THE RESULTS WITH EACH YOUNG PERSON, GOING OVER THEIR STRENGTHS AND WEAKNESSES AND WORKING OUT WHAT WORK ROLE AND ENVIRONMENT WOULD SUIT THEM BEST. THEY TOOK HOME A COPY OF THIS TO KEEP, HAVING THE ABILITY TO TAKE IT FORWARD WITH THEM FOR FUTURE EMPLOYERS, OR JUST TO REFLECT ON THEIR CHARACTERISTICS.



CASE STUDIES

BACKGROUND - CLIENT A:

MALE 20'S,
DISABILITY AND NEURODIVERSE,
EXPERIENCED POVERTY AND UNEMPLOYED,
ISOLATED WITH MINIMAL SOCIAL CIRCLE,
MENTAL HEALTH CHALLENGES AND LACKING SELF-BELIEF.

IMPROVEMENTS:

NOW IN EMPLOYMENT, MOVED IN TO OWN PROPERTY AND IS SELF SUFFICIENT,
CONSISTENTLY ACTIVE AND ENGAGES IN EXERCISE 2-3 TIMES A WEEK,
CONNECTED WITH WIDER COMMUNITY, ATTENDS COMMUNITY GROUPS AND SOCIALISES 2-3 TIMES A WEEK,
NO LONGER ISOLATED AND REDUCED SCREEN TIME,
INCREASED CONFIDENCE AND SELF-BELIEF, IMPROVED UNDERSTANDING OF SELF AND ABILITY TO COMMUNICATE,
TOOLS AND TECHNIQUES THAT HAVE IMPROVED MENTAL HEALTH AND GREATER RESILIENCE FOR FUTURE CHALLENGES.

BACKGROUND - CLIENT B:

MALE 20'S,
ASIAN ETHNICITY, PRACTICING MUSLIM,
UNEMPLOYED,
EXPERIENCING ISOLATION AND MINIMAL SOCIAL CIRCLE,
LIMITED ACCESS TO EXERCISE AND ACTIVITIES,
MENTAL HEALTH CHALLENGES AND LACKING SELF-BELIEF.

IMPROVEMENTS:

SOCIAL CONNECTION WITHIN STRONGER FUTURES GROUP,
PASSION FOR TENNIS AND EXERCISE. LOOKING TO PLAY TENNIS REGULARLY WITH OTHER STRONGER FUTURES PARTICIPANTS,
IMPROVED SELF-WORTH AND CONFIDENCE LEVELS,
GREATER UNDERSTANDING OF ANXIETY AND LIMITING BELIEFS/THOUGHTS,
ACTIVELY SEEKING EMPLOYMENT AND INTERVIEWS.

OVERVIEW

MANIFESTIVE:

BLOWN AWAY BY THE RESULTS OF THE 8-WEEK STRONGER, HAPPIER FUTURES PROGRAMME, WHICH FAR EXCEEDED MY EXPECTATIONS. BY OFFERING A STRUCTURED AND CREATIVE PLATFORM, WE PROVIDED YOUNG PEOPLE WITH OPPORTUNITIES TO EXPERIENCE NEW CONCEPTS, ACTIVITIES, AND CHALLENGES. THIS ENSURED THAT EVERY PARTICIPANT HAD SOMETHING THEY WERE PASSIONATE ABOUT, A NEW EXPERIENCE, OR A POSITIVE CHALLENGE.

WE SHAPED THE PROGRAMME BASED ON ATTENDEE FEEDBACK AND REQUIREMENTS, ENSURING EVERYONE FELT HEARD AND INCLUDED. THE VARIETY AND CREATIVE APPROACH ALLOWED EACH PERSON TO ACCESS NEW ACTIVITIES. WE BALANCED THESE EXPERIENCES WITH CAREFULLY CONSTRUCTED DEVELOPMENT SESSIONS TO HELP THEM REFLECT ON THEIR FEELINGS, THOUGHTS, AND SESSION OUTCOMES.

WE ENCOURAGED YOUNG PEOPLE TO UNDERSTAND AND NOTICE THEIR THOUGHTS, FEELINGS, AND EMOTIONS BEFORE, DURING, AND AFTER EACH SESSION. THIS HEIGHTENED THEIR AWARENESS OF LIMITING BELIEFS, ANXIETIES, LACK OF CONFIDENCE, AND DOUBT. BY ENGAGING IN ACTIVITIES, THEY GATHERED EVIDENCE TO CHALLENGE THESE THOUGHTS AND BELIEFS. WE USED RESOURCES LIKE DISC REPORTING AND MIND MANAGEMENT MODELS TO HELP THEM HARNESS GREATER HAPPINESS, CONFIDENCE, AND MENTAL WELL-BEING.

REFLECTING ON THE PROGRAMME, ITS GREATEST STRENGTH WAS THE CALIBRE AND QUALITY OF COLLABORATIVE INDIVIDUALS AND LOCAL ORGANISATIONS, WHO ENHANCED THE EXPERIENCE. BASED ON FEEDBACK, MY KEY LEARNING IS TO PROVIDE THE ENTIRE 8-WEEK STRUCTURE IN ADVANCE TO PREVENT PARTICIPANTS FROM BEING UNAWARE OF FUTURE SESSIONS.

THRIVE:

THE TEAM AT THRIVE HAVE HAD THE PLEASURE OF SUPPORTING HUNDREDS OF YOUNG PEOPLE ON THEIR JOURNEY TOWARDS A BRIGHTER FUTURE, THE IMPACT OF THE STRONGER FUTURES PROGRAMME HAS BEEN SOMETHING WE HAVE RARELY SUCH A SHORT SPACE OF TIME.

BEING A YOUTH LED SERVICE, TO SEE THE PROGRAMME UNFOLD AND BE DIRECTED BY THE YOUNG PEOPLE PARTICIPATING IS INCREDIBLY POWERFUL, NO DOUBT IT PLAYED AN INTEGRAL ROLE IN THE BLOSSOMING OUTCOMES THE PARTICIPANTS ARE NOW EXPERIENCING

FROM THE GROUP, 2 PARTICIPANTS HAVE TRANSITIONED ONTO A CIVIL SERVICE DEVELOPMENT PROGRAMME WITH JOB OPPORTUNITIES AND MENTORING, 1 PARTICIPANT BEEN INVITED 2 INTERVIEWS IN THE SPACE OF 2 WEEKS WITH THE NHS, 1 PARTICIPANT INVITED TO INTERVIEW TO WORKING TOWARDS HIS DREAM JOB WITHIN THE FOOD INDUSTRY, 1 PARTICIPANT STARTED UNIVERSITY, 1 PARTICIPANT COMPLETED A TILING COURSE AND PLANS TO BECOME SELF-EMPLOYED, 1 PARTICIPANT EXPLOING SELF EMPLOYMENT AS A SOCIAL MEDIA CONTENT CREATOR AND FINALLY 1 NOW EMPLOYED AS A YOUTH WORKER WHILST OVERCOMING MENTAL AND PHYSICAL CHALLENGES TO CLIMB SNOWDON WITH THE RUNNING GROUP HE HAS SUBSEQUENTLY CONTINUED TO WORK WITH POST PROGRAMME.

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